



Toboggan Trainers Workshop Guide

Please refer to the Central Division 10 Toboggan Tips

The Instructor Candidate is evaluated in each portion for:

- * *Technical Knowledge for the Skill*
- * *Teaching/Coaching of the Skill*
- * *Communication*
- * *Demo of Skill at or above Basic Level.*
- * *MA/Evaluation of the Performance*
- * *Safety*

Toboggan Equipment Review: Inspection, proper terms, lift operations, carrier use.

Review of Safety when Teaching.

Ski/Ride Warm Up - Appropriate terrain. *IT: is there a focus you can give to start the day?*

- ** Depending on the needs of the TES/TTW. The TTW can be started with **
Skills Teaching & Demonstrations or Toboggan Operation.

The Instructor Candidates should, at minimum, teach 2 skills and demonstrate the following Slide Slips, Falling Leaf, Hockey Stops, and Pivot Slips.

1. Skill Teaching & Demonstrations - Terrain at the discretion of the instructor candidate.

- * **Athletic Stance** (*taught by IT: Use various drills/tactics to teach/reinforce this concept*)
- * **Gliding Wedge, Braking Wedge, Wedge Turns, Modified Wedge:** *Use*
- * **Traverse** - both sides. (*cue: ski tracks in snow, body position, COM*)
- * **Sideslip** - fore, aft, in the fall line, both sides (*cue: parallel skis, fall line descent, variable speed*)
- * **Falling leaf** - both sides (*cue: controls fore and aft movement with pressure &/or rotary*)
- * **Hockey stops** - both sides (*cue: fall line descent, twisting/pivoting ski/board perpendicular to fall line under a stable upper body with a controlled stop in the fall line.*)
- * **Transition** - side to side (*cue: fall line descent, twisting/pivoting of ski/board under upper body*)
- * **Pivot slip**, no wedge; turn leg from the hip. (*cue: foot-to-foot motion, keep the COM moving straight down the fall line, twisting/pivoting of ski/board under a stable upper body.*)
*** *For the basic level instructor, a slight wedge or unweighting of a ski is permissible, but the OET Instructor should be coached on the mechanics so they may develop the proper skill for demo purposes.)*
- * **Side Step, Herringbone, Skating, Uphill Traverse** Explain skill usage

The Instructor Candidates should, at minimum, teach one part from Toboggan Operation and demonstrate all 3 parts.

2. Unloaded Approach - Moderate terrain:

Ski/Ride Toboggan to the incident site: Fall line descent at Basic level
(*IT can discuss requirements at Sr. Level- Skiing/Riding with short swing turns.*)

Up Hill Stop & Communication with Accident Scene:

Positioning of the Toboggan for Pickup: Handles Unlocked

Unloaded Approach (continued)

Pulling In vs Backing In: Use the backward *J Turn* to pull/push the toboggan across the slope. Tipping Toboggan for better tracking

Anchoring toboggan - Show examples

3. Loaded Toboggan Team Descent - *IT Lead or Teaching Assignment*

Lead:

Position in Handles: Athletic Stance/ Position in the "Box"

Fall Line Route: Smooth, Consistent & Safe

Effective Braking: Chain Brake: usage, feathering, slowing, stopping

Emergency Stop: (*if requested*)

Directional Changes:

Gentle Slope - Wedge & Step Turn

Moderate/ Adv. Slope - Wedge, Transition, Falling Leaf.

Moving directional changes/ Traverse - using Type 1 & 2 turns.

Pressuring of the downhill handle to keep weight on the fin.

Communication: *verbal/nonverbal*

Finishing the Run: *Basic: Wedge or Ski~Ride. Sr: Ski~Ride to stop*

Tail Rope:

Athletic Stance / Position Behind Toboggan

Rope Control & Management: (*Uses both hands in front of body, waist to mid-thigh, Downhill hand Controls Rope, Uphill hand at end/loop of Rope Management: 1 Coil Maximum, functional tension, Rope kept in fall-line.*)

Secondary Braking: (*Snowboarder: heel side only*). **Reserve Braking Rule**

Communication & Patient Monitoring

OTHER TOPICS: Not evaluated: -

Loaded toboggan Individual Descent - Smooth or Mogul Slope, Fall line descent.

- * Deployable Chain Brake Required
- * Inside or Outside handles, explain the when & why, give demos
- * Push & Pull Technique to move toboggan across the slopes: Pickup Drill

Belay/Drop-In Techniques for the Toboggan w/Tail Rope

Recovery Maneuver

Position Changes on Hill: Lead and Tail

Patient Pick Up in Moguls.

Operating the Tail Rope in Moguls