



*"Think Towards Tomorrow"*

**Toboggan Essentials Summary**

Fundamentals	Lead: Hands on handles slightly in front of the body, approximately hip level
	Maintain a balanced and centered stance between handles
	Tail: Hold tail rope using both hands in front of body, waist to mid thigh level
	Boarders remain predominately on heel edge
	Tail rope with tail loop: Only one hand in loop at a time
	Downhill hand closest to toboggan and used to control tail rope
Route	Tail rope in fall line with maximum of one coil (recommended)
	Select route to aid tail to maintain stability & prevent slipping sideways
Results	Ride completed with a smooth and continuous pace
	Transitions performed with simultaneous edge change for skis
	Transitions performed with torsional flex technique for snowboard
	Traverse with minimal side slip thru edge control
	Turn, transition and traverse at a consistent pace
Communication & Monitoring	Maintain communication with lead/tail and accident site
	Actively monitor patient and uphill traffic conditions
Braking	Ensure that 'reserve braking rule' is in place at all times
	Provide primary braking to aid in sustaining pace and control
	Correct use of chain brake as necessary
	Execute controlled emergency stop



*"Think Towards Tomorrow"*

**Toboggan Essentials Summary**

Fundamentals	Lead: Hands on handles slightly in front of the body, approximately hip level
	Maintain a balanced and centered stance between handles
	Tail: Hold tail rope using both hands in front of body, waist to mid thigh level
	Boarders remain predominately on heel edge
	Tail rope with tail loop: Only one hand in loop at a time
	Downhill hand closest to toboggan and used to control tail rope
Route	Tail rope in fall line with maximum of one coil (recommended)
	Select route to aid tail to maintain stability & prevent slipping sideways
Results	Ride completed with a smooth and continuous pace
	Transitions performed with simultaneous edge change for skis
	Transitions performed with torsional flex technique for snowboard
	Traverse with minimal side slip thru edge control
	Turn, transition and traverse at a consistent pace
Communication & Monitoring	Maintain communication with lead/tail and accident site
	Actively monitor patient and uphill traffic conditions
Braking	Ensure that 'reserve braking rule' is in place at all times
	Provide primary braking to aid in sustaining pace and control
	Correct use of chain brake as necessary
	Execute controlled emergency stop

Skiing Essentials Summary	
Fundamentals	Control the relationship of the Center of Mass (COM) to the Base of Support (BOS) to direct pressure along the length of the ski
	Control pressure ski to ski with pressure directed toward outside ski
	Control edge angles through inclination and angulation
	Control rotary (turning/pivoting/steering) with leg rotation separate from a stable upper body
	Regulate the magnitude of pressure created thru ski/snow interaction
	Control the size, duration, intensity rate and timing of the lead change to manage fore/aft stability (telemark)
Results	Consistent speed and control
	Connected and rounded turn shapes of varying sizes
	Parallel turns with simultaneous foot tipping/steering, both feet remain in contact with the snow
	Pole touch, if used, compliments turn in timing & direction of travel
Snowboarding Essentials Summary	
Fundamentals	Control the relationship of the Center of Mass (COM) to the Base of Support (BOS) to direct pressure along the active edge of the board.
	Use torsional flex to begin rotation and to engage new edge with progressive pressure throughout turn.
	Control edge angles through flexion and extension.
	Control rotary (turning/pivoting/steering) with leg rotation separate from a stable upper body.
	Regulate the magnitude of pressure created thru board/snow interaction
Results	Consistent speed and control
	Connected and rounded turn shapes of varying sizes
	Smooth transition from edge to edge while keeping board in contact with snow

Skiing Essentials Summary	
Fundamentals	Control the relationship of the Center of Mass (COM) to the Base of Support (BOS) to direct pressure along the length of the ski
	Control pressure ski to ski with pressure directed toward outside ski
	Control edge angles through inclination and angulation
	Control rotary (turning/pivoting/steering) with leg rotation separate from a stable upper body
	Regulate the magnitude of pressure created thru ski/snow interaction
	Control the size, duration, intensity rate and timing of the lead change to manage fore/aft stability (telemark)
Results	Consistent speed and control
	Connected and rounded turn shapes of varying sizes
	Parallel turns with simultaneous foot tipping/steering, both feet remain in contact with the snow
	Pole touch, if used, compliments turn in timing & direction of travel
Snowboarding Essentials Summary	
Fundamentals	Control the relationship of the Center of Mass (COM) to the Base of Support (BOS) to direct pressure along the active edge of the board.
	Use torsional flex to begin rotation and to engage new edge with progressive pressure throughout turn.
	Control edge angles through flexion and extension.
	Control rotary (turning/pivoting/steering) with leg rotation separate from a stable upper body.
	Regulate the magnitude of pressure created thru board/snow interaction
Results	Consistent speed and control
	Connected and rounded turn shapes of varying sizes
	Smooth transition from edge to edge while keeping board in contact with snow