



Central Division OET Instructor Trainer Certification.

Overview: This course is used to train, develop, and certify, OET Instructor Trainers.

Objectives:

- The OET IT will demonstrate Ski/Ride and Toboggan skills at or above the Senior level.
- The OET IT will utilize Movement Analysis to provide effective feedback to clinic participants and develop a lesson plan to address deficiencies.
- The OET IT will demonstrate a positive, safe & supportive learning environment while engaging in two-way communication to collaborate learning with students, & develop their trust.
- The OET IT will teach, critique/evaluate, and provide quality assurance and oversight for the OET program in their home area and assist in mentoring new OET TEs and Instructors.

Instructors for the Event: Central Division Instructor Trainer Staff

Recommended Student Participants: Current Sr. Toboggan TEs, Senior Ski/Ride TEs, OET TE Candidates or OET ITs

Prerequisites:

- **OET Instructor in good standing**
- **Senior Alpine Patroller**
- **Senior OET Trainer Evaluator**
- **Recommendation from a current IT, Patrol Rep or Region OET Advisor.**
- **Complete Online Courses offered through the Eastern Division Middle School**
- **Complete Instructor Trainer Prep Clinic (*optional*)**

Clinic Format:

Daily Activities for All:

- Introductions / Weekend Format
- Review Fundamentals of Snowsports & how to apply them to movement analysis
- Explain & Demonstrate Ski/Ride skills at/or above the senior level.
- Explain & Demonstrate Toboggan Skills: Unloaded, Lead, Tail Rope & Alone at or above a senior level.
- Use of Movement Analysis to Identify Strengths and Weaknesses of a Performance using the Fundamentals as a guide.
- Develop progressions and tactics for teaching and coaching patrollers and instructors. Progressions may use static or dynamic drills.
- Peer Teaching using the 6-Pack as a guide.

FUNDAMENTALS OF SNOWSPORTS:

	Ski	Snowboard	Telemark
*	Control the relationship of the center of mass to the base of support to direct the pressure along the length of the ski	Control the relationship of the center of mass to the base of support to direct pressure along the length of the board	Control the fore/aft relationship of the center of mass to the base of support to manage pressure along the length of the skis.
*	Control pressure from ski to ski and direct pressure toward the outside ski	Control the relationship of the center of mass to the base of support to direct pressure along the width of the board	Control the lateral the relationship of the center of mass to the base of support to manage pressure from ski to ski
*	Control edge angles through a combination of inclination and angulation	Control the board's tilt through a combination of inclination and angulation.	Control edge angles through a combination of inclination and angulation.
*	Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body	Control the board's pivot through flexion/extension and rotation of the body.	Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body.
*	Regulate the magnitude of pressure created through ski/snow interaction	Control the magnitude of pressure created through the board/surface interaction	Regulate the amount of pressure created through ski/snow interaction with flexion & extension movements
*		Control torsional flex of the board using flexion/extension and rotation of the body.	
*			Control the size, duration, intensity, rate, and timing of the lead change to manage fore/aft stability.

Evaluation of Senior TE / OET IT Participants:

- Ski/Ride Performance: at or above a senior level. (4 on Senior Performance Matrix 1-6)
- Toboggan Performance: at or above a senior level. (4 on Senior Performance Matrix 1-6)
- Teaching: Understanding the How, Why & Why, (Observation, Diagnosis & Prescription), Cause and Effect Relationships, and Providing Actionable feedback to assist in Coaching & Teaching candidates and instructors. Teaching is the focus of the OET IT program. The OET IT must demonstrate teaching at a level above the 5 level.

Recertification Requirements:

The OET IT is a yearly appointment based on the region's needs; however, to maintain your certification, you must successfully attend a Division Festival (or approved Region Event) every three years to maintain your certification. Your OET TE certification will be merged with your new OET IT, so OET TE/IT will have the same recertification date.

On the Snow Session: Toboggan

Toboggan Fundamentals:

- Warm-Up: Terrain Appropriateness for Learning
- Toboggan 101, review parts & inspect the toboggan using proper terminology.
- Side Step, Herringbone Hiking, (SB) Stair Step (rear foot out)
- Skating, (SB) rear foot out push and glide
- Wedge, Wedge Turns, Breaking Wedge
- Traverse – both directions.
- Sideslip in Fall Line & Falling leaf - fore, aft: both sides
- Hockey stops - both sides
- Pivot slip (no wedge entry & equipment remaining in contact with the snow) (SB) torsional flex pivot '

Unloaded Approach: The Senior OET TE & IT can accurately discuss & demo the skills required to successfully operate an unloaded toboggan safely and efficiently to an accident scene at the senior level, utilizing the criteria below.

Ski toboggan to the incident site, fall line descent.

- Maintains an athletic stance between the handles
- Hands are on the handles, approximately at hip height, slightly in front of the body. **SB** may ride with two hands on a handle and/or a hand on the crossbar.
- Skis/Rides (*with short turns*) the toboggan to the accident site, maintaining a consistent & smooth fall-line descent with minimal lateral movement of the toboggan.
- Performs Transitions with simultaneous edge change (*A/T*) or torsional flex (*SB*).
- Stops a safe distance uphill and effectively communicates with the accident scene for instructions to position the toboggan.
- Effectively & correctly backs in and anchors the toboggan for patient pickup. Handles should remain unlocked throughout. **SB** may choose to have one handle locked to assist with positioning.

Loaded Toboggan Alone: Smooth: The Senior OET TE and OET IT can accurately discuss and demonstrate the skills required to safely and efficiently operate a loaded toboggan alone at the senior level, utilizing the criteria below.

- Maintains an athletic stance between the handles.
- Select a fall line route that is safe for the patient & customers.
- Provides a smooth and consistent pace throughout the run.
- Provides effective braking (*including feathering the chain brake, if used*) throughout the run &/or executes a controlled emergency stop (*if requested*).
- Performs Transitions with simultaneous edge change (*A/T*) or torsional flex (*SB*).
- Monitors the patient and all traffic to ensure a safe run for the patient and customers.

Loaded Toboggan Alone: Moguled/Ungroomed: The Senior OET TE & OET IT can accurately discuss & demo skills required to successfully operate a loaded toboggan alone safely & efficiently at the senior level, utilizing the criteria below.

- Maintains an athletic stance between or outside the handles.
- Select a fall line route that is safe for the patient & customers.
- Utilizes tactics to provide a smooth & consistent pace with minimal toboggan slipping.
- Provides effective braking (*including feathering the chain brake, if used*) throughout the run &/or executes a controlled emergency stop (*if requested*).
- Effectively Performs appropriate Direction Changes (Falling Leaf, or Turns, or Transitions) as necessary.
- Monitors the patient and all traffic to ensure a safe run for the patient and customers.

Loaded Toboggan Lead: The Senior OET TE & OET IT can accurately discuss & demo the skills required to successfully operate a loaded toboggan in the lead safely & efficiently at the senior level, utilizing the criteria below.

- Maintains an athletic stance between the handles.
- Select a fall line route that is smooth, consistent, and safe for the patient and customers.
- Provides effective braking (*with or without utilization of the chain brake*) throughout the run & executes a controlled emergency stop (*if asked*).
- Performs Transitions with simultaneous edge change (*A/T*) or torsional flex (*SB*).
- Performs Traverses, maintaining pace and utilizing techniques to minimize toboggan slippage. Snowboarders should perform at least one traverse on each edge.
- Provides effective communication with the tail for direction, speed changes, & hazard avoidance. Monitors patient and all traffic to ensure the safe operation of the toboggan.

Loaded Toboggan Tail: The OET Senior TE and IT can accurately discuss and demonstrate the skills required to successfully operate a loaded toboggan in the lead safely and efficiently at the senior level, utilizing the criteria below.

- Maintains an athletic stance throughout the run.
- Holds the rope using both hands in front of the body at a waist to mid-thigh level. **A/T:** The tail rope control is controlled by the downhill hand (closest to the toboggan) utilizing functional tension. The uphill hand holds the end (loop) of the rope. During the transition, the gathering of 1 coil of the rope is recommended. **SB:** The tail rope control is maintained by either hand; one controls functional tension, and the other holds the rope's end (loop). **All:** Only one hand should be in the loop at all times.
- **A/T:** Performs Transitions effectively by following and anticipating the lead while managing functional tension. **SB:** will maintain a heel-edge sideslip throughout the run while managing functional tension. Transitions are not permitted for snowboarders.
- Traverses in the slope, keeping the tail rope in the fall line and maintaining functional tension, stabilizing the toboggan with minimal slipping.
- Provides secondary braking (*as needed*) & ensures the “*reserve braking rule*” is always in effect.
- Provides effective communication with the lead and monitors the patient and all traffic.



Central Division Senior OET IT Assessment Criteria Form

Participant Name _____

Division Staff examiners may ask OET IT candidates to perform some or all of the tasks listed on this assessment form. OET ITs must provide high-quality demonstrations at or above the Senior Level and demonstrate an understanding of the *PSIA Snowsports Fundamentals for Skiing, Snowboard, or Telemark* and how they can be applied through Movement Analysis to evaluate and provide meaningful feedback to a candidate or mentoring instructor. Since the OET IT's role is as a master teacher, the IT candidate must provide high-quality lessons above the level of an OET Instructor or Sr. OET TE. The OET candidate must pass all three areas.

PERFORMANCE TASKS:

☒ Has demonstrated at the IT Level

Ski-Ride Performance Tasks:

The OET IT candidate can demonstrate proper ski/board fundamentals (as listed below) in varied terrain. at or above the senior level.

*	Gliding Wedge, Braking & Power Wedge, Wedge Turns, (Snowboard switch)	<input type="checkbox"/>
*	Parallel Turns (Small, Medium, Large Radius) Skidded and Carved	<input type="checkbox"/>
*	Side Slip: both sides	<input type="checkbox"/>
*	Falling Leaf: both sides	<input type="checkbox"/>
*	Transitions: both sides	<input type="checkbox"/>

Comments:

Ski/Ride Performance Score _____

Toboggan Performance:

The OET IT candidate can demonstrate proper toboggan fundamentals (as listed below) in varied terrain at or above the senior level.

SKILLS COMMON TO ALL AREAS:

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*	Maintains an athletic stance between/outside the handles & on the tail rope throughout run.
*	Hands are on the handles, approximately at hip height, slightly in front of the body. SB may ride with two hands on a handle and/or a hand on the crossbar.

UNLOADED TOBOGGAN:

☐

*	Skis/Rides an empty toboggan (<i>with short turns</i>) to the accident site, maintaining a consistent & smooth fall-line descent with minimal lateral movement of the toboggan. The candidate stops a safe distance uphill and effectively communicates with the accident scene for instructions to position the toboggan. Effectively & correctly backs in and anchors the toboggan for patient pickup. Handles should remain unlocked throughout. SB may choose to have one handle locked to assist with positioning.
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LOADED LEAD & LEAD ALONE SPECIFICS:

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*	Select a fall line route and employ tactics to ensure it is safe for the patient & customers.
*	Provides effective braking (<i>including feathering the chain brake, if used</i>) throughout the run &/or execute a controlled emergency stop (<i>if requested</i>).
*	Performs Transitions with simultaneous edge change A/T or torsional flex SB
*	Monitors the patient and all traffic to ensure a safe run for the patient and customers.

LOADED TAIL SPECIFICS:

☐

*	Holds the rope using both hands in front of the body at a waist to mid-thigh level. A/T: The tail rope control is controlled by the downhill hand (<i>closest to the toboggan</i>) utilizing functional tension. The uphill hand holds the end (<i>loop</i>) of the rope. During the transition, the gathering of 1 coil of the rope is recommended. SB: The tail rope control is maintained by either hand; one controls functional tension, and the other holds the rope's end (<i>loop</i>). All: Only one hand should be in the loop at all times.
*	A/T: Performs Transitions effectively by following and anticipating the lead while managing functional tension. SB: will maintain a heel-edge sideslip throughout the run while managing functional tension. Transitions are not permitted for SB.
*	Traverses the slope, keeping the tail rope in the fall line and maintaining functional tension, stabilizing the toboggan with minimal slipping.
*	Provides secondary braking (<i>as needed</i>) & ensures the "reserve braking rule" is in effect.
*	Provides effective communication with the lead and monitors the patient and all traffic

SCORING

1	Essential elements were not observed or were not present
2	Essential elements are beginning to appear but not at a senior level
3	Essential elements appear but are not consistently at senior level
4	Essential elements appear regularly at a senior level
5	Essential elements appear frequently, above the senior level
6	Essential elements appear consistently, at a superior level

Comments:

Toboggan Performance Score _____

TEACHING & EVALUATION:

KNOWLEDGE EFFECTIVENESS

*	Understands the goals and intended outcome of the lesson.	<input type="checkbox"/>
*	Provides an accurate observation of a candidate's performance through Movement Analysis and uses the Snowsports Fundamentals to describe what is observed. The IT links ski/board and body performance when describing cause-and-effect relationships. and evaluates the performance and compares them to the ideal vs real performance.	<input type="checkbox"/>
*	Identifies strengths & weaknesses of the performance and equipment and can provide a prescription to address deficiencies that change the student's performance	<input type="checkbox"/>

TEACHING EFFECTIVENESS

*	Successfully manages the risks in the learning environment.	<input type="checkbox"/>
*	Selects terrain that supports the intended outcomes.	<input type="checkbox"/>
*	Provides clear, relevant information (descriptions & feedback) that encourages learning. feedback) that encourages learning.	<input type="checkbox"/>
*	Provides accurate and relevant demonstrations.	<input type="checkbox"/>
*	Uses appropriate drills/tasks to target a change in performance & understanding.	<input type="checkbox"/>
*	Paces learning to allow for practice & reflection as the student explores & experiments.	<input type="checkbox"/>
*	Adapts the lesson to meet the needs of the individual or group.	<input type="checkbox"/>
*	Provides Effective & Instantaneous Feedback	<input type="checkbox"/>
*	Encourages student reflection and self-coaching & Provides an effective summary of lesson and assignments for continued learning.	<input type="checkbox"/>

COMMUNICATION EFFECTIVENESS

*	Communicates concepts in a positive manner with simple language	<input type="checkbox"/>
*	Demonstrates an understanding of verbal and nonverbal communications	<input type="checkbox"/>
*	Delivers actionable feedback in a concise and positive manner	<input type="checkbox"/>

Overall Comments:

Comments:

Teaching/Evaluation/Scoring. _____

SCORING

1	Quality Teaching is not demonstrated or observed.
2	Quality Teaching is demonstrated but at a Limited level.
3	Quality Teaching is demonstrated at a Basic level
4	Quality Teaching is demonstrated at a Proficient level (TE)
5	Quality Teaching is demonstrated at an Accomplished level (IT)
6	Quality Teaching is demonstrated at a Superior/ level

FINAL COMPOSITE SCORE: **Pass** **Fail**

Division Staff/ Calibrator _____

Location: _____ **Date** _____

9/9/2024