Central Division Senior OET Trainer/Evaluator PREP COURSE (STW/TTW)

Overview: This course is used to train and develop, Senior OET Trainers/Evaluators.

Objectives:

- The Senior OET TE can demonstrate Ski/Ride and Toboggan skills at or above the Senior level.
- The Senior OET TE can demonstrate the ability to utilize Movement Analysis to provide effective feedback to clinic participants and candidates and develop a lesson plan to address deficiencies.
- The Senior OET TE can effectively assess a candidate's skill level using the Central Division Senior Scorecards and Scoring Matrix and discuss the rationale for determining a score.
- The OET TE will demonstrate a positive, safe & supportive learning environment while engaging in two-way communication to collaborate learning with students, & develop their trust.

Instructors for the Event: Central Division Instructor Trainer Staff

Recommended Student Participants: Sr. Toboggan TE Candidates

Prerequisites:

- **Senior Alpine Patroller & OET Instructor in good standing**
- **Recommendation from a current Senior Ski/Ride/Toboggan TE, Area Senior Advisor, IT, or Patrol Rep.**
- **Complete Online Courses offered through the Eastern Division Moodle School**

Clinic Format:

Session 1: **Ski/Ride: Teaching, Demonstrating, Application of Movement Analysis, Evaluating (Sr. Matrix) & Feedback.**

Session 2: **Teaching, Demonstrating, Application of Movement Analysis, Evaluating (Sr. Matrix) & Feedback.**

Wrap-Up: **You will be given specific feedback to assist with your training**

Daily Activities for All:

- Introductions / Weekend Format
- Review Fundamentals of Snowsports. & how to apply them to movement analysis
- Providing Movement Analysis & Effective Feedback: what, how, and why.
- Review elements of the Senior Ski/Ride & Toboggan Scorecards.
- Review the Central Division Senior Scoring Matrix " 1 - 6." What defines each?

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.

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.

On the Snow Session: Ski/Ride

Warm-Up - Appropriate terrain: Ensure the participants have a warm-up run or stretching activities for an appropriate time.

Groomed Slope Performance -

- (A/T/S) Connected & Rounded turn shapes of varying sizes, maintaining constant speed & control
- (A/T). Simultaneous foot tipping at initiation. Carving & Skidding are acceptable, both feet in contact with snow.
- (A/T) Skis parallel at Initiation - convergence during turn acceptable
- (A/T) Consistently turns the skis separate from a stable upper body.
- (A/T) Controls edge angles through a combination of inclination and angulation
- (A) Center of mass moves forward and across the skis into the new turns
- (T) Continuous movement of both feet to produce a lead change at or near the apex of the turn.

- (S) Inclination & Angulation create tilt on medium and long radius turns- carving & skidding are acceptable.
- (S) Utilizes torsional flex to begin rotation and to engage a new edge at the initiation of a turn.
- (S) Edging achieved through inclination and angulation- snow deflecting along the length of the board
- (S) Athletic stance is maintained throughout- ankles and knees flexed.
- (S) Basic switch riding with turns appropriate for the terrain- skidding acceptable.

Steep Slope Performance -

- (A/T/S) Connected & Rounded shorter radius turns for a controlled and consistent rate of descent.
- (A/T) Pole touch/ plant aids in stabilization and timing.
- (A/T) Skis parallel and consistent width throughout turns.
- (A/T) Simultaneous foot tipping at initiation- carving and skidding throughout turns is acceptable
- (A) Edging achieved through inclination and angulation.
- (T) Tele Skier uses a rate of lead change that complements the turn.

- (S) Uses a blend of torsional flex and steering movement to initiate turn.
- (S) A blend of skidding and carving using steering resulting in upper/lower body separation
- (S) Simultaneous flexion and extension of the legs under a stable upper body to manage pressure on board.
- (S) Athletic stance maintained throughout- ankles and knees flexed.

Mogul/Ungroomed Slope Performance -

- (A/T/S) Connected turns for controlled fall line descent.
- (A/T) Pole touch/ plant aids in stabilization and timing.
- (A/T) Skis turn under stable upper body.
- (A/T) Rotary movements of the legs to navigate moguls or ungroomed terrain
- (A) Maintains active balance throughout terrain changes.
- (T) Pressure regulation\/absorbition with flexion and extension to maintain contact with the snow.
- (T) Timing and intensity of the lead change are appropriate for the terrain

- (S) Flexing & extending of the hips, knees, and ankles to regulate the pressure & maintain contact with the snow..
- (S) Demonstrates retraction or down0unweighting to manage pressure
- (S) Steering movement under a stable upper body creates upper/.lower body separation to navigate the terrain.
- (S) Athletic stance maintained throughout- ankles and knees flexed.

Central Division Senior OET TE Prep Clinic Feedback Form

Participant Name_____

Division Staff clinicians will ask the OET TE Prep Candidate to perform some or all of the tasks drawn from the Senior Ski/Ride & Toboggan Scorecards and provide feedback for their improvement. OET TEs 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 for a senior candidate.

PERFORMANCE TASKS:

☑ Has Demonstrated at the Senior TE Level

Ski/Ride Performance on Varied Terrain:

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

*	A/T/S	Athletic stance is maintained through the Flexing and Extending movements to maintain ski/board contact with the snow	☐
*	A/T	Simultaneous foot tipping at initiation. Carving and Skidding are acceptable. Skis are parallel at Initiation with consistent width throughout turns	☐
*	S	Utilizes torsional flex to begin rotation and engage a new edge at the initiation of a turn or in steeper terrain uses a blend of torsional flex and steering movements to initiate the turn. Carving and skidding are acceptable	☐
*	A/T/S	Connected & Round turns shapes of varying sizes, maintaining consistant speed and control.	☐
*	A/T/S	Consistently turns the ski/board seperate from a stable upper body	☐
*	A	The center of mass moves forward and across the skis into the new turn.	☐
*	T	Continuous movement of both feet produce a lead change at or near the apex of the turn. Skier uses a rate of the lead change that complements the turn	☐
*	A/T	Control edge angles through a combination of inclination and angulation	☐
*	S	Edging achieved through inclination and angulation creates tilt on medium and long radius turns- deflecting snow along the length of the board	☐
*	A/T	Rotary movement of the legs are used to navigate moguls or ungroomed terrain.	☐
*	A/T	A Pole Touch/plant aids in stabilation and timing	☐
*	S	Basic Switch riding with turns and approprate terrain- skidding is acceptable.	☐

Comments:

Toboggan Performance:

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

SKILLS COMMON TO ALL AREAS:

*	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 *(with short turns)*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.	☐

LOADED LEAD & LEAD ALONE SPECIFICS:

*	Select a fall line route and employ tactics to ensure it is safe for the patient & customers.	☐
*	Provides effective braking (*including feathering the chain brake, if used*) throughout the run &/or execute 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.	☐

Comments:

PERFORMANCE TASKS: *Continued*

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 *(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 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 *(as needed)* & ensures the *"reserve braking rule"* is always in effect	☐
*	Provides effective communication with the lead and monitors the patient and all traffic.	☐

Comments:

TEACHING/EVALUATION/SCORING:

KNOWLEDGE EFFECTIVENESS

*	Understands the goals and intended outcome of the lesson.	☐
*	Provides accurate observation of student's performance through Movement Analysis on Ski, Snowboard or Tele based on the Skills Concept and Snowsports Fundamentals	☐
*	Identifies strengths & weaknesses of the performance and equipment and can provide a prescription to address deficiencies that change the student's performance	☐

Comments:

TEACHING EFFECTIVENESS

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

COMMUNICATION EFFECTIVENESS

*	Communicates concepts in a positive manner with simple language	☐
*	Demonstrates an understanding of verbal and nonverbal communications	☐
*	Delivers actionable feedback in a concise and positive manner	☐

SCORING EFFECTIVENESS

*	Understands the Senior Scorecard Matrix 1-6	☐
*	Is able to use criteria to determine the Score based on the Senior Scorecard Matrix	☐
*	Provides Effective and Meanful Feedback to the Senior Candidate.	☐

Overall Comments:

Division Staff/ Calibrator _____

Location: _____ ***Date*** _____ ***11/29/2024***