

# Eastern Division Ski & Toboggan Objectives

*The Skiing Skills component consists of long, medium and short radius turns as well as equipment carry and ski ability. The Toboggan component consists of Toboggan Skills and Patroller Skills. Each of these sections is broken down into sub-components. This can serve as a foundation and guideline for S & T Events*

## Performance Objectives apply to all components

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or board at appropriate point of turn or maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains consistent speed
6. Demonstrates control
7. Demonstrates linked turns or skill maneuvers
8. Senior Telemark skiers can ski either Alpine or Telemark turns or a combination of the two
9. Senior Snowboarders must demonstrate ability to ride switch (short, medium long radius turns only) not scored.

## Trainer Evaluator Teaching Performance

Terrain: Suitable for teaching and evaluating Senior level performance and must be able to be identified on the hill

### **Performance Objectives:**

Demonstrates understand and can apply B.E.R.P., P.I.S.E., A.D.A.P.T.

Demonstrates the ability to detect errors and provide correction  
Clearly states objectives

Ability to develop positive learning environment

### Trainer Evaluator Evaluation Skill

#### **Performance Objectives:**

Demonstrates understanding of scoring system (1 - 10)

Ability to deliver score to candidate.

Appropriate feedback using P.I.S.E.

## Short Radius Turns

Terrain: More / most difficult Smooth

### **Performance Objectives**

1. Maintains fall line decent
2. Carves turns with minimal skidding and no traversing
3. Links turns with consistent size and rounded shape, measuring no greater than 15 feet

### **Critical Standard:**

Does the candidate link turns with consistent size and shape measuring no greater than 15 feet with minimal skidding?

**Trainer Evaluator Additional Objectives:** Fluid Telemark turns with trailing foot heel lift and adequate foot separation with no parallel components. No lifting of skis off the snow. Shows appropriate use of single pole plants, no double pole plants.

## Medium Radius Turns

Terrain: Most difficult, more difficult

### **Performance Objectives:**

1. Links turns with consistent size and rounded shape measuring between 15 and 30 feet
2. Carves turns with minimal skidding and no traversing.

### **Critical Standard:**

Does the candidate link turns with consistent size and shape between 15 and 30 feet with minimal skidding?

**Trainer Evaluator Additional Objectives:** Fluid Telemark turns with trailing foot heel lift and adequate foot separation with no parallel components. No lifting of skis off the snow. Shows appropriate use of single pole plants, no double pole plants.

## Long Radius Turns

Terrain: Most difficult, smooth

### **Performance Objectives:**

1. Links turns with consistent size and rounded shape, measuring more than 30 feet
2. Carves turns with little skidding and no traversing
3. Demonstrates adaptability to terrain changes

**Critical Standard:** Does the candidate link turns with consistent size and shape greater than 30 feet with minimal skidding and no traversing?

### **Trainer Evaluator Additional Objectives:**

Fluid Telemark turns with trailing foot heel lift and adequate foot separation with no parallel components. No lifting of skis off the snow. Shows appropriate use of single pole plants, no double pole plants.

## Ski Ride Ability

Terrain: Most difficult, Crud, moguled

### **Performance Objectives:**

1. Demonstrates control
2. Adapts to terrain changes

### **Critical Standard:**

Does the candidate ski/ride with a variety of turns and skill maneuvers?

### **Snow Plow**

Terrain: moguled when available, most difficult

#### **Performance Objectives:**

1. Demonstrates consistent speed in all direction and terrain changes
2. Stops in a snowplow position (skiing) or with a hockey stop maneuver
3. Snowboarders will maintain heel side throughout entire demonstration

#### **Critical standard:**

Does the candidate maintain effective movement by slipping the edge(s) without raiing during terrain changes and performs a controlled stop at the end?

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### **Equipment Carry**

Terrain: More-most difficult

#### **Performance Objectives:**

1. Demonstrates control
2. Adapts to terrain changes
3. Equipment held securely
4. Maintains awareness of trail merges and skiing public

**Critical Standard:** Does the candidate demonstrate confidence and ability in changing snow surfaces and terrain with a variety of turns and skill maneuvers?

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### **Kick Turns**

Terrain: More difficult, smooth and moguled

#### **Performance Objectives:**

1. Static direction change carried out by lifting and rotating one ski and then the other ski to match. Skier will end facing the opposite direction horizontal to the fall line. An alternate change of direction change may be performed by a quick "wedge and match" maneuver while maintaining a minimum fall line movement. Snowboarders may perform a "Jump Turn" or "ATM 180" while maintaining a Minimum fall line movement.

### **Unloaded Toboggan**

Terrain: moguled when available, most difficult

#### **Performance Objectives:**

1. Selects appropriate route
2. Uses short swing (modified) turns as appropriate
3. Demonstrates use of skill maneuvers as appropriate
4. Performs effective emergency stop, if asked
5. Ensures minimal slipping or bouncing of toboggan
6. Shows Awareness of trail merge & skiing public

#### **Critical Standard:**

Does the candidate safely and efficiently control the toboggan to the accident site?

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### **Tail Rope - Loaded Toboggan**

Terrain: moguled when available, most difficult

#### **Performance Objectives:**

1. Strives for optimal and safest position behind the toboggan
2. Effectively manages the rope
3. Demonstrates use of skill maneuvers without interruption to the front operator
4. Anticipates the front operators direction changes and maneuvers
5. Assists with braking activity - either planned or for an emergency stop
6. Snowboarders should predominantly maintain a heel side orientation through entire demonstration - no transitions required or recommended.

#### **Critical Standard:**

Does the candidate safely and effectively manage the tail rope, using appropriate skill maneuvers, while maintaining optimal position for braking or an emergency stop?

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### **Sideslip**

Terrain: moguled when available otherwise most difficult

#### **Performance Objectives:**

1. Demonstrates effective use of edges
2. Demonstrates consistent speed
3. Snowboarders must show both heel and toe side skill

**Critical Standard:** Does the candidate maintain effective movement by slipping the edge(s) in either direction without traversing.

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### **Transition Skill**

Terrain: Most difficult, smooth and more difficult, moguled

#### **Performance Objectives:**

1. Maintain narrow fall line decent
2. Changes direction from a side slip maintaining a breaking edge maneuver (not by turning)

**Boarder specific:** consistent speed during direction change going from one braking edge to other while spinning the board. (ATM 180)

**Critical Standard;** Does the candidate maintain consistent speed with braking edge(s) on the snow while changing direction and not deviating from the "fall line" corridor?

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**Driving - Loaded Toboggan** Terrain: moguled when available, most difficult

#### **Performance Objectives:**

1. Selects appropriate route
2. Controls decent without abrupt starts and stops by either chain brake, skill maneuvers or both
3. Demonstrates use of skill maneuvers as appropriate
4. Effective communication (verbal and non-verbal) with patient and Tail Roper
5. Snowboarders can face uphill when positioned to toe side

#### **Critical Standard:**

Does the candidate safely and effectively control the loaded toboggan while monitoring the patient?

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