

Appendix II – Senior Alpine Candidate – Skills Sign Off

The Senior candidate is responsible for his or her own training and abiding by any guidelines established by the region Senior program administrator. Tracking skill development during training is critical for success in the Alpine program. Senior Alpine Skill sign-off (Appendix II) can be utilized to track training progress and must be completed in order to participate in the Senior Alpine evaluation. The Alpine skiing/boarding skills must be signed off by a current Senior Ski/Ride Evaluator. The Alpine toboggan skills sign-off must be signed off by a current Senior Toboggan Evaluator. Completed skills sign-off sheets are to be presented to the region administration in accordance to region specific protocol.





Alpine Skiing, Telemark Skiing, Riding

| - | • | • | • |
|---------|-----------|------|---|
| Candida | ate Name: | | |
| | | | |

| | | Equipment | | | | |
|---|--------|-----------|--------|-----------------|---------------------------------|------|
| Principles Common to All Terrain | Alpine | Telemark | Riding | Instructor Name | Instructor signature / Initials | Date |
| Control the fore/aft relationship of the Center of Mass to the Base of Support to manage pressure along the active edge of the length of the skis or board | X | Х | Х | | | |
| Regulate the amount of pressure created through the ski-board/snow interaction with flexion and extension movements | X | Х | X | | | |
| Control Edge angles through a combination of Inclination and Angulation | X | Х | | | | |
| Control Rotary (turning/pivoting/steering) with Leg rotation separate from a stable upper body | X | | X | | | |
| Control Pressure from ski to ski as they direct pressure to the outside ski | X | | | | | |
| Control the lateral relationship of the Center of Mass to the Base of Support to manage pressure from ski to ski | | Х | | | | |
| Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body | | X | | | | |
| Control the size, duration, intensity rate and timing of the lead change to manage fore/aft stability | | Х | | | | |
| Control edge angles through flexion, extension and inclination | | | X | | | |



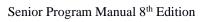


| Use torsional flex to begin rotation and to engage the new edge with progressive pressure throughout the turn | | х | | |
|---|--|---|--|--|
| | | | | |

Alpine Skiing, Telemark Skiing, Riding Candidate Name:

| | Equipment | | | | | |
|---|-----------|----------|--------|-----------------|------------------------------------|------|
| Terrain specific principles for Groomed Slope Skiing / Riding | Alpine | Telemark | Riding | Instructor Name | Instructor signature / Initials | Date |
| Connected and rounded turn shapes of varying sizes for consistent speed and control | х | X | х | | | |
| Consistent speed and control | X | X | X | | | |
| Pole touch if used, will compliment the turn in timing and direction of travel | х | X | | | | |
| Parallel turns with simultaneous foot tipping/steering (skidding & carving acceptable), both feet remain in contact with the snow | X | | | | | |
| Parallel turns with simultaneous lead change (skidding & carving acceptable), both feet remain in contact with the snow | | X | | | | |
| Utilize "tele turns" with lead change for a majority of the run, as appropriate | | X | | | | |
| Confident switch riding ability | | | X | | | |

| Alpine Skiing, Te | lemark Skiing, | Riding |
|-------------------|----------------|--------|
| Candidate Name: | | |





| | Equipment | | | | | |
|---|-----------|----------|--------|-----------------|------------------------------------|------|
| Terrain specific principles for Steep Slope Skiing / Riding | Alpine | Telemark | Riding | Instructor Name | Instructor signature / Initials | Date |
| Rounded and connected short radius turns for a controlled fall line descent | Х | X | Х | | | |
| Pole touch if used, will compliment the turn in timing and direction of travel | Х | X | | | | |
| Parallel turns with simultaneous foot tipping/steering (skidding & carving acceptable), both feet remain in contact with the snow | X | | | | | |
| Parallel turns with simultaneous lead change (skidding & carving acceptable), both feet remain in contact with the snow | | X | | | | |
| Utilize "tele turns" with lead change for a majority of the run, as appropriate | | X | | | | |

| Alpine Skiing, T | elemark Skiing, | Riding |
|------------------|-----------------|--------|
| Candidate Name: | | |

| | | Equipment | | | | |
|---|--------|-----------|--------|-----------------|------------------------------------|------|
| Terrain specific principles for Mogul/Ungroomed Slope Skiing / Riding | Alpine | Telemark | Riding | Instructor Name | Instructor signature / Initials | Date |
| Connected turns for a controlled fall line descent | x | X | X | | | |
| Pole touch/plant that aides in stabilization and timing | X | Х | | | | |



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| Parallel turns with | X | | | |
|------------------------|---|--|--|--|
| simultaneous foot | | | | |
| tipping/steering, both | | | | |
| feet remain in contact | | | | |
| with the snow | | | | |



Toboggan - Unloaded Toboggan Lead: Candidate Name:_____

| Performance Objective | Date | Instructor Named Printed | Signature |
|---|------|--------------------------|-----------|
| Maintains a balanced and centered stance between the handles | | | |
| Both hands on handles slightly in front of body, approximately hip high | | | |
| Maintains a smooth consistent fall line descent to the accident site (route selection) | | | |
| Performs all transitions using simultaneous edge change or "torsional flex" technique | | | |
| Will execute an emergency stop if requested | | | |
| As approaches accident site communicates to position the toboggan | | | |

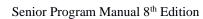


Loaded Toboggan Lead Alone-Most Difficult Smooth: Candidate Name:

| Performance Objective | Date | Instructor Named Printed | Signature |
|--|------|--------------------------|-----------|
| Route selection in the fall line and prevents the toboggan from slipping sideways | | | |
| The ride is smooth and at a continuous pace incorporating various turn and transition skills | | | |
| All transitions will utilize simultaneous edge change most of the time | | | |
| Braking is utilized to maintain pace and control | | | |
| Correctly uses chain brake as required and shall execute an emergency stop if requested | | | |
| Actively monitors the patient and slope traffic conditions, uphill and downhill | | | |

| Loaded Toboggan | Lead Alone-More | Difficult Mogul: |
|-----------------|-----------------|------------------|
| Candidate Name: | | |

| Performance Objective | Date | Instructor Named Printed | Signature |
|--|------|--------------------------|-----------|
| Route selection in the fall line and prevents the toboggan from slipping sideways | | | |
| The ride is smooth and at a continuous pace incorporating various turn and transition skills | | | |
| Braking is utilized to maintain pace and control | | | |
| Correctly uses chain brake as required and shall execute an emergency stop if requested | | | |







| Loaded Toboggan Le | ad with Tail Rope Operator: |
|--------------------|-----------------------------|
| Candidate Name: | |

| Performance Objective | Date | Instructor Name Printed | Signature |
|---|------|----------------------------|-----------|
| Selects a route that helps the tail maintain stability and prevents toboggan from slipping sideways | | | |
| The ride is smooth and at a continuous pace utilizing turns, transitions and traverses at a constant pace | | | |
| Execute traverse with minimal side slip thru edge control | | | |
| Transitions use simultaneous edge change most of the time | | | |
| Provides primary braking to aid in maintaining pace and control | | | |
| Correctly uses chain brake as necessary without compromising tail operator stability | | | |
| Communicates speed and directional changes to tail operator | | | |
| Capable of executing an emergency stop if requested | | | |
| Actively monitors slope traffic conditions, uphill and downhill | | | |

| Loaded Toboggan- | Rear Operator: |
|------------------|----------------|
| Candidate Name:_ | |

| Performance Objective | | Instructor Printed | Name | Signature |
|-----------------------|--|-----------------------|------|-----------|
|-----------------------|--|-----------------------|------|-----------|



| Operator holds rope using both hands in front of body, at waist to mid thigh level | | |
|---|--|--|
| The controlling hand is the downhill hand and is closest to the toboggan | | |
| If the tail rope has a loop at the end, only one hand is permitted in the tail loop at any one time | | |
| The tail rope is maintained in the fall line with a maximum of one coil recommended | | |
| Performs transitions that manage the rope functional tension with only minimal slack | | |
| Transitions use simultaneous edge change most of the time | | |
| Traverses in both directions with minimal toboggan slippage | | |
| Provides secondary braking as needed | | |
| Coordinates and communicates with the toboggan lead | | |
| Actively monitors patient and slope traffic, uphill and downhill | | |
| Ensure the "reserve braking rule" is in place at all time | | |