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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	Candidate Name:	
Principles Common to All Terrain		
	Instructor + Date	Instructor + 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		
Regulate the amount of pressure created through the ski- snow interaction with flexion and extension movements		
Control Edge angles through a combination of Inclination and Angulation		
Control Rotary (turning/pivoting/steering) with Leg rotation separate from a stable upper body		
Control Pressure from ski to ski as they direct pressure to the outside ski		
Terrain specific principles for Groomed Slope Skiing		
Connected and rounded turn shapes of varying sizes for consistent speed and control		
Consistent speed and control		
Pole touch if used, will complement the turn in timing and direction of travel		
Parallel turns with simultaneous foot tipping/steering (skidding & carving acceptable), both feet remain in contact with the snow		
Terrain specific principles for Steep Slope Skiing		
Rounded and connected short radius turns for a controlled fall line descent		
Pole touch if used, will complement the turn in timing and direction of travel		
Parallel turns with simultaneous foot tipping/steering (skidding & carving acceptable), both feet remain in contact with the snow		
Terrain specific principles for Mogul/Ungroomed Slope Skiing		
Connected turns for a controlled fall line descent		
Pole touch/plant that aides in stabilization and timing		
Parallel turns with simultaneous foot tipping/steering, both feet remain in contact with the snow		

Telemark Skiing	Candidate Name:	
Principles Common to All Terrain		
	Instructor + Date	Instructor + 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		
Regulate the amount of pressure created through the ski /snow interaction with flexion and extension movements		
Control Edge angles through a combination of Inclination and Angulation		
Control the lateral relationship of the Center of Mass to the Base of Support to manage pressure from ski to ski		
Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body		
Control the size, duration, intensity rate and timing of the lead change to manage fore/aft stability		
Terrain specific principles for Groomed Slope Skiing		
Connected and rounded turn shapes of varying sizes for consistent speed and control		
Consistent speed and control		
Pole touch if used, will complement the turn in timing and direction of travel		
Terrain specific principles for Steep Slope Skiing		
Rounded and connected short radius turns for a controlled fall line descent		
Pole touch if used, will complement the turn in timing and direction of travel		
Parallel turns with simultaneous lead change (skidding & carving acceptable), both feet remain in contact with the snow		
Utilize “tele turns” with lead change for a majority of the run, as appropriate		
Terrain specific principles for Mogul/Ungroomed Slope Skiing		
Connected turns for a controlled fall line descent		
Pole touch/plant that aides in stabilization and timing		

Riding	Candidate Name	
Principles Common to All Terrain		
	Instructor + Date	Instructor + 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 board		
Regulate the amount of pressure created through the board/snow interaction with flexion and extension movements		
Control Rotary (turning/pivoting/steering) with Leg rotation separate from a stable upper body		
Control edge angles through flexion, extension and inclination		
Use torsional flex to begin rotation and to engage the new edge with progressive pressure throughout the turn		
Terrain specific principles for Groomed Slope Riding		
Connected and rounded turn shapes of varying sizes for consistent speed and control		
Consistent speed and control		
Confident switch riding ability		
Terrain specific principles for Steep Slope Riding		
Rounded and connected short radius turns for a controlled fall line descent		
Terrain specific principles for Mogul/Ungroomed Slope Riding		
Connected turns for a controlled fall line descent		

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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			

Actively monitors the patient and slope traffic conditions, uphill and downhill			

Loaded Toboggan Lead 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	Date	Instructor Name Printed	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			