



2016 Central Division TTW IT Certification

Overview: To certify that the Instructor Trainers (IT) throughout the Central Division are teaching a “Common Curriculum” in harmony with the Outdoor Emergency Transportation (OET), Principles of Toboggan Handling manual.

- Provide an environment where the IT’s will demonstrate their ability to instruct their group on any Toboggan Handling topic, utilizing the 6-pack method while providing proper demonstrations and progressions.
- To collaborate with others in learning tasks and progressions that will benefit their students.

Instructors for Event:

Central Division Instructor Trainer staff

Recommended Student Participants:

Toboggan IT’s in need of certification.

IT Curriculum:

Toboggan Handling Elements review:

Review common toboggan tasks, i.e. safety, static and dynamic maneuvers, toboggan operator roles, etc.

Ski Warm Up - On appropriate terrain

As stated in the OET Principles of Toboggan Handling manual pages 8 and 9, always warm up and stretch the muscles before engaging in strenuous physical activities such as skiing, snowboarding and toboggan handling. The OET: Principles of Toboggan Handling manual also reminds us that warming up and stretching are not the same thing.

Skill Teaching by volunteer or assignment – On appropriate terrain.

Toboggan 101, review parts & inspect the toboggan using proper terminology.
Kick turns Alpine Patroller (AP) and Alpine Senior (AS), 180 degree jump turn - both sides Snowboarder (SB)
Side Step (AP/AS),
Herringbone hiking (AP/AS)
Stair Step (rear foot out) (SB)
Skating (AP/AS)
Rear foot out push and glide (SB)
Wedge, Wedge Turns, Breaking Wedge (AP/AS)
Traverse – both directions (all)
Sideslip - fore, aft, & straight down, both sides (all)
Hockey stops - both sides (AP/AS)
Falling leaf - both sides (all)

(SB) Snowboarder (AP) Alpine Patroller (AS) Alpine Senior.

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Pivot slip (proper technique) (AP/AS)
Torsional flex pivot (S/B)
Route selection and communication techniques (all)
Toboggan Recovery procedure/wheelbarrow maneuver (all)
Belay Techniques (all)
Switch riding (SB)
“Rope a Goat” “Rear operator/tail rope” practice drill.
“Chop Sticks” “Front operator” practice drill.

Unloaded Approach – Moderate to Advanced terrain

Ski/Ride the toboggan to incident site, fall line descent.
(AP) will be combination open parallel, straight runs, side slip, wedge.
(AS) will be short swings with minimal toboggan sway, no wedge or sideslip until delivery.
(SB) will be a combination of short, medium or long radius turns and sideslips, senior level will consist of short swings.
Toboggan delivery: At a safe distance uphill operator will ask how the sled is to be positioned, then deliver the toboggan as efficiently as possible.
Anchoring toboggan - (5) examples.

Loaded Toboggan Team Descent Front Operator – Moderate to Advanced terrain.

Team will make a “Fall line” descent using pivot slip transitions and emergency stops on whistle. Snowboarders will sideslip and traverse.
Moving directional changes (transition)- using variations 1 & 2.
May wedge during transition (AP)
Parallel is during transitions on groomed slopes (AS)
Front operator will utilize Chain Brake, “feathering”, slowing, and stopping as needed.
Makes proper route selection decisions.
Communicates clearly with Rear Operator.

Loaded Toboggan Team Descent Rear Operator – Moderate to Advanced terrain.

Team will make a “Fall line” descent using pivot slip transitions and emergency stops on whistle. Snowboarders will sideslip and traverse.
Rear Operator will stay in harmony with Front Operator applying functional tension to aid in speed control and steering as needed.
Moving directional changes (transition) - using variations 1 & 2.
May wedge during transitions (AP).
Parallel skis during transitions on groomed slopes (AS)

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Rear Operator will demonstrate proper tail rope management.

Loaded toboggan Individual Descent - Advanced and/or moguled slope Senior Patroller only

Fall line descent, slow and continuous

Chain brake required!

In or outside handles, explain when and why.

Moguls – outside of the handles, leading the toboggan through the troughs.

NOTES:

(AP) Alpine Patroller; (AS) Alpine Senior; (SB) Snowboard Patroller

Many of these tasks may be broken down into multiple lessons, and some may be combined. Keep the classes moving and practicing. The Instructor should be able to satisfy each of the different types of learners Verbal/Visual/Kinesthetic.

Keep in mind Snowboarders need to rebind their rear foot after exiting the lift.

Don't take off with out your whole group. Make bamboo poles and tail ropes available for drills.

(SB) Snowboarder (AP) Alpine Patroller (AS) Alpine Senior.

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