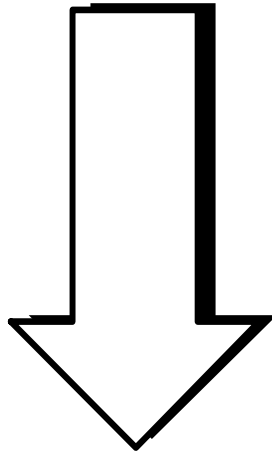


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**Eastern Division  
Alternate Equipment Guidelines  
Snowboarders and Telemark Skiers  
December 2003**



## **6.2 Medium Radius Turn**

*Patroller Level:* Linked telemark turns, may have hesitation in mid-turn or slight parallel prior to completion of the turn, but less than short radius turn, ski may exhibit some skidding, but must be able to maintain control of speed. More angulation than in the short radius turns is expected.

*Senior Level:* Continuous linked telemark turns (no beginning the turn in the telemark and finishing the turn in a parallel), slight counter rotation to keep the upper body facing down the fall line, hips balanced (centered) between fore and aft contact points. Turns should be of a consistent rounded shape. No double pole plants. No lifting of skis off the snow. As in an alpine turn the skis will cross under the body.

*Trainer/Evaluator:* Same as senior with a more dynamic use of the ski and more dynamic body position.

## **6.3 Long Radius Turn**

*Patroller Level:* Same technique as medium radius turn with longer turn radius

## **2.0 RIDING STATION**

LOCAL CANDIDATE SHOULD BE ABLE TO RIDE ON LOCAL TERRAIN, KEEPING A CONSISTENT TURN SHAPE AND SPEED IN SHORT, MEDIUM AND LONG RADIUS TURNS.

SENIOR CANDIDATE SHOULD BE ABLE TO RIDE ON SENIOR LEVEL TERRAIN, KEEPING A CONSISTENT TURN SHAPE AND SPEED IN SHORT, MEDIUM AND LONG RADIUS TURNS IN BOTH GROOMED AND MOGULLED TERRAIN.

THE SENIOR CANDIDATE SHOULD ALSO BE ABLE TO MAKE LONG AND MEDIUM RADIUS TURNS RIDING SWITCH ON GROOMED TERRAIN.

THE TE CANDIDATE SHOULD BE ABLE TO PERFORM THE SAME AS THE SENIOR CANDIDATE ADDING SHORT RADIUS TURNS DONE "SWITCH".

SWITCH RIDING SHOULD BE EVALUATED WITH THE UNDERSTANDING THAT SWITCH TURNS MAY NOT BE DONE AS

## 8.0 TOBOGGAN STATION

December 2003

All skiers being evaluated on telemark equipment should be capable of performing each required maneuver (empty sled, loaded front and loaded tail) on the same terrain, at the same level and using the same techniques as skiers on alpine ski equipment. In other words alpine ski technique should be used for all maneuvers, with the possible exception that when running an empty sled telemark turns are acceptable, but only required of a T/E. The evaluation criteria are the same whether on Telemark equipment or Alpine equipment. Dropping into a telemark technique or lifting of one heel to shift position or avoid obstacles such as bumps and rocks may be demonstrated but is not required.

A T/E should be capable of demonstrating the telemark turn in the handles of the sled and should be able to demonstrate dropping into a telemark technique or lifting of one heel to shift position or avoid obstacles such as moguls, bumps and rocks while running a loaded sled from the front.

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- Pressure on the trailing foot is though the ball of the foot.
- Equal pressure on the front foot and ball of the trailing foot.
- **One half to one full boot length of space between the toe of the trailing foot and the back of the lead foot. Anything less is not a telemark turn, but will be considered a parallel turn with a slight lift of the heel.**
- Hips are centered between the feet at all times during the turn.
- Torso is upright, not bent forward at the waist.
- Skis should not leave the snow during most maneuvers.

If a patroller attends an evaluation on Telemark equipment they will be evaluated as a telemark skier. All applicable maneuvers will be performed using telemark techniques. In actuality, the ski station is the only station where this is applicable to a candidate on telemark equipment. In the ski station a skier on telemark equipment will be evaluated based on differing techniques and expectations than a skier/rider

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Fellow Patrollers,

Many ski resorts have seen rapid growth of snowboard and telemark skier visits. Snowboarders and telemark skiers are participating with many local patrols and a few have started making the rise through senior and trainer/evaluator ranks. Over the next few years a large influx of patrollers on alternate equipment is anticipated at S&T events. These guidelines were prepared by Division S&T Steering and Staff members in order to provide a consistent basis to set objectives and evaluate patrollers at local, senior, and trainer evaluator events. This material was presented in writing and demonstrated on-snow to all Eastern Division Staff and Regional S&T Advisors on December 6-7, 2003. This document should be considered a work in process. As such, changes based on feedback and further local, regional, and division discussion are likely. I encourage you to pass the booklet along and use it for your S&T events in the 2003/2004 season. The document is not copyrighted - you are permitted to make copies and distribute it to trainers and staff in your local region, section, and patrols. It is important to let prospective candidates on snowboards or telemark equipment know about these criteria at the clinics.

Sincerely,  
Randy McNeil  
Eastern Division S&T Supervisor

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## 3.0 SKILLS STATION

### 3.1 SIDESLIP

CANDIDATES SHOULD BE ABLE TO SIDESLIP FROM SIDE TO SIDE AND DOWNHILL ON BOTH THE HEEL AND TOE EDGES ON APPROPRIATE TERRAIN, MAINTAINING A CONSISTENT SPEED.

WHEN IT COMES TIME FOR THE KICK TURN, THE BOARDER NEEDS TO GO FROM A TOE EDGE TO A HEEL EDGE OR A HEEL EDGE TO A TOE EDGE. A LOCAL CANDIDATE CAN DO THIS BY PIVOTING THE BOARD AROUND (ROLLING IT OVER) WHILE SITTING ON THE SNOW ON HEEL SIDE OR KNEELING ON TOE SIDE. WHEN DOING THIS, THE CANDIDATE SHOULD NOT SLIDE DOWN THE HILL ANY MORE THAN A FEW FEET, BUT PREFERABLY NOT AT ALL.

IN LIEU OF KICK TURNS, A SENIOR OR TE CANDIDATE WILL DO A "JUMP 180" FROM A STOPPED POSITION. THEY WILL START ON ONE EDGE OF THE BOARD, SET THE EDGE, HOP INTO THE AIR, SPIN THE BOARD 180 DEGREES, AND LAND ON THE OPPISITE

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## SNOWBOARDING

*Trainer/Evaluator:* Must be able to demonstrate continuous linked telemark turns at a higher speed, but also should be able to change between telemark and parallel turns without losing rhythm. Rare to no double pole plants.

### 6.4.2 Crud Run

*Patroller Level:* Linked telemark turns at a slower speed than upper level skiers, may have occasional parallel turns, may have hesitation in mid-turn or slight parallel prior to completion of the turn, double pole planting is acceptable at the patroller level.

*Senior Level:* Linked telemark turns, upper body facing down the fall line, single pole plants must be used at the senior level but occasional double pole plants will be acceptable. Hop telemark turns may be desirable in some snow and terrain conditions.

*Trainer/Evaluator:* Linked telemark turns, upper body facing down the fall line, single pole plants are expected at the T/E level. T/E's must be able to perform hop telemark turns in appropriate snow and terrain conditions.

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WHEN THE SLED GETS TO FLAT TERRAIN, THE TAILMAN MAY, IN THE INTEREST OF KEEPING UP, PUT THE NOSE OF THE BOARD IN THE FALL LINE AND THEN COME BACK TO A HEEL EDGE. FAST MOVING FALLING LEAFS ALSO WORK WELL ON A BOARD ON HEEL SIDE IN FLAT TERRAIN.

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- 1.0 DEFINITIONS
- 2.0 RIDING STATION
- 3.0 SKILLS STATION
- 3.1 SIDESLIP
- 3.2 SNOWPLOW
- 3.3 TRANSITIONS
- 3.4 RIDE ABILITY
- 3.5 EQUIPMENT CARRY
- 4.0 TOBOGGAN STATION
- 4.1 EMPTY SLED
- 4.2 FRONT LOADED
- 4.3 TAIL LOADED

### TELEMARK SKIERS

- 5.0 DEFINITION OF THE TELEMARK TURN
- 6.0 SKI STATION
- 6.1 SHORT RADIUS TURN
- 6.2 MEDIUM RADIUS TURN
- 6.3 LONG RADIUS TURN
- 6.4 SKIABILITY
- 6.4.1 MOGULS
- 6.4.2 CRUD RUN
- 7.0 SKILLS STATION
- 8.0 TOBOGGAN STATION

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OF THEIR BOARD. A SENIOR OR TE CANDIDATE SHOULD BE ABLE TO DO THIS IN A CORRIDOR, 1 ½ LENGTHS OF THEIR BOARD. THE CORRIDOR WIDTH RECOMMENDATION SHOULD BE APPLIED ONLY IF THE SKILL IS BEING EVALUATED ON SMOOTH, STEEP TERRAIN. WHEN EVALUATING IN THE BUMPS, LOOK FOR THE CANDIDATE TO FIND SPOTS THAT ARE BEST FOR THEM TO DEMONSTRATE THE SKILL.

### 3.4 RIDE ABILITY

NO CHANGE FROM SKI ABILITY.

### 3.5 EQUIPMENT CARRY

NO CHANGE.

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