The Skiing 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. With each section broken down into sub-components.

Performance Objectives **apply to all components**

1- Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis.
2 - Control pressure from ski to ski and direct pressure toward the outside ski.
3 - Control edge angles through a combination of inclination and angulation.
4 - Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
5 - Regulate the magnitude of pressure created through ski / snow interaction.

- Maintains consistent speed
- Demonstrates control
- Demonstrates linked turns or skill maneuvers

Senior Telemark skiers can ski either Alpine or Telemark turns or a combination of the two.
Senior Snowboarders must demonstrate ability to ride switch (medium or long radius turns) Switch side is not scored.

Trainer Evaluator Teaching Performance Terrain: Suitable for teaching and evaluating Senior level performance and must be able to identify the terrain.

- **T/E Performance Objectives:**
  Demonstrates understands and can apply performance objectives, P.I.S.E., & A.D.A.P.T.
- Demonstrates the ability to detect errors and provide appropriate correction
- Clearly states objectives
- Ability to develop positive learning environment
- Demonstrates understanding of scoring system (1 - 10)
- Ability to deliver score to candidate.

Eastern Division OET Senior & T/E Objectives

Group_____

Location _____

Date_____

Evaluator _____

Group_____

Oct 2018

Skiing

Short Radius Turns Terrain: More / most difficult Smooth

Performance Objectives

1. Maintains fall line decent
2. Steers skis in direction of travel with minimal skidding and no traversing
3. Links turns with consistent size and "C" 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: More/ most difficult,

Performance Objectives:

1. Links turns with consistent size and "C" shape measuring between 15 and 30 feet
2. Steers skis in direction of travel 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 "C" shape, measuring more than 30 feet
2 Steers skis in direction of travel with minimal 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?

Scores			Name

Trim here

Toboggan

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?

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?

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 operator's 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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Skills

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 railing during terrain changes and performs a controlled stop at the end?

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.

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?

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.

Transition Skill Terrain: Most difficult, moguled / smooth and more difficult,

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. (ATM180)

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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