

Eastern Division OET Snow Pro Tips*

For Toboggan Skills

ED OET Snow Pro Tips: Snowplow

- Gliding Wedge with a Braking Edge
- Linked Wedge Turns
- Skidding both skis independently to maintain a constant steady speed
- Snowboard: Balanced stance over heel edge.
- Snowboard: Increase edge angle to slow; decrease edge angle to slip faster

ED OET Snow Pro Tips: Slide Slip

- Balance mainly over the downhill ski weighting the uphill ski to control stance
- Maintain stance width and parallel relationship of skis
- Increase edge angle to slow; decrease edge angle to slip faster
- Snowboard: Balanced stance over either heel or toe edge.
- Snowboard: Increase edge angle to slow; decrease edge angle to slip faster

ED OET Snow Pro Tips: Sideslip – Falling Leaf

- Balance mainly on the inside edge of the downhill ski
- Use subtle flexion and extension of the ankles to move COM forward and backward
- Turn legs slightly to turn the skis and adjust fore and aft pressure along the length of the ski
- Maintain stance width and parallel relationship of skis
- Snowboard: Balance mainly on the heel side or toe side edge of the board
- Snowboard: Use subtle flexion and extension of the ankles to move COM forward and backward
- Snowboard: Turn legs slightly to turn the board and adjust fore and aft pressure along the length of the board

ED OET Snow Pro Tip: Transition - Snowplow to Sideslip

- Rotational Control of Skidding a Gliding wedge to a Sideslip, at constant speed in the fall line
- Edge and Pressure Control along the length of the skis during rotation.
- Snowboard: Heal side to Toe side skidding rotation at constant speed and in the fall line.
- Snowboard: Control pressure along the length of the board during rotation.

ED OET Snow Pro Tip: Transition - Sideslip to Snowplow

- Rotational Control of Skidding a Sideslip to a Gliding wedge at constant speed and in the fall line.
- Edge and Pressure Control along the length of the skis during rotation.
- Snowboard: Toe side to Heal side skidding rotation at constant speed and in the fall line.
- Snowboard: Control pressure along the length of the board during rotation.

*Snow Pro Tips uses PSIA's Skills Concept in the 5 Fundamentals and is a term adopted from the NSP OET National Committee

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ED OET Snow Pro Tips: Emergency Stop (Hockey Stop)

- Quickly flex and pivot skis tipping them on edge while maintaining balance over the inside edge of the downhill ski.
- Keep skis hip width throughout the hockey stop
- Rotational-, Edge-, and Pressure-control work together for stopping quickly
- Snowboard: Quickly flex and pivot board tilting it on edge while maintaining balance over the length of the board
- Snowboard: Rotational-, Tilt-, and Pressure-control work together for stopping quickly

ED OET Snow Pro Tips: Empty Sled – Short Swing Turns

- Rapid short skidded turns in the handles of the sled
- Maintain a constant speed in the fall line with little to no swing of the sled
- Snowboard: The same

ED OET Snow Pro Tips: Loaded Sled – Front

- Snowplow, sideslip and Transition skills are blended for a constant speed, in the fall line.
- Route selection is made using inside and outside the handle techniques
- Monitor Patient
- Communicate with the Tail Rope Patroller on direction, terrain and snow conditions
- Snowboard: The same

ED OET Snow Pro Tips: Loaded Sled – Tail Rope

- Snowplow, sideslip and transition skills are blended to maintain safe and effective rope position and stabilization of sled in traversing situations.
- Monitor traffic
- Anticipate and communicate with the Front Patroller on direction, terrain and snow conditions
- Snowboard: The same

ED OET Snow Pro Tips: Loaded Sled - Traverse

- Maintain stance width and parallel relationship of the skis
- Feet and legs tip and flatten skis, and control slight rotary movement to maintain constant speed and control direction across the slope
- Front: Communicate with the Tail Rope Patroller on direction, terrain and snow conditions
- Front: Pressure up and down hill handles to prevent slipping and tipping of sled through terrain.
- Tail Rope: Stabilize sled to prevent rear of sled from sliding downhill below the front.
- Snowboard: Balanced stance over either heel or toe edge in Front. Heal edge with Tail Rope.
- Snowboard – Front: Toe edge allows for best communication and view of uphill traffic.