

Eastern Division

NATIONAL SKI PATROL

OET Trainer-Evaluator Handbook

Senior/TE Training & Evaluation Guide

V2.1 2025

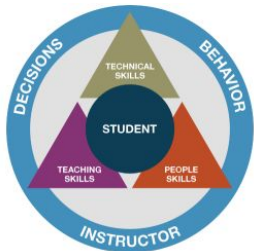


Complete Manual at
www.PatollerSchool.org

Trainer Evaluator Performance Guidelines

- ✓ Understands and utilizes Technical, Teaching and People skills to develop a positive and productive learning environment
- ✓ Accurately demonstrates Senior/TE skills and drills
- ✓ Selects suitable terrain for teaching and evaluation
- ✓ Demonstrates, understands and develops student focused cyclical learning progressions
- ✓ Facilitates learner reflection and assessment of skill development
- ✓ Demonstrates understanding and application of Senior/TE scoring system

Learning Connection Model - PSIA



Technical Skills

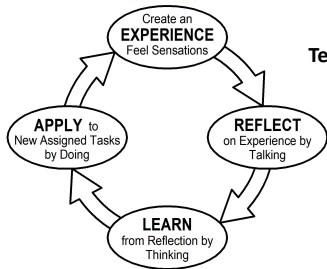
- Convey and apply accurate technical information – Toboggan/Ski/Ride
- Observe, evaluate, and prescribe (through Movement Analysis)

People Skills

- Develop relationships based on trust
- Engage in meaningful, two-way communication
- Identify, understand, and manage your emotions and actions
- Recognize and influence the behaviors, motivations, and emotions of others

Teaching Skills

- Collaborate on long-term goals and short-term objectives
- Manage information, activities, terrain selection, and pacing
- Promote play, experimentation, and exploration.
- Facilitate the learner's ability to reflect upon experiences and sensations
- Adapt to the changing needs of the learner
- Manage emotional and physical risk



Fundamentals - Toboggans

- ✓ Employ sound judgment to ensure the **Safety** of the toboggan handlers, passenger and public
- ✓ Use a blend of **Technical Fundamentals**, along with chain/rope management, to control the speed and direction of the toboggan
- ✓ Use **Route Selection** and other tactical skills to optimize the path of the toboggan to safely arrive at a scene or transport a patient
- ✓ Employ appropriate **Communication** between toboggan handlers, passenger and public

Fundamentals - Skiing

- ✓ Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis/board
- ✓ Control pressure from ski to ski and direct pressure toward the outside ski
- ✓ Control edge angles through a combination of inclination and angulation
- ✓ Control the skis' rotation with leg rotation, separate from the upper body
- ✓ Regulate the magnitude of pressure created through ski/snow interaction

Fundamentals - Telemark

- ✓ Control the size, duration, intensity, rate, and timing of the lead change to manage fore/aft stability.
- ✓ Control the fore/aft relationship of the center of mass to the base of support to manage pressure along the length of the skis.
- ✓ 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 edge angles through a combination of inclination and angulation.
- ✓ Regulate the amount of pressure created through ski/snow interaction with flexion and extension movements

Fundamentals - Snowboard

- ✓ Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the board
- ✓ Control the relationship of the Center of Mass to the Base of Support to direct pressure across the width of the board
- ✓ Control the magnitude of pressure created through the board/surface interaction
- ✓ Control the board's pivot through flexion/extension and rotation of the body
- ✓ Control the board's tilt through a combination of inclination and angulation
- ✓ Control twist (torsional flex) of the board using flexion/extension and rotation of the body

Skiing/Riding

Short Radius

LOCATION:
Most Difficult
Groomed Slope

Performance standards for **all** skiing / riding turns

- Performance is as carved as possible given terrain, conditions, and equipment design
- Consistent tempo is maintained throughout the run
- Edges are engaged early and throughout the turn
- Skis are generally parallel with similar edge angles
- Speed is controlled throughout the run with turn shape
- Center of Mass remains over the base of support
- Fore/aft pressure control is managed through proportional flexion and extension of all joints
- The torso remains stable and disciplined

Size: Approx. 15' or "One Groomer Track" wide

Skiing/Riding

Medium Radius

LOCATION:
More to Most
Difficult
Groomed Slope

- Appropriate adjustments to inclination and angulation are made to accommodate turn size

Size: Between 15' and 30' or *"Two Groomer Tracks"* wide

Long Radius

LOCATION:
More Difficult
Groomed Slope

- Turn shapes are arcs, not linked traverses
- Skis leave mostly clean "railroad tracks"

Size: Greater than 30' or *"Three Groomer tracks"* wide

Skiing/Riding

Crud Run/ Skiability

LOCATION:
Most Difficult
Moguled Slope

- Evaluates ability to assess terrain and perform a trail check on unknown conditions
- Linked turns, demonstrating the ability to adapt to changing snow and terrain
- Speed is controlled and maintained
- Control the skis' rotation with leg rotation, separate from the upper body
- Contact with snow is maintained through progressive flexion and extension of ankles, knees and hips
- Upper body remains stable with little effect from lower-body movements

Toboggans

**For all
events**

- Effective communication (verbal and non-verbal) with patient and toboggan partner
- Shows sound judgement and awareness of trail merges and the skiing public
- Performs effective emergency stop, if asked

Toboggans

Toboggan Unloaded

LOCATION:
Most Difficult
Moguled Slope
when available

- Selects an appropriate route to optimize the path of the toboggan safely to a scene
- Uses an effective blend of Technical Fundamentals that may include pivots, turns, and skill maneuvers as appropriate for terrain and conditions, to control the speed and direction of the toboggan
- Ensures minimal slipping or bouncing the toboggan

Does the candidate safely and efficiently control the toboggan to the accident site?

Toboggans

Toboggan Loaded

LOCATION:
Most Difficult
Moguled Slope
when available

- Selects appropriate route to optimize the path of the toboggan to safely transport a patient
- Ensures minimal slipping or bouncing the toboggan and controls descent without abrupt starts and stops by either chain brake, skill maneuvers or both
- Uses a blend of Technical Fundamentals and skill maneuvers, as appropriate for terrain and conditions, to control the speed and direction of the toboggan
- Demonstrates a traverse with the toboggan behind the candidate (Size: Between 15' and 30' or "Two Groomer Tracks" wide)
- Snowboarders may face uphill or downhill, looking in the direction they are traveling

Does the candidate safely and effectively control the loaded toboggan while monitoring the patient?

Toboggans

Tail Rope

LOCATION:
Most Difficult
Moguled Slope
when available

- Strives for the optimal and safest position behind the toboggan to manage toboggan slipping/bouncing and assist in an emergency stop
- Effectively manages the rope to assist in a controlled descent without abrupt stops or unnecessary rope tensions impacting toboggan movement
- Demonstrates the use of skill maneuvers without interruption to the front operator
- Snowboarders should predominantly maintain a heel side orientation through the entire demonstration, transitions are not required or recommended

Does the candidate safely and effectively manage the tail rope, using appropriate skill maneuvers, while maintaining an optimal position for braking or an emergency stop?

Toboggans

Equip. Carry

LOCATION:
More to
Most Difficult
Moguled and
Smooth Slope

- Uses an effective blend of Technical Fundamentals that may include skiing/riding, pivots turns and skill maneuvers as appropriate for terrain and conditions
- Equipment held securely
- Maintains awareness of trail merges and skiing public
- Demonstrates control

Does the candidate blend technical fundamentals on changing snow surfaces and terrain using a variety of turns and skill maneuvers?

Toboggan Skill Maneuvers

Side slip

LOCATION:
Most Difficult
Moguled Slope
when available

- Demonstrates effective use of edges
- Demonstrates consistent speed
- Snowboarders must show both heel and toe side skills

Does the candidate blend technical fundamentals by slipping the edge(s) in either direction without traversing?

Snow Plow

LOCATION:
Most Difficult
Moguled Slope
when available

- Demonstrates consistent speed in all directions and terrain changes
- Snowboarders utilize heel side in place of snowplow

Does the candidate blend technical fundamentals while slipping the edge(s) of both skis.

Toboggan Skill Maneuvers

Moving Change in Direction

LOCATION:
Most Difficult
Moguled Slope
when available

- Maintains narrow fall line descent
- Changes direction from a side slip on one side, to a side slip on the other, maintaining a fall line descent and consistent speed

Does the candidate maintain a fall line descent with consistent speed, effective edging and rotary movements during a direction change within a narrow corridor?

Transition

Pivot Slip

Evaluator's Note: A properly executed pivot slip satisfies the requirement for a change in direction. A definition is on the Pivot Slip page of this booklet. A pivot slip is not required at a senior level.

Toboggan Skill Maneuvers

Static Direction Change

LOCATION:
More to
Most Difficult
Moguled and
Smooth Slope

- Static direction change carried out by lifting and rotating one ski, and then the other ski to match, ending facing the opposite direction with minimum fall line movement
- An alternate change of direction may be performed by a quick “wedge and match” maneuver with minimum fall line movement
- Snowboarders may perform a “Jump Turn” or “static 180” with minimum fall line movement

Kick Turn

ATM

Training and Feedback Drills

Pivot Slip

LOCATION:
More to
Most Difficult
Groomed Slope

- Sideslip while maintaining a narrow fall line corridor
- Upper body remains stable in fall line
- Pivot point is under the center of the skier / boarder midline
- Snow contact is maintained through flexion and extension of ankles, knees, and hips
- Consistent speed is controlled by “slip and grip”
- Tips & tails rotate simultaneously

Training and Feedback Drills

Hockey Stop

LOCATION:
More to
Most Difficult
Groomed Slope

- Pivot the legs separate from the upper body
- Demonstrate the ability to manage “slip and grip” of the edges through a combination of inclination and angulation
- Remain within a fall line corridor
- Skis / shins / femurs remain parallel
- Tips & tails rotate simultaneously

Training and Feedback: Funnel Drill

Starting with greater than 30' or "Three Groomer Tracks" wide and progressing down to less than 15' or "One Groomer Track" wide

- Turn shape, size and line proactively change in response to the terrain while maintaining consistent speed
- Show differing turn shape, sizes, and lines to achieve prescribed outcome
- Ability to actively adjust or change turn shape, size, and line for tactical reasons
- Appropriate rotation (or twisting) of ski/board and adjustments to inclination and angulation are made to accommodate turn size

Does the candidate continuously manage turn shape and size by moving from long/medium radius turns to progressively shorter radius turns while maintain speed control?

Scoring and Abbreviations

**Not
Senior
Level**

NP Essential elements were not observed or **not present**

BA Essential elements are **beginning to appear**

NC Essential elements appear, but **not with consistency**

**Senior
Level**

FQ Essential elements appear ***Frequently*** at a satisfactory level

CS Essential elements appear ***Consistently*** above required level

CT Essential elements appear ***Continuously***, at a superior level