

Senior Alpine Candidate Skills Sign-off

In order to participate in the senior alpine evaluation the candidate must demonstrate competency in both alpine and toboggan handling skills. Alpine skiing/boarding skills must be checked off by a minimum level II PSIA instructor or the RD and the toboggan skills sign-off must be completed by a NSP Alpine Toboggan Instructor. The instructor's signature below testifies satisfactory demonstration of the skills by the candidate. This document must be presented to the region administrator responsible for the evaluation within region specified guidelines.

Completion of this form is not an evaluation or certification of senior level proficiency

Candidate name:

Email:

Address:

City:

Zip code:

Phone:

NSP Registration number:

Skill Performance	Date	Instructor Name Printed	Instructor Signature
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Alpine Skills

Long Radius Turns:			
Medium Radius Turns:			

Balanced dynamic stance, adjusts to terrain change
 Consistent speed and size of rounded turn
 Ability to effectively edge ski/board with minimal skidding
 Early edge engagement at the start of the turn
 Effectively guides both feet thru the entire turn w/minimal traverse
 Initiates turn from feet up
 Effective use of flexion and extension to maintain snow contact

Short Radius Turns, Smooth and Moguled:			
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Balanced dynamic stance, adjusts to terrain change
 Consistent speed and size of rounded turn
 Ability to effectively edge ski/board with minimal skidding
 Early edge engagement at the start of the turn
 Effectively guides both feet thru the entire turn w/minimal traverse
 Initiates turn from feet up
 Effective use of flexion and extension to maintain snow contact
 Smooth adsorption of moguls

Unpacked Snow:			
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Continually adjusts to terrain change and snow conditions
 Demonstrates versatility in edging and rotary skills
 Controls speed and turn size throughout the run
 Effective use of flexion and extension to maintain snow contact

Written Questions: <i>Toboggan Handling</i>
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List the 5 primary roles of the lead operator:

List the 5 primary roles of the tail rope operator:

Define the *braking reserve rule*:

Skill Performance	Date	Instructor Name Printed	Instructor Signature
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Alpine Toboggan Handling

Unloaded Toboggan Lead:			
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- Appropriate route selection and approach to the scene
- Safe, expedient, controlled and consistent speed
- Smooth rounded turns
- Balanced, stable and proper position
- Effective transitions
- Minimal slipping and bouncing of the toboggan
- Effective recovery technique if needed

Loaded Toboggan Lead Alone-Smooth:			
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- Appropriate route selection and safe departure
- Ride is smooth and comfortable
- Safe, expedient, controlled and consistent speed
- Balanced, stable and proper position in the handles
- Demonstrates secondary braking with proper use of the chain brake
- Executes transitions with stability and control
- Brakes toboggan as needed

Loaded Toboggan Lead Alone-Moguled:			
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- Appropriate route selection and safe departure
- Ride is smooth and comfortable
- Safe, expedient, controlled and consistent speed
- Balanced, stable and proper position in the handles
- Demonstrates secondary braking with proper use of the chain brake
- Controls descent with sideslip and using edging skills
- Controls direction with falling leaf and side slipping skills

Loaded Toboggan Lead with Tail Rope Operator:			
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- Controls speed to ensure reserve braking if needed from tail rope operator
- Appropriate route selection and safe departure
- Ride is smooth and comfortable
- Safe, expedient, controlled and consistent speed
- Balanced, stable and proper position in the handles
- Controls descent with sideslip and using edging skills
- Controls direction with falling leaf and side slipping skills
- Demonstrates and understands coordinated direction change with the tail rope operator
- Controls edges during traverses with minimal sideslip
- Performs transitions in the fall line with stability and control
- Effective communication with tail rope operator
- Demonstrates appropriate use of chain brake if needed

Loaded Toboggan Rear:			
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- Assists with braking as needed using edge and pressure control skills
- Traverses left and right with minimal slippage of toboggan
- Safe, expedient, controlled and consistent speed
- Smooth and controlled turns and transitions
- Demonstrates and understands coordinated direction change with lead operator
- Controls rope in fall line from a stable position
- Adapts to terrain and condition changes
- Controls edges during traverses with minimal sideslip
- Performs transitions in the fall line with stability and control
- Maintains safe distance from the toboggan