

Senior Nordic Program

The nordic senior program will be administered at the region level under the direct supervision of the Division Nordic Program Supervisor. Any candidates interested in the Nordic Senior program will work with their Region Nordic Program Administrator and contact the Division Nordic Program Supervisor.

Core Skill Requirements and Electives

Core components required for the senior nordic patroller are:

- Toboggan construction and handling

- Nordic skiing and endurance

- Emergency Management

- Mountain Travel and Rescue 2 course-including Orienteering, Bivouac, and Patient Survival Skills.

Each core component is evaluated and graded separately. As an example a candidate need not pass skiing/endurance in order to pass toboggan construction and handling. There is no mandatory time constraint regarding when each core component must be completed. Once a candidate passes each component he or she need not take that component again. It is highly recommended that all core skill requirements be completed within 3 years. The candidate is strongly encouraged to continue to participate in clinics during the time when he or she is attempting to successfully complete the core components.

In addition to the core requirements the nordic senior candidate must complete a minimum of two electives. Refer to the current NSP National Policies and Procedures, chapter 17, for the accepted list of electives.

Nordic Candidate Skill Development

The nordic senior candidate is responsible for his or her own training and abiding by any guidelines established by the Region Senior Program Administrator.

Senior candidates should notify their Region Nordic Program Administrator and have the necessary skills for senior level testing prior to the evaluation. Candidates who have not had prior screening before the evaluation may attend the Senior Nordic Evaluation at the discretion of the Division Nordic Program Supervisor.

Examiner Development

Examiners at the senior nordic evaluation must be at least a senior level patroller. Senior examiners must have excellent communication skills and be able to demonstrate senior level nordic skiing skills and/or toboggan handling skills. The senior nordic examiner must be able to evaluate and provide feedback to the candidate in a positive and constructive manner. The Division Nordic Program

Supervisor will be responsible for developing and supporting a strong cadre of examiners. In order to remain current regarding the nordic program the regions are expected to send appropriate representation to the division sponsored Nordic Ski Trainers Workshop (STW). The Nordic STW will be conducted on Saturday in conjunction with the Senior Nordic Evaluation and on Sunday with the Nordic Ski Enhancement Seminar. The information obtained at the division Nordic STW will then be passed on to the other trainers and examiners at region sponsored workshops. To maintain a consistent standard we highly recommend that all trainers and testers attend a division clinic at least once every three years.

It is recommended that an apprentice program be used for nordic examiner development. During this time the examiner apprentice is refining their movement analysis skills and examining skills with the assistance of other experienced examiners.

An example of a nordic examiner apprentice program

To become a nordic examiner the apprentice should:

- Complete the NSP Instructor Development course.
- Complete the toboggan instructor certification by participating in the NSP Toboggan Mentoring program.
- Become an active trainer.
- Attend a workshop and express an interest in becoming an examiner.
- Maintain a log of training, continuing education and evaluation activities.
- Complete and maintain region/division-specific examiner requirements.

Once the examiner apprentice has participated in an evaluation as an observer for at least one season, continues to actively participate in training candidates, and continues to attend clinics the examiner's name may be added to the list of active division nordic examiners at the discretion of the Division Supervisor.

Evaluation Format

The senior candidate should be able to demonstrate strong management of nordic skills on diverse terrain and the evaluation format is the method for this. The candidate must be given every chance reasonable to demonstrate proficiency in the skiing and toboggan handling skills. Some feedback regarding specific skill objectives may be provided but there should be minimal teaching. The evaluation is a confirmation of skills that should already be mastered by the candidate prior to the event.

Evaluation Scoring for Nordic Skills

The candidate should show senior level proficiency in nordic skiing and toboggan handling skills. The overall rating score on the card determines if a candidate passes or fails an evaluation. After a group discussion the evaluation team, composed of a minimum of 3 examiners, must come to a consensus for either passing or failing a candidate. A senior candidate can pass or fail one or both components of the evaluation, either nordic skiing/endurance skills or toboggan construction/handling. A candidate that fails one component only needs to retest on that component. The scorecards used for the evaluation will be the same for all evaluations/regions (appendix I).

Senior Nordic Skills Evaluation

Risk Management

Instructors and candidates will communicate any concerns regarding risk management. Strict efforts must be made to ensure the safety of all participants.

Only patrollers (including candidates) will ride in or operate the toboggans during training, clinics, and evaluations.

Extended Nordic Ski Tour

Basis for evaluating candidates overall nordic and mountaineering knowledge, skills and abilities as they demonstrate physical conditioning, orienteering, route selection, toboggan fabrication, bivouac, and subject-survival skills. Should last 4 or more hours or 25 km and the patroller will carry a full patrol pack.

The following components of the Extended Nordic Ski Tour will be completed during the Mountain Travel and Rescue 2 course:

Orienteering

Bivouac and Patient-Survival Skills

Nordic Skiing

Evaluation concentrates on skiers control, style, and ability to handle terrain, not testing basic nordic skill maneuvers. Group tour format allows candidate to be evaluated on required skills during the continuous evaluation of the tour. The terrain should be mildly rolling to most difficult track or prepared surfaces and off track situations. PSIA Nordic examiners are not required but highly recommended.

The following components will be evaluated during the Nordic Skiing evaluation:

Diagonal Stride and Double Pole-track or prepared-surface

Double Pole with Kick

Skating; V-1, V-2 and V-2 Alternate

Skate Turns

Uphill Traverse

Kick Turns

Herringbone

Cross-Country Downhill Turns

Step Turns

Pole Drag

Overall Skiing – Unpacked Snow or Icy Conditions

Nordic Toboggan Transport and Belay

Demonstrate leadership ability when setting up and moving a nordic toboggan. Work as a team member and provide leadership. Demonstrate the ability to use appropriate equipment consistent with senior level terrain and personnel. The terrain should be mildly rolling to most difficult track or prepared surfaces and off track situations.

Nordic Toboggan Evaluation Maneuvers

The following components will be evaluated during the Nordic Toboggan Handling evaluation:

Toboggan Fabrication

Organization and Leadership of a Toboggan Transport/Belay

Up-slope Transport and Belay of a Loaded Toboggan

Down-slope Transport and Belay of a Loaded Toboggan

On-Trail, Flatland Transport of a Loaded Toboggan

Senior Nordic Continuing Education

Once achieving senior status the patroller must maintain that skill level in order to maintain the senior classification. This will be accomplished every season at the local nordic skills refresher. The refreshers are not pass/fail performance evaluations. They will be a clinic format with sufficient feedback and skill enhancement provided in order for the patroller to maintain senior level nordic skills.

Appendix I

Senior Nordic Evaluation Scorecards

NORDIC SENIOR SKIING EVALUATION CENTRAL DIVISION

Candidate _____ NSP # _____

Date _____

Location _____

Terrain Requirements: Mildly Rolling to Most Difficult Track or Prepared Surfaces and Off-track Situations.

Skill *	Elements						Score	Comments
	Weight Transfer	Body Position	Timing	Arm Swing & Poling	Edging/ Pressure	Balance		
Classical Technique								
Diagonal Stride					N/A			
Uphill Diagonal					N/A			
Double Pole	N/A				N/A			
Dble. Pole w/Kick					N/A			
Step Turn					N/A			
Skate Turn								
Herringbone								
Sidestep	N/A	N/A						
Traverse	N/A	N/A	N/A	N/A	N/A	N/A	P F	
Kick Turn	N/A	N/A	N/A	N/A	N/A	N/A	P F	
Skating Technique								
Diagonal Skate								
V1-Skate								
V2- alternate Skate								

Nordic Downhill Technique								
Skill *	Elements						Score	Comments
	U/L Body Separation	Counter Rotation	Foot Steering	Edging/ Pressure	Pole Timing	Hand Position		
Straight Run								
Gliding Wedge								
Braking Wedge								
Wedge Turn								
Wedge Christie								
Parallel Turn								
Telemark								
Controlled Fall	N/A	N/A	N/A	N/A	N/A	N/A	P F	
Pole Drag	N/A	N/A	N/A	N/A	N/A	N/A	P F	

* Common skills are graded to PSIA level 7 for Senior candidates.

Overall score:

Pass _____ **Fail** _____ (check one)

Examiner _____ Registered _____ Qualified _____ (check one)
 NSP# _____

 (signature)



Nordic Senior Program Extended Nordic Ski Tour Performance Evaluation

EXTENDED NORDIC SKI TOUR	Cand. #1	Cand. #2	Cand. #3	Cand. #4	Cand. #5
Terrain: 25 km (15 miles) or 1000 feet elevation gain. Difficulty: Four-hour tour; full patrol pack	+ = -	+ = -	+ = -	+ = -	+ = -
EVALUATION CRITERIA 1. Assessment of strength and stamina 2. Preparedness for injury or emergency 3. Techniques appropriate to terrain 4. Confidence CRITICAL STANDARD: Is the senior candidate prepared (physically, technically) to endure an emergency search and rescue?	Comments	Comments	Comments	Comments	Comments
OVERALL RATING FOR EXTENDED NORDIC SKI TOUR (Note: These scores represent the majority opinion of the instructors. Do not assign an overall rating until a majority opinion has been determined.)					



Nordic Senior Program Skiing Performance Evaluation

After reviewing skills and completing practice exercises,
the following maneuvers should be observed and evaluated.

<p>TRACK/PREPARED SURFACE</p> <ul style="list-style-type: none"> • Diagonal Stride (flat, uphill, downhill) • Double Poling (flat, uphill, downhill) • Skating (flat, uphill) • Braking Techniques (downhill) 	<p>OFF-TRACK</p> <ul style="list-style-type: none"> • Climbing Maneuvers (unpacked snow, trees, obstacles) • Descending Maneuvers (unpacked snow, trees, obstacles) • Basic Turns: Stem, Stem Christies, Wedge Christies (open slope) • Advanced Turns: Parallel or Telemark (open slope)
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NORDIC SKIING PROFICIENCY	Cand. #1	Cand. #2	Cand. #3	Cand. #4	Cand. #5
Terrain: Mildly Rolling to Most Difficult Track or Prepared Surfaces and Off-track Situations	+ = -	+ = -	+ = -	+ = -	+ = -
<p>EVALUATION CRITERIA</p> <p>1. Demonstrate ability to ski in any track or prepared surface terrain encountered using proper:</p> <ol style="list-style-type: none"> a. Weight transfer b. Body position c. Timing and type of pole plant d. Arm swing e. Edging and pressure f. Balance <p>2. Demonstrate ability to ski in any off-track terrain encountered using proper:</p> <ol style="list-style-type: none"> a. Weight transfer b. Body position c. Timing and type of pole plant d. Arm swing e. Edging and pressure f. Balance 	Comments	Comments	Comments	Comments	Comments
<p>OVERALL RATING FOR NORDIC SENIOR SKIING (Note: These scores represent the majority opinion of the instructors. Do not assign an overall rating until a majority opinion has been determined.)</p>					



Nordic Senior Program Toboggan Transport and Belays Performance Evaluation

The toboggan transport and belay evaluation may be incorporated into the extended nordic ski tour evaluation schedule. While on the group ski tour, the senior candidates will be expected to build a toboggan (from available materials) and transport an "injured" person a significant distance, demonstrating good belaying and patient-handling techniques.

TOBOGGAN TRANSPORT AND BELAYS	Cand. #1	Cand. #2	Cand. #3	Cand. #4	Cand. #5
Terrain: Mildly Rolling to Most Difficult. Track or prepared surfaces and off-track situations	+ = -	+ = -	+ = -	+ = -	+ = -
EVALUATION CRITERIA 1. Structurally sound toboggan construction from materials in patrol pack 2. Leadership in conducting rescue operation 3. Selection, properly tied knots, and proper rope management 4. Proper choice of terrain anchor(s) and belay positions 5. Knowledge of proper belay commands 6. Effective static and dynamic belay techniques 7. Roles, responsibilities, and positions of rescuers 8. Principles and procedures of patient packaging 9. Effective transitions CRITICAL STANDARD: Is belay smooth, controlled, efficient, and safe?	Comments	Comments	Comments	Comments	Comments
OVERALL RATING FOR NORDIC SENIOR TOBOGGAN (Note: These scores represent the majority opinion of the instructors. Do not assign an overall rating until a majority opinion has been determined.)					

References

Central Division Board of Directors. *Central Division Current Policies and Procedures*.

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Central Division Skills Development Team:

Chris Moe	Central Division Senior Program Supervisor
Linda Barthel	Central Division Skills Development Supervisor
Linda Murphy-Jacobs	Assistant Central Division Director

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Dave Squires	Central Division Nordic Program Supervisor
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Jim Woodrum	Central Division Director
Brian Cobble	Assistant Central Division Director
Dan Somalski	Assistant Central Division Director

Region Directors:

David Dahl - North Central Region
Ty Damon - Eastern Michigan Region
Joel Epstein - Northern Michigan Region-past
Tom Gray - Western Region
Bob Lechtanski - Northern Michigan Region-current
Ken Meldahl - Southern Region
Mindy Mitchell - Southwestern Region
Thom Rabaglia - South Central Region
Chris Raudabaugh - Ohio Region
Tony Wolfer - Western Michigan Region