Appendix II – 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 Level II/III PSIA instructor (preferably currently calibrated through Central Division Alpine Staff) or the RD and the toboggan skills sign-off must be completed by a NSP Senior Alpine Toboggan Instructor. The instructor's signature's 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.

Groomed Slope Skiing

Candidate Name:_____

Performance Objective	Date	Instructor Named Printed	Signature
Control of the Center of Mass (COM) over their Base of Support (BOS) to direct pressure along the length of the ski			
Control Pressure from ski to ski as they direct pressure to the outside ski			
Control Edge angles through a combination of Inclination and Angulation			
Control Rotary (turning/pivoting/steering) with Leg rotation separate from a stable upper body			
Regulate the magnitude of pressure created through ski/snow contact			
Parallel turns with simultaneous foot tipping/steering (skidding & carving acceptable), both feet remain in contact with the snow			
Connected and rounded turn shapes of varying sizes for consistent speed control			
Consistent speed and control			
Pole touch, if used, will complement the turn in timing and direction of travel			

Steep Slope Skiing
Candidate Name:_____

Performance Objective	Date	Instructor Named Printed	Signature
Control of the Center of Mass (COM) over their Base of Support (BOS) to direct pressure along the length of the ski			
Control Pressure from ski to ski as they direct pressure to the outside ski			
Control Edge angles through a combination of Inclination and Angulation			
Control Rotary (turning/pivoting/steering) with Leg rotation separate from a stable upper body			
Regulate the magnitude of pressure created through ski/snow contact			
Parallel turns with simultaneous foot tipping/steering (skidding and carving acceptable), both feet remain in contact with the snow			
Rounded and connected short radius turns for a controlled fall line descent			
Pole touch, if used, will complement the turn in timing and direction of travel			

Mogul Skiing or Ungroomed

Candidate Name:_____

Performance Objective	Date	Instructor Named Printed	Signature
Control of the Center of Mass (COM) over their Base of Support (BOS) to direct pressure along the length of the ski			
Contorl Pressure from ski to ski as they direct pressure to the outside ski			
Control Edge angles through a combination of Inclination and Angulation			
Control Rotary (turning/pivoting/steering) with Leg rotation separate from a stable upper body			
Regulate the magnitude of pressure created through ski/snow contact			
Parallel turns with simultaneous foot tipping/steering, both feet remain in contact with the snow			
Connected turns for a controlled fall line descent			
Pole touch/plant that aides in stabilization and timing			

Unloaded Toboggan Lead:
Candidate Name:_____

Performance Objective	Date	Instructor Named Printed	Signature
Maintains a balanced and centered stance between the handles			
Both hands on handles slightly in front of body, approximately hip high			
Maintains a smooth consistent fall line descent to the accident site (route selection)			
Performs all transitions using simultaneous edge change or “torsional flex” technique			
Will execute an emergency stop if requested			
As approaches accident site communicates to position the toboggan			

Loaded Toboggan Lead Alone-Most Difficult Smooth:
Candidate Name:_____

Performance Objective	Date	Instructor Named Printed	Signature
Route selection in the fall line and prevents the toboggan from slipping sideways			
The ride is smooth and at a continuous pace incorporating various turn and transition skills			
All transitions will utilize simultaneous edge change most of the time			
Braking is utilized to maintain pace and control			
Correctly uses chain brake as required and shall execute an emergency stop if requested			
Actively monitors the patient and slope traffic conditions, uphill and downhill			

Loaded Toboggan Lead Alone-More Difficult Mogul:
Candidate Name:_____

Performance Objective	Date	Instructor Named Printed	Signature
Route selection in the fall line and prevents the toboggan from slipping sideways			
The ride is smooth and at a continuous pace incorporating various turn and transition skills			
Braking is utilized to maintain pace and control			
Correctly uses chain brake as required and shall execute an emergency stop if requested			
Actively monitors the patient and slope traffic conditions, uphill and downhill			

Loaded Toboggan Lead with Tail Rope Operator:
Candidate Name:_____

Performance Objective	Date	Instructor Name Printed	Signature
Selects a route that helps the tail maintain stability and prevents toboggan from slipping sideways			
The ride is smooth and at a continuous utilizing turns, transitions and traverses at a constant pace			
Execute traverse with minimal side slip thru edge control			
Transitions use simultaneous edge change most of the time			
Provides primary braking to aid in maintaining pace and control			
Correctly uses chain brake as necessary without compromising tail operator stability			
Communicates speed and directional changes to tail operator			
Capable of executing an emergency stop if requested			
Actively monitors slope traffic conditions, uphill and downhill			

Loaded Toboggan-Rear Operator:
Candidate Name:_____

Performance Objective	Date	Instructor Name Printed	Signature
Operator holds rope using both hands in front of body, at waist to mid thigh level			
The controlling hand is the downhill hand and is closest to the toboggan			
If the tail rope has a loop at the end, only one hand is permitted in the tail loop at any one time			
The tail rope is maintained in the fall line with a maximum of one coil			
Performs transitions that manage the rope functional tension with only minimal slack			
Transitions use simultaneous edge change most of the time			
Traverses in both directions with minimal toboggan slippage			
Provides secondary braking as needed			
Coordinates and communicates with the toboggan lead			
Actively monitors patient and slope traffic, uphill and downhill			
Ensure the “reserve braking rule” is in place at all time			