



Toboggan Enhancement Seminar

Toboggan Equipment Review

What and Why

Review lead and tail operator responsibilities, do demo

Ski Warm Up - Appropriate terrain

Skill Review & Practice - Start on moderate slope, advance upward

Sideslip - (do demo), fore, aft, & straight down, both sides

Falling leaf - (do demo), both sides

Explain skill usage

Hockey stops - (do demos), both sides

Transition - (do demos), side to side

Pivot slip, no wedge between, turn leg from hip

Kick turns - (do demos) both sides

Unloaded Approach - Moderate terrain

Ski toboggan to incident site, fall line descent, explain why

Position Toboggan - Review and demo how

Anchoring toboggan - Show examples

Loaded Toboggan Skills - Skill review - appropriate terrain

“Chop Sticks” - (w / bamboo)

Do “loaded” side slip, falling leaf, hockey stop & transition

“Rope-A-Goat” - (w / tail rope)

Do “loaded” side slip, falling leaf, hockey stop & transition

Loaded Toboggan Team Descent - Appropriate terrain-w or w/o chain

Fall line descent doing transitions and stops

Chain brake usage, “feathering”, slowing, stopping

Directional changes (dynamic w / static turn)

Gentle slope - wedge & step turn

Moderate slope - wedge or sideslip & kick or step turn

Advanced slope - sideslip and kick turn

Moving directional changes - using variations 1 & 2

All transitions in or near fall line

Lead first / tail follows / then team traverse

Emergency stop

Loaded toboggan Individual Descent - Advanced, mogul slope

Fall line descent, slow and continuous

Chain brake recommended

In or outside handles, explain when and why, do demos

