



National Ski Patrol  
Central Division  
Alpine Module of the Senior  
Program

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## Purpose

The purpose of the Central Division Senior Manual is to provide the patrollers in Central Division (from Senior Program candidates to Senior Program administrators) a common document to refer to regarding the National Ski Patrol Senior Program. The basic content of this manual was derived from the National Ski Patrol Skills Development Program found in Appendix G of the current National Ski Patrol Policies and Procedures and the Ski Patroller's Manual, 14th edition. Both of these documents are available at [nsp.org](http://nsp.org).

This document is subject to change through the proposal procedure with final approval by the National Ski Patrol Central Division Board of Directors.

## National Education Program Mission

The Senior Program is a national education program providing an opportunity for participants to enhance their patrolling skills in a nonthreatening and supportive environment.



## Central Division Senior Program Mission

The Senior Program is governed by the National Ski Patrol, administered by the Central Division, and implemented by the regions.

The mission of the Central Division Senior Program is to provide guidance to the regions in the administration of the NSP Senior Program. The primary goal of the Central Division Senior Manual is to provide a resource to be used to maintain the integrity and consistency of the Senior Program across all regions in the division. The division encourages cross-boundary exchanges between the regions, the sharing of ideas and resources, and striving for continuous improvement of the Senior Program.

## Senior Alpine Pathway

The Central Division Senior Program has several pathways available to patrollers. The overview of those pathways can be reviewed in the Central Division Senior Program Manual.

This manual covers the Alpine Module of the Senior Program, one of the core components of the Senior Alpine Pathway. This section is a short overview of the Senior Alpine Pathway to highlight how the Alpine Module of the Senior Program fits into this pathway.

### Core Skill Requirements and Electives

Core components of the Senior Alpine pathway are:

- Alpine module (Outlined in this manual)
  - Alpine Toboggan Handling component
  - Alpine Skills—Skiing/Riding component
- OEC Module of the Senior Program (See the OEC MSP manual located at [nspcentral.org](https://nspcentral.org))
- 3 electives (See NSP National Policies and Procedures, Appendix G, located on the Central Division website at [nspcentral.org](https://nspcentral.org))

The candidate is strongly encouraged to continue to participate in clinics during the time they are attempting to successfully complete the core components. Each core component is evaluated and graded separately. Once a candidate passes each component, they need not take that component again. Though there is no mandatory time constraint regarding when each core component must be completed, it is encouraged to complete all components within three years.

The Alpine Senior candidate must complete a minimum of three electives. For the accepted list of electives, refer to the current NSP National Policies and Procedures, Appendix G, located on the Central Division website at [nspcentral.org](https://nspcentral.org). Additional electives acceptable for the Central Division can be found at the same link.

### Alpine Candidate Skill Development

The Senior candidate is responsible for their own training and for abiding by any guidelines established by the region Senior Program coordinator. Tracking skill development during training is critical for success in the Alpine program. The Senior Alpine Skills sign-off document, located at [nspcentral.org](https://nspcentral.org), can be utilized to track training progress and must be completed in order to participate in the Senior Alpine evaluation. The Alpine Skiing/Riding skills must be signed off on by a current senior ski/ride evaluator. The Alpine Toboggan skills must be signed off on by a current senior toboggan evaluator. Completed skills sign-off sheets must be presented to the region administration in accordance with region-specific protocol.

A region is encouraged to use a pre-evaluation clinic prior to the final evaluation. The pre-evaluation clinic helps to prepare both candidates and examiners for the final evaluation. If possible, the clinic should be held at the same location as the final evaluation to expose the

participants to the terrain used at the evaluation. If it is not possible to hold the clinic at the final evaluation location, the terrain used should be as close as possible to the terrain at the final evaluation location. The pre-evaluation clinic is NOT an evaluation and should be modeled as a teaching environment.

The object of the pre-evaluation clinic is to introduce the candidate to the evaluation format and provide them with constructive feedback. The constructive feedback should be in both verbal and written form to aid them in refining their skills. The use of scorecards is encouraged for feedback and as a teaching tool. Scorecards can be found on the division website at [nspcentral.org](https://nspcentral.org). The pre-evaluation clinic should be held far enough in advance so the candidate has time to utilize their feedback in preparation for the final evaluation.

Candidate preparation for the Senior evaluation may also be done under the guidance of a mentor or "candidate coach." The candidate coach must be familiar with the Senior Program content and evaluation format. The candidate coach is a skills coach and provides emotional support for the candidate. The candidate coach may be an examiner at the Senior evaluation but will not evaluate their designated candidate(s). Information regarding mentoring a candidate can be found in the candidate coaching section of this document.

## Senior Alpine Evaluation

### Terrain Requirements

The national criteria for terrain requirements are a slope average of 22 degrees and length of 800 feet. If the runs used do not meet the 800 ft. minimum, then multiple runs must be made to meet the requirement and allow all the skills criteria to be demonstrated. Terrain including both smooth and mogul are to be used for the skill being evaluated as dictated by the evaluation scorecard. All efforts must be made to safely incorporate the moguls into the evaluation where required. On occasion, moguls may be unavailable due to grooming, but every effort must be made to incorporate them into the evaluation.

### Evaluation Format

The Senior candidate should be able to demonstrate strong management of alpine skills on advanced terrain. The evaluation format is the framework that creates the opportunity for the candidate to do so. The candidate must be given every reasonable chance to demonstrate proficiency in the alpine skills. Some feedback and clarification regarding specific skill objectives may be provided. The evaluation is a confirmation of skills that should already have been mastered by the candidate prior to the event.

The evaluation is used to determine the candidate's alpine skiing/riding skills and toboggan handling skills in a variety of terrain and snow conditions. Examiners will work as a team with the candidates on groomed, steep, and mogul terrain.

Both tobogganing and skiing/riding skill objectives must be clearly communicated to the candidates. Toboggan demos must be presented to the candidates. The toboggan demos can be done at the beginning of the evaluation with all the teams observing or ongoing within the teams during the evaluation. The ski/ride evaluation is a ski-along format, and the examiners will demo the skills throughout the evaluation. All demos will be performed by calibrated Senior evaluators.

Two candidates will not be evaluated on the same toboggan at the same time during the lead-with-tail-rope-operator portion of the toboggan evaluation. The other operator in the toboggan team, or “driver,” shall be a calibrated Senior Toboggan evaluator. In order to provide consistency within the group, the same driver should remain with the team throughout the evaluation.

If a region does not have enough evaluators to accommodate the requirement to use calibrated toboggan evaluators to perform demos and serve as drivers for the Senior candidates, the Central Division will provide them.

## Evaluation Scoring for Alpine Skills

The candidate must show senior-level proficiency in alpine ski/ride 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 must come to an agreement to either pass or fail a candidate.

A Senior candidate can pass or fail one or both components of the evaluation, either alpine skiing/riding skills or toboggan handling. A candidate who fails one component only needs to retest on that component. The scorecards used for the evaluation will be the same for all regions and can be found at [nspcentral.org](http://nspcentral.org). There are two different styles of scorecards available, a group format card or an individual format card. Either card can be used during the evaluation as long as the same card is used by all the examining teams.

## Senior Alpine Ski/Ride Evaluation Teams

Senior Alpine Ski/Ride evaluation teams will be made up of three NSP members. Each must be currently certified as either an accredited senior evaluator (ASE) or PSIA/AASI (level 2 or 3). One of the three evaluators must be a current PSIA/AASI certified level 2 or 3. If requested by the region, the NSP-C Ski School will provide evaluators who are current PSIA/AASI certified level 2 or 3.

## Candidate Advocates

The use of an advocate during the evaluation is required. The advocate must be familiar with the region’s current training and evaluation programs. The advocate is assigned to each Senior candidate team for the day. The advocate accompanies the assigned group through the entire day’s activity.

The advocate’s role is to help the Senior candidates by:

- Clarifying any questions the Senior candidates may have regarding the evaluation.
- Acting as the primary communication conduit between the candidates and the lead evaluator.
- On-the-hill organizing, maintaining the time schedule, and ensuring the group of candidates is at the right place at the right time.
- Completing the Senior Alpine Evaluation Feedback form at the conclusion of the evaluation.
- Creating a positive experience and ensuring the evaluation is fair and follows the intent of this manual.

## Skills Evaluation – Alpine Toboggan Handling

### Risk Management

All events must comply with the Central Division Policies and Procedures.

At all times, the impact of the evaluation on the safety of both the evaluation team and the skiing/riding public must be considered, and risks must be mitigated wherever possible. This should be a factor in all aspects, including but not limited to terrain/run selection, starting/stopping areas, and route selection.

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 Alpine candidates) will ride in or operate the toboggans during training, clinics, and evaluations.

A secondary brake will be available during all loaded toboggan maneuvers. The secondary brake will be present in the form of a tail rope operator, chain brake, or other device as found in the NSP Outdoor Emergency Transportation Manual. Use of a nonfunctional or “ghost tail” is prohibited. In order to ensure overall safety of the rider/“injured guest,” the general public, and the lead toboggan handler, each tail rope operator will always handle the rope in a manner consistent with the Outdoor Emergency Transportation Manual description. When using the chain brake as a secondary brake, it may or may not have a deployment device. When a deployment device is present, the device shall be held in such a fashion that if the lead operator releases the handles, the chain brake will engage.

Patrollers riding as “injured guests” must remove their patrol pack and lay down in the toboggan face up, feet downhill, and not strapped in. Transporting equipment in the toboggan with the rider is prohibited at the evaluation. Note that equipment carry is not part of the evaluation.

It is required that patrollers operating the lead of the toboggan will remove their patrol fanny packs or backpacks and place them in the toboggan. This will minimize any possibility of the equipment snagging in the handles.

Toboggan uploading will be done at the discretion/direction of area management; local protocol

shall take precedence as appropriate.

## Alpine Toboggan Evaluation Maneuvers

These evaluation maneuvers are used to demonstrate skill proficiency in toboggan handling.

### Unloaded Toboggan Lead: Approach

#### **Stationing:**

The toboggan operator will start at the top of the hill, while the rider/"injured guest" is stationed at a place on the hill; this will allow sufficient space to properly demonstrate skills at skiing an empty toboggan and a proper approach while balancing the space needed to demonstrate loaded alone skills.

#### **Unloaded Approach:**

The toboggan operator will use a variety of skiing skills, including parallel turns, sideslips, and transitions. The speed and expedient maneuvers demonstrated may be dictated by terrain and slope conditions. See the Unloaded Approach section of the Senior Tobogganing scorecard for specific metrics by which the candidate is evaluated.

### Loaded Toboggan Lead Alone: Most Difficult Smooth Terrain

#### **Loading:**

The toboggan operator will position the toboggan in a manner allowing for safe loading of the patient, either in or across the fall line. The candidate should be familiar with the different ways of securing the toboggan as described in the NSP Outdoor Emergency Transportation Manual. The candidate must be able to describe to the examiners the methods for securing a toboggan. Once the toboggan is secured, the patient will be loaded.

#### **Loaded:**

The toboggan operator will maintain balance while controlling the loaded toboggan descent. See the Loaded Lead Alone section of the Senior Tobogganing scorecard for specific metrics by which the candidate is evaluated.

### Loaded Toboggan Lead Alone: Moguls

#### **Unloaded Approach:**

The toboggan operator will start with the unloaded toboggan at the top of the mogul run and use a variety of skiing/riding skills to bring the toboggan to the rider/"injured guest." The rider/"injured guest" is stationed in a safe loading area partway down the mogul field. See the Unloaded Approach section of the Senior Tobogganing scorecard for specific metrics by which the candidate is evaluated.

#### **Loading:**

The toboggan will be secured in a manner to allow safe loading of the rider/"injured guest." This will be dictated by the terrain and snow conditions. The chain brake or other secondary braking

device will be applied, the handles locked, and the rider/"injured guest" loaded.

**Loaded Route Selection:**

The toboggan operator will maintain balance while controlling the loaded toboggan descent. The toboggan operator will transport the toboggan in the moguls in a controlled manner, negotiating an expedient route through and out of the mogul field. A smooth ride and consistent speed must be maintained during the run. See the Loaded Lead Mogul section of the Senior Tobogganing scorecard for specific metrics by which the candidate is evaluated.

**Toboggan Handling Position:**

The toboggan operator may operate the toboggan inside or outside the handles. Outside the handles may not be specifically permitted by local area protocols. The Senior evaluation administrator must verify the local area protocol regarding operation outside the handles. Fall line routes may utilize operation outside of the handles, whereas routes with straight traverses are more easily negotiated inside the handles.

**Use of Secondary Brake:**

Tail rope handling is not evaluated in the bumps. The chain brake, webbing, tail rope, or other mechanical braking device as described in the NSP Outdoor Emergency Transportation Manual will be utilized as the secondary brake.

**Team Toboggan Handling: Lead Toboggan Operator with Tail Rope Operator**

Examiners, candidates, and toboggan handlers must be cautious of traffic on the hill during these maneuvers.

A change of direction when operating the toboggan with a lead operator and tail rope operator is a coordinated maneuver of sideslips, transitions, and traverses. These maneuvers are sequential, where the tail rope operator will follow the direction change of the lead operator. This is a safe and preferred means of direction change on steep groomed terrain. Candidates should be reminded that the most expedient way to transport a patient is straight down the fall line out of the flow of traffic.

A clear means of communication between the lead and tail operators is critical to the safe operation of the toboggan. Communication between the lead operator and tail rope operator can be either verbal or nonverbal and must be clarified prior to descent.

See the Unloaded Approach section of the Senior Tobogganing scorecard for specific metrics by which the candidate is evaluated.

**Loaded Toboggan-Lead with Tail Rope Operator:**

The toboggan operator will maintain balance while controlling the loaded toboggan descent. See the Loaded Toboggan-Lead section of the Senior Tobogganing scorecard for specific metrics by which the candidate is evaluated.

The objective is to perform coordinated direction changes using a series of transitions, traverses,

and sideslips on steep smooth terrain.

There are two variations of team toboggan direction change on steep smooth terrain.

### **Direction Change on Most Difficult Smooth Terrain – Variation 1:**

This variation allows for a slower direction change for the team. The maneuver allows the transition to be made only when the toboggan is directed down the fall line.

#### **Initiation of Direction Change by the Lead Operator:**

The lead operator will initiate the direction change with a sideslip down the hill. The tail rope operator must be in a stable sideslip position, in the fall line above the tail of the toboggan, and ready for the next maneuver.

#### **Traverse and Sideslip:**

The lead operator will do an edge set to begin the traverse across the hill. Upon reaching a point on the other side of the hill, the lead operator will prepare for the transition. The lead operator will release the edge set and start the sideslip in order to position the toboggan in the fall line. Falling leaf and edging skills will be used to maneuver the toboggan into the fall line.

#### **Transition and Sideslip:**

Once the toboggan and tail rope are in the fall line, the lead operator will do a transition and then continue to sideslip. The lead operator will hold the sideslip until the tail rope operator completes their transition and enters a stable sideslip position.

#### **Sequence:**

The tail rope operator must wait for the lead operator to complete the transition and be in a stable sideslip position before initiating a transition. The maneuver is sequential, first the lead and then the tail.

#### **Traverse:**

After a quick visual check and communication to verify tail rope operator position and uphill traffic, the lead operator will do an edge set and proceed to traverse across the hill. While the primary responsibility is with the tail operator, both the lead and tail operator must be aware of traffic uphill and downhill of the toboggan team at all times during the traverse across the fall line.

### **Direction Change on Most Difficult Smooth Terrain – Variation 2:**

This variation allows for a very quick direction change for the team. The maneuver allows the transition to be made without the full weight of the loaded toboggan in the fall line.

#### **Initiation of Direction Change by Lead Operator:**

To prepare for the direction change, the lead operator will make a transition while the toboggan is in the traverse and prior to entering the fall line. The lead operator will then sideslip down the fall line in a stable sideslip position. Falling leaf and edging skills will be used to maneuver the toboggan into the fall line.

#### Transition and Sideslip by the Tail Rope Operator:

Once the toboggan is in the fall line, the tail rope operator will make a transition and then sideslip. The lead operator will hold the sideslip until the tail rope operator completes their transition and enters a stable sideslip position.

#### Sequence:

The tail rope operator must wait for the lead operator to complete the transition and be in a stable sideslip position before initiating a transition.

#### Sideslip and Traverse:

Once the toboggan and tail rope are positioned in the fall line, and the tail rope operator is in a stable sideslip position, the lead operator will do an edge set to begin the traverse across the hill.

### Loaded Toboggan: Rear

The primary responsibilities of the tail rope operator are to maintain balance and stabilize the rear of the loaded toboggan. See the Loaded Toboggan-Lead section of the Senior Tobogganing scorecard for specific metrics by which the candidate is evaluated.

#### Reserve Braking Rule

The speed of the toboggan must be maintained at a pace such that there is always braking power in reserve to safely stop the toboggan in an emergency. The speed may vary due to skill, slope conditions, terrain conditions, and condition of the patient. If the speed is too fast to maintain a braking reserve, the tail rope operator must communicate to the lead toboggan operator the need to adjust the speed. The tail rope operator must then assist in safely stopping or slowing the progress of the toboggan to a comfortable pace.

#### Direction Change on Most Difficult Smooth Terrain:

##### Transition and Sideslip:

Once the lead operator has completed the transition and is in a stable sideslip position, with the toboggan and tail rope in the fall line, the tail rope operator will then begin and complete their transition and enter a stable sideslip position. This is a sequential maneuver. Snowboarders do not do transitions when operating a tail rope.

##### Traverse:

After communicating to verify that it is safe to proceed across the hill, the tail rope operator will begin to traverse when the lead operator begins to traverse.

## Skills Evaluation – Skiing and Riding

Performance objectives for both skiing and riding are identical. Confidence and control with good technical skills are the primary objective in the skiing/riding evaluation. Refer to the Senior Alpine evaluation scorecards, located at [nspcentral.org](http://nspcentral.org), for specific evaluation elements pertinent to each discipline. All attempts should be made to include appropriate terrain in the evaluation. The Senior candidate is expected to demonstrate control and confidence on the most difficult runs

within their region or at the evaluation.

All alpine skills are evaluated as a “ski/ride along,” meaning the candidates, advocates, and examiners will ski together during the evaluation. During the evaluation the candidate should be encouraged and given every opportunity to demonstrate their skills to the best of their ability.

If candidates are using telemark skis or snowboards, every attempt must be made to have an examiner on the same equipment. This is important both for visual demos and evaluation feedback.

## Risk Management

All events must comply with the Central Division Policies and Procedures.

At all times, the impact of the evaluation on safety of both the evaluation team and the skiing/riding public must be considered, and risks must be mitigated wherever possible. This should be a factor in all aspects, including but not limited to terrain/run selection, starting/stopping areas, and route selection.

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

## Alpine Skills

The ability to effectively ski/ride is a dynamic blend of edge and rotational control while managing forces that act on the skis/board (pressure control). These three skills are present in all turns and are essential for maintaining balance. The senior-level alpine standard is based on contemporary ski/board design. See the Senior Ski/Ride scorecard for specific metrics by which the candidate is evaluated.

## Reference Information

- PSIA/AASI Alpine Technical Manual
- PSIA/AASI Core Concepts
- NSP-C Snowsports School advisors

## Continuing Education

Upon achieving senior status, the patroller needs to work to maintain that skill level. There are multiple options for ski/ride and toboggan skill enhancement clinics and workshops offered during the ski season, as well as the annual on-the-hill refresher. These are not pass/fail evaluations but are there for the patroller to hone and sharpen their skills.

## Taking Skills to the Next Level:

New senior alpine patrollers who show the desire and capabilities should be encouraged to expand their ski/ride capabilities by attending SES/TES throughout their region and the division as well as to enhance their OEC skills through instructing. At this point, they should consider reaching out to a certified patroller in their region or to the region's certified advisor to inquire about the Certified Program. They should also consider looking into participating as an OEC helper or toboggan rider at the Central Division Certified exam. After observing the Certified exam and becoming comfortable with the format, they should consider filling out an application to join the program.

## Examiner Development

Examiners at the Senior Alpine evaluation must be at least a senior-level alpine patroller. Senior examiners must have excellent communication skills and be able to demonstrate senior-level skiing/riding skills and/or toboggan handling skills. The Senior examiner must be able to evaluate and provide feedback to the candidate in a positive and constructive manner. Regions will be responsible for developing and supporting a strong cadre of examiners. In order to remain current with Senior Alpine programs, regions are expected to send appropriate representation (region Alpine staff) to the Senior Ski/Ride evaluator and Senior Toboggan evaluator calibration events at the division ASDW each season. The information obtained at the division ASDW will then be passed on to the other senior trainers and examiners at region sponsored STWs. See the Senior On-Hill Evaluators Roles and Pathways document located at [nspcentral.org](http://nspcentral.org).

It is recommended that an apprentice program be used for Senior Program examiner development. During this time, the Senior examiner apprentice refines their movement analysis and examination skills with the assistance of other experienced examiners.

## Senior Toboggan Examiner

Once the Senior Toboggan examiner apprentice has participated in an evaluation as an observer for at least one season, continues to actively participate in training candidates, successfully completes a division Senior Toboggan examiner calibration, and continues to attend region clinics, the examiner's name may be added to the list of active region examiners at the discretion of the region's Senior Program coordinator.

Please note, it is required that the examiner apprentice successfully complete a Central Division Senior Toboggan examiner calibration to become an examiner. It is also required that all examiners complete a region or division Senior Toboggan examiner calibration at least once every three years.

## Senior Ski/Ride Examiner

Once the Senior Alpine Ski/Ride examiner apprentice has participated in an evaluation as an

observer for at least one season, continues to actively participate in training candidates, successfully completes a division Senior Alpine Ski/Ride examiner calibration, and continues to attend regional clinics, the examiner's name may be added to the list of active region examiners at the discretion of the region's Senior Program administrator.

Please note, it is required that the examiner apprentice successfully complete a Central Division Senior Alpine Ski/Ride examiner calibration to become an examiner. It is also required that all examiners complete a region or division Senior Alpine Ski/Ride examiner calibration at least once every three years.

## PSIA/AASI Credentialing for Senior Alpine Ski/Ride Examiners

In addition to completing region mentoring programs, Senior Alpine Ski/Ride examiners must be either ASE (NSP-C Accredited Senior Evaluator) certified or a minimum PSIA/AASI level 2. Additionally, PSIA/AASI credentialed Senior Alpine Ski/Ride examiner candidates must successfully complete a division Senior Alpine Ski/Ride calibration clinic prior to evaluating. It is also required that all examiners complete a region or division Senior Alpine Ski/Ride examiner calibration at least once every three years to maintain their status. See the Senior On-Hill Evaluators Roles and Pathways document located at [nspcentral.org](http://nspcentral.org).

## Accredited Senior Evaluator (ASE) for Skiing/Riding

A senior-level alpine patroller may register for the ASE exam with the approval of both the region director and the region proficiency advisor. The individual must demonstrate proficiency in each component described below.

### Components:

- Must be able to provide evaluation demonstrations of the senior-level skills as listed on the CD Senior scorecard
- Perform effective ski/ride movements at or above the senior level
- Assessment of technical knowledge using current PSIA Technical Manual for ASEA
- Demonstrate an understanding of the Senior evaluation and successfully use the Senior Ski/Ride scorecard.
- Assessment of skiing/riding movement analysis in video or live demos
- Ability to provide feedback and corrective suggestions in a positive manner

The ASE is only awarded upon completion and maintenance of all the requirements. It is not recognition of attendance or a lifelong grant. It is also required that all examiners complete a region or division Senior Ski/Ride examiner calibration at least once every three years to maintain their status.

### Budget:

- A budget for the Accredited Senior Evaluator exam will be established as part of the normal budgeting process (Central Division Snowsports School budget).

**Administrative requirements:**

- Staff for ASE exam (frequency based on demand)
- Staffed by selected members of the division instructional staff
- Printing of participant handouts, scorecards, etc.

**Program participant recommendations:**

- Must be at least a senior alpine patroller
- Highly recommended to be a current member of NSP-C Ski School
- PSIA/AASI certification recommended
- Completion of NSP Instructor Development

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## Quality Assurance

Guidelines for Senior evaluation QA staff certification and assignments:

- QA staff are required:
  - To be a Senior Ski/Ride evaluator.
  - To be a Senior Toboggan evaluator.
  - To have completed Senior evaluation QA mentoring at least once.
- QA staff will complete a Senior Ski/Ride evaluator calibration at a division ASDW at least once every three years.
- QA staff will complete a Senior Toboggan evaluator calibration at a division ASDW at least once every three years.
- Regions will utilize an approved QA person from the qualified QA staff list maintained by the division.
- Regions will arrange and schedule the QA person for their evaluation.
- The QA person may travel to another region, if asked.
- The expense of the QA person will be borne by the host region.
- The QA person will not serve as quality assurance in the same region in consecutive years.
- The QA person cannot be an evaluator at the same event.
- Division staff can monitor any event with notice.
- Division staff will audit up to two events per season.
- The division Senior Program supervisor will collect and review QA reports.
- If division QA staff note any major issues that are not promptly resolved, a written report will be forwarded to the Division Board of Governors for further discussion.

## Glossary

**Angulation.** Laterally tipping the body by creating angles between various body parts. For example, hip angulation and knee angulation.

**ASDW.** Alpine Skills Development Workshop

**Apex.** The point approximately midway through the arc, where the skis/board are pointing straight down the fall line.

**Balanced stance.** Refers to the alignment of various body parts in relation to each other, the slope, and the point of contact (snow). The goal is balance over the entire foot, optimizing both skeletal and muscular strength while maximizing movement options.

**Blocking.** Using internal (muscles) or external (pole plants) forces to limit rotation of the upper body.

**Carved.** Tipping skis/board on edge and allowing the shape of the equipment to create a turn with minimal slipping or skidding.

**Counter rotation.** Twisting the upper body in a direction different than that of the lower body (skis/board).

**Open parallel.** Skis are parallel throughout the turn and both legs are used to steer the skis through the turn. More rotary movement than edging movements.

**Dynamic balance.** Maintaining balance while in motion.

**Dynamic parallel.** Turns are made with more carving than skidding.

**Early edge engagement.** Skis/board tips (edges) before the apex of the turn.

**Fall line.** The pathway down a slope that a bowling ball would take, pulled by gravity.

**Ghost tail.** (This maneuver is prohibited.) When the tail rope operator is handling the rope with excessive slack and coiling in a fashion to make the tail operator non-functional.

**Helmet.** A device worn by educated snowsport enthusiasts for added head protection and personal safety.

**Inclination.** The whole body tipping towards the center of the turn, i.e., banking.

**Learning styles.** Styles a learner uses to make meaningful changes for improvement. Learning

styles may include auditory, visual, kinesthetic, and sensory, or any combination thereof.

**Leash.** A device used to secure skis/snowboards so they don't separate from their user.

**Medium radius.** Smaller than large radius turns, yet bigger than small radius turns.

**Parallel.** The skis remain matched on corresponding edges through the entire arc of connected turns with simultaneous edge release and engagement.

**Power/emergency stop.** Utilizing edging skills and a balanced stable sideslip position to bring the toboggan to a controlled stop as soon as possible. In order to maintain control, it is important to maintain the toboggan in the fall line.

**Pole plant.** A firmer action than a pole touch or swing, used for assistance with balance or rotary.

**Pressure management.** Flexing and extending movements of legs and core, redistribution of weight from foot to foot, increase and decrease of edge angles, turn shape and size.

**Reserve braking rule.** The speed of the toboggan is maintained at a pace such that there is always braking power in reserve to safely stop the toboggan in an emergency.

**Rotary.** A twisting of the feet, legs, and other body parts in an effective, balanced manner.

**Secondary brake.** In toboggan handling, it is the tail rope operator or a mechanical device (such as the chain brake) used to assist the lead toboggan operator in slowing or stopping the toboggan.

**Skidded.** The tails of the skis/board travel a further distance through a turn than the tips through a combination of skidding and slipping (drifting).

**Tactics.** A blending of skills (balance, rotary, edging, and pressure) to obtain an outcome.

**Tasks.** Activities that develop a skill or specific movement. Examples include garlands, hockey stops, traverses, j-turns, pivot slips, etc.

**Transition.** A maneuver used to change the direction the toboggan operator is facing in preparation for a change in the direction of travel.

**Traverse.** The route of travel on the hill that goes across the fall line.

**Wedge.** The tips of the skis are closer than the tails and are converging/pointing inward toward each other.

## Supporting Documents

There are many documents available to support the Senior Program Manual. Many are listed throughout this manual, and many more are available that are not referenced here but can be helpful in many aspects. All supporting documents for the Senior Program are found on the division website at [nspcentral.org](http://nspcentral.org).

## References

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