

TOBOGGAN FUNDAMENTALS

- * Employ sound judgment to ensure the **Safety** of the toboggan handlers, passenger, and the public.
- * Use a blend of **Technical Fundamentals**, along with chain/rope management, to control the speed and direction of the toboggan.
- * Use **Route Selection** and other tactical skills to optimize the path of the toboggan to safely arrive at a scene or transport a patient.
- * Employ appropriate **Communication** between toboggan handlers, passenger, and the public.

KEY POINTS FOR LEAD OPERATORS

- * Maintain an **Athletic Stance** between handles.
- * **Hands** are on the handles, approximately at **hip height & slightly in front of the body**.
-  May ride with **2 hands on a handle or 1 hand on a handle and the other on the crossbar**.
- * Select a **smooth and consistent**, mainly **Fall Line Descent** to minimize slipping.
- * Provide **Primary Braking** with the ability to stop at any time.

KEY POINTS FOR TAIL OPERATORS

- * Maintains an **Athletic Stance** throughout the run.
- * **Hold the rope** using both hands in front of the body at a **waist to mid-thigh level**.
-  Control the rope with your **downhill hand** (closest to the toboggan) using **functional tension**.
-  The **uphill hand** holds the end (loop) of the rope. During transitions, gathering **1 coil of the rope** is recommended.
-  **The Rope** is controlled by either hand; one controls functional tension, and the other holds the rope's end (loop).
- * **Only one hand should be in the loop at all time**
- * Tail Rope is kept **in the Fall Line** to minimize slipping.
- * Provide secondary braking as needed or requested.
-  **Maintain a heel-edge sideslip** throughout the run, managing functional tension. **Transitions are not permitted for snowboarders on tail rope**.
- * **Perform Transitions**, anticipating and following the lead while managing functional tension.

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Fundamentals of Snowsports				
	Ski	Snowboard	Snowboard	Telemark
❖	Control the relationship of the center of mass to the base of support to direct pressure along the length of the ski	Control the relationship of the center of mass to the base of support to direct pressure along the length of the board	Control the lateral relationship of the center of mass to the base of support to manage pressure from ski to ski	Control the fore/aft relationship of the center of mass to the base of support to manage pressure along the length of the skis.
❖	Control pressure from ski to ski & direct pressure toward the outside ski	Control the relationship of the center of mass to the base of support to direct pressure along the width of the board	Control the board's tilt through a combination of inclination & angulation .	Control edge angles through a combination of inclination & angulation .
❖	Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body	Control the board's pivot through flexion/extension & rotation of the body.	Control the magnitude of pressure created through board/surface interaction	Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body.
❖	Regulate the magnitude of pressure created through ski/snow interaction	Control the magnitude of pressure created through the board/surface interaction	Control the torsional flex of the board using flexion/extension & rotation of the body.	Regulate the amount of pressure created through skis/snow interaction with flexion & extension movements
" RESULTS "		<u>Consistent Speed & Control</u> <u>Connected & Rounded Turns</u> <u>Parallel turns with simultaneous foot tipping/steering of both feet</u>		
  		  		

FUNDAMENTALS OF SNOWSPORTS			
	Ski	Snowboard	Telemark
✿	Control the relationship of the center of mass to the base of support to direct pressure along the length of the ski	Control the relationship of the center of mass to the base of support to direct pressure along the length of the board	Control the fore/aft relationship of the center of mass to the base of support to manage pressure along the length of the skis.
✿	Control pressure from ski to ski & direct pressure toward the outside ski	Control the relationship of the center of mass to the base of support to direct pressure along the width of the board	Control the lateral relationship of the center of mass to the base of support to manage pressure from ski to ski
✿	Control edge angles through a combination of inclination & angulation	Control the board's tilt through a combination of inclination & angulation .	Control edge angles through a combination of inclination & angulation .
✿	Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body	Control the board's pivot through flexion/extension & rotation of the body.	Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body.
✿	Regulate the magnitude of pressure created through skil/snow interaction	Control the magnitude of pressure created through the board/surface interaction	Regulate the amount of pressure created through skis/snow interaction with flexion & extension movements
✿	Control torsional flex of the board using flexion/extension & rotation of the body.	Control the size, duration, intensity, rate, & timing of the lead change to manage fore/aft stability.	Pole Touch (if used), complements turn in timing & direction of travel
" RESULTS " <u>Consistent Speed & Control</u> <u>Connected & Rounded Turns</u> <u>Parallel turns with simultaneous foot tipping/steering of both feet</u>		  	

Fundamentals of Snowsports				
	Ski	Snowboard		Telemark
※	Control the relationship of the center of mass to the base of support to direct the pressure along the length of the ski	Control the relationship of the center of mass to the base of support to direct pressure along the length of the board	Control the lateral relationship of the center of mass to the base of support to manage pressure along the width of the ski	Control the lateral relationship of the center of mass to the base of support to manage pressure from ski to ski
※	Control pressure from ski to ski & direct pressure toward the outside ski	Control the board's tilt through a combination of inclination & angulation .	Control the board's pivot through flexion/extension & rotation of the body.	Control edge angles through a combination of inclination & angulation .
※	Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body	Control the magnitude of pressure created through ski/snow interaction	Control the magnitude of pressure created through the board/surface interaction	Regulate the amount of pressure created through skis/nos snow interaction with flexion & extension movements
※	Regulate the magnitude of pressure created through ski/snow interaction	Control torsional flex of the board using flexion/extension & rotation of the body.	Control the size, duration, intensity, rate, & timing of the lead change to manage fore/aft stability.	Pole Touch (if used), complements turns in timing & direction of travel
"RESULTS"		 Consistent Speed & Control  Connected & Rounded Turns  Parallel turns with simultaneous foot tipping/steering of both feet		

FUNDAMENTALS OF SNOWSPORTS	
	Ski  
※	Control the relationship of the center of mass to the base of support to direct pressure along the length of the ski
※	Control pressure from ski to ski & direct pressure toward the outside ski
※	Control edge angles through a combination of inclination & angulation
※	Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body
※	Regulate the magnitude of pressure created through ski/snow interaction
" RESULTS "	
    Consistent Speed & Control Connected & Rounded Turns of various sizes	
  Parallel turns with simultaneous foot tipping/steering of both feet	
	Snowboard  
※	Control the relationship of the center of mass to the base of support to direct pressure along the length of the board
※	Control the relationship of the center of mass to the base of support to direct pressure along the width of the board
※	Control the board's tilt through a combination of inclination & angulation .
※	Control the board's pivot through flexion/extension & rotation of the body.
※	Control the magnitude of pressure created through the board/surface interaction
  Telemark  	
Control the fore/aft relationship of the center of mass to the base of support to manage pressure along the length of the skis. Control the lateral relationship of the center of mass to the base of support to manage pressure from ski to ski Control edge angles through a combination of inclination & angulation . Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body. Regulate the amount of pressure created through skis/snow interaction movements Control the torsional flex of the board using flexion/extension & rotation of the body.	
    Pole Touch (if used), complements turns in timing & direction of travel	