

National Ski Patrol

Senior Program

Pacific Northwest Division

Senior Candidate Guidebook



Rev. 09-16-2017

Table of Contents:

General Program Information.....4
Senior OEC Module.....9
Senior Aid Room Management Module.....12
Senior Alpine Core Modules.....14
Senior Nordic Core Modules.....25
Appendix A – General Senior Program Documents.....37
Appendix B – Documents for OEC Module of the Senior Program.....40
Appendix C – Documents for Alpine Modules of the Senior Program.....58
Appendix D – Documents for Nordic Modules of the Senior Program.....63

Glossary of Terms:

- OEC: Outdoor Emergency Care
- OEC-MSP: OEC Module of the Senior Program
- OET: Outdoor Emergency Transportation
- ROA: Region OEC Administrator
- STC: Senior Training Coordinator
- T/E: Trainer/Evaluator

Disclaimer: This is a working document. As the Senior Program or it’s individual modules are revised at the National Ski Patrol level, this guidebook will be updated to reflect any changes made.

ACKNOWLEDGMENTS

This document was compiled by

PNW Division Senior Program Advisor – Nicole Dodge Seager

PNWD Contributors:

- Outdoor Emergency Care Program Supervisors– Janie San Romani and Kathy Lee
- Outdoor Emergency Transportation Program Supervisor – Jeffrey Weitz
- Nordic Program Supervisor – Joe Mabbutt
- Patroller Program Coordinator – Jodie Jeffers
- Division Director – Liz Dodge

Purpose

The purpose of the Pacific Northwest Division (PNWD) Senior Guidelines is to provide a common document to the patrollers in PNWD with information regarding the Senior Program of the National Ski Patrol (NSP). The basic content of this guidebook is derived from the NSP's Ski Patroller's Manual, 14th edition, Policies and Procedures, Skills Development Program, the PNWD's Policies and Procedures, and the various discipline specific training materials (i.e., OEC Module of the Senior Training Coordinators Manual, program specific instructor manuals, etc.).

Overview

NSP's Senior Program is tailor-made for members who aspire to perform at the upper levels of skiing/snowboarding, emergency care proficiency, and other skills used while patrolling. The Senior Program is designed to provide a forum in which patrollers can enhance personal skiing/snowboarding and toboggan-handling proficiency, improve their ability to manage OEC-related problems and expand their overall patrolling knowledge and skills. In addition, the program prepares patrollers for leadership roles within the NSP.

The Senior Program consists of core and elective requirements. It is designed for Patroller, Alpine, and Nordic patrollers with appropriate variations in requirements for each patroller category.

Training is an essential part of the program. Senior candidates are expected to spend a significant amount of time reviewing senior criteria and using the required knowledge and skills to practice scenarios on challenging, senior-level terrain under various conditions in the patrolling environment. Senior candidates can also take advantage of clinics in which they receive constructive and corrective feedback on their performance.

Training varies throughout the system, depending on the resources of time, personnel, locations, equipment, etc., but its purpose is the same in all divisions: to provide suggestions for improvement, an understanding of the required level of performance, and increased awareness of advanced patroller skills. It is unrealistic and inadvisable to participate in any evaluation clinic and expect to pass without training.

This guidebook includes study and training exercises for Patroller, Alpine, Nordic, and Outdoor Emergency Care components of the Senior Program, as well as application forms. Senior examiners/evaluators score performance on key maneuvers and scenarios, and these evaluations may be conducted during a clinic held immediately after a training session for a particular skiing/snowboarding technique, toboggan maneuver, or OEC scenario, or at the end of the evaluation clinic process. Some divisions hold formal evaluation clinics to determine whether a senior candidate is able to fulfill the senior requirements.

For each of the Senior Program Core Modules (OEC, Alpine or Nordic Ski, Alpine or Nordic Toboggan etc...) the Region or Division assigned event coordinator/instructor of record will register and complete the Course completion records as is done with any NSP educational program.

Senior candidates are responsible for keeping their own records of completing core and elective requirements. Use the Activity Record of Senior Core and Elective Components form to record these requirements – see [Appendix A](#). The region/division Senior Training Coordinator submits the classification change that occurs with completion of the Senior Program to the national office (with sign off by the Region Director or Division Director). The submission includes a copy of the Candidate's Application Form and the Activity Record of Senior Core and Elective Components form. Personnel at the national office then verify the request for a classification change against instructor course records.

Retaining Senior Status after a change in member classification:

Senior Patrollers may achieve Senior Alpine status by successfully completing the alpine ski and toboggan components of the Senior Program. Senior Patrollers may achieve Senior Nordic status by successfully completing the Nordic ski, extended tour and toboggan components of the Senior Program and Mountain Travel and Rescue 2.

Senior Alpine patrollers may achieve Senior Nordic status by successfully completing the Senior Nordic program components. Likewise, Senior Nordic patrollers may achieve Senior Alpine status by completing the Senior Alpine program components. Alpine and Nordic patrollers are not eligible to achieve the Senior Patroller status by way of the Senior Alpine or Nordic Program. Senior Alpine or Nordic patrollers who wish to reregister as a Patroller will forfeit their Senior Alpine or Senior Nordic patroller status. To become a Senior Patroller, these individuals must complete the Senior Patroller core requirements and all elective requirements as listed below.

Summary of Required Core and Components

Senior Patroller

- Outdoor Emergency Care Module of Senior Program (OEC-MSP)
- Senior Aid Room Management module
- Four (4) electives from Senior elective list
(a minimum of two electives must be from the NSP course offerings)

Senior Alpine

- Outdoor Emergency Care Module of Senior Program (OEC-MSP)
- Senior Alpine Skiing / Snowboarding module
- Senior Alpine Toboggan Handling module
- Three (3) electives from Senior elective list
(a minimum of two electives must be from the NSP course offerings)

Senior Nordic

- Outdoor Emergency Care Module of Senior Program (OEC-MSP)
- Senior Nordic Skiing module
- Senior Extended Nordic Ski Tour module
- Senior Nordic Toboggan Transport and Belay
- Mountain Travel and Rescue 2 (MTR 2)
- Two (2) electives from Senior elective list
(a minimum of two electives must be from the NSP course offerings)

	Patroller	Alpine	Nordic
Core – Outdoor Emergency Care Module of Senior Program	Required	Required	Required
Core – Aid Room Management	Required		
Core – Alpine Skiing/Snowboarding		Required	
Core – Alpine Toboggan Handling		Required	
Core – Nordic Skiing			Required
Core – Nordic Toboggan Transport and Belay			Required
Core – Extended Nordic Ski Tour			Required
Core – Mountain Travel and Rescue 2			Required
Electives (2 must be NSP courses/certifications)	4 Required	3 Required	2 Required

Senior Elective List

NSP Education Courses

- Instructor Development;
- Mountain Travel and Rescue Fundamentals or Mountain Travel and Rescue 1;
- Mountain Travel and Rescue 2 (required for Senior Nordic candidates);
- Mountain Travel and Rescue Enhancement Seminar
- Level 1 Avalanche;
- Level 2 Avalanche for Rescue Personnel;
- National Avalanche School didactic sessions;
- National Avalanche School field sessions;
- Skiing Enhancement Seminar;
- Ski Trainer's Workshop;
- Toboggan Enhancement Seminar;
- Toboggan Trainer's Workshop;
- OEC Enhancement Seminar (two modules equal one Senior elective);
- Patroller Education Conference; and
- ICS100, 200, and 700 (completion of all three modules equal one senior elective)
-

NSP Leadership Courses

- Patroller Enrichment Seminar;
- NSP leadership module;
- NSP instructor status (any discipline);
- NSP instructor trainer appointment (any discipline);

Non-NSP Courses

- Professional Ski Instructors of America (PSIA) or American Association of Snowboard Instructors (AASI) Certified Level II or higher; and
- BLS CPR instructor or instructor trainer certification (American Heart Association, American Red Cross, National Safety Council, American Safety and Health Institute, or Medic First Aid).
- National Avalanche School sessions
- Courses approved in accordance with Policies and Procedures

Division Required Electives

A division, by resolution of its board of directors, may specify one elective from the list above, that all Alpine and Nordic Senior patroller candidates in the division must complete. If a division chooses to require an elective, Senior candidates will complete that elective as one of their electives from the list.

*As of the current of this Guidebook, the Pacific Northwest Division has not opted for a required elective.

Senior Candidate Qualifications

- Eligibility for the Senior program is based on the applicant's member classification. i.e. Patroller for the Patroller Senior Program, Alpine patroller for the Alpine Senior Program, Nordic patroller for the Nordic Senior Program. The minimum age requirement is the same as membership requirement, i.e., must be at least 15 years of age. There is no experience requirement.
- Applicant must be an NSP member and have advanced beyond candidate status. A minimum of one ski season of experience at patroller level is required before entering the OEC Module of the Senior Program evaluation.
- Applicant must obtain their patrol representative's approval, indicated by a signature on a completed Senior Candidate Application. [See Appendix A.](#)

Trainer/Evaluator Qualifications

To be a trainer or evaluator for the senior program, the individual must be a certified instructor in the discipline and must have successfully completed the Senior module for that discipline, and must have completed the Senior T/E course for that discipline.

Senior Evaluation Protocols

Senior Candidates may cross-region boundaries in order to take a senior evaluation and should work through the Senior Training Coordinator for their region and their Region Director to obtain this approval. They should not make direct contact with the other Region Director. There must be written documentation between the Region Director for both Regions that communicates approval has been granted. The Senior Candidate must be familiar with the region's evaluation format and abide by any region and local area specific protocols.

Per PNWD Policy, a senior candidate may only take the final evaluation for any/each module once per season. The only exception to this would be an extreme situation where the Division Director has given approval for a second evaluation.

Evaluation Criteria

The following is a very general definition of the evaluation scoring criteria for the Senior Program.

Above Senior Level (+)

The senior candidate demonstrates outstanding ability as measured by the program's performance objectives, using the applicable criteria.

At Senior Level (=)

The senior candidate demonstrates above average ability as measured by the program's performance objectives, using the applicable criteria.

Below Senior Level (-)

The senior candidate is inconsistent in meeting the minimal requirements as measured by the program's performance objectives, using the applicable criteria.

Elective Documentation and Completion

Senior candidates completing elective courses or participating in instructor or instructor trainer courses must provide proof of participation by providing at least one of the following:

- Copy of NSP member profile
- Certificate of Course Completion
- Current Instructor Authorization Certificate

(Proof of completion also appears on the patroller's member profile page on the NSP website.)

Risk Management

Participation in the senior program may involve maneuvers with an enhanced level of difficulty. All attempts must be made to mitigate exposure to any unnecessary risk. The individual participating in the program is responsible for recognizing risks and communicating their concerns to the examiners or program administrators.

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

The NSP Event/Training Release form must be signed for each training and evaluation, by all participants; i.e. students, helpers, evaluators.

OEC MODULE OF THE SENIOR PROGRAM

The OEC Module of the Senior Program (OEC-MSP) component is a national education program that encourages members to participate in field relevant exercises to help them develop skills in decision-making, problem management, and leadership as it relates to the treatment of patients.

In addition, the practical exercises are conducted to enhance the ability of the patrollers to handle serious patients in an austere environment.

The OEC-MSP has been established to expand and improve the knowledge and skills of NSP members relating to handling complex situations involving decision-making, problem management, and leadership. This program is designed for Patroller, Alpine, and Nordic patrollers (variations in requirements are noted). The program also prepares patrollers for leadership roles within the NSP.

Overview

The OEC–MSP is a national training program; the National Board retains control over Senior Program policies and guidelines. The established program outline and policies must be followed without local modification. The program maintains consistency and quality assurance across the NSP. The goal of the program is to maintain the same consistency and quality for all OEC–MSP candidates throughout the NSP. Each Division’s OEC Supervisor supervises the OEC–MSP.

The OEC-MSP is a three (3) part program: Commitment, Training, and Evaluation. The program represents a significant commitment on the part of all Candidates and OEC Trainer/Evaluators in the senior program.

1. The Commitment: OEC–MSP Candidates are required to obtain the current Outdoor Emergency Care textbook and make a serious commitment to the program in the fall. Since information from the current edition of the Ski Patroller’s Manual has been incorporated into this Guidebook, OEC-MSP candidates are not required to obtain a copy of it, but are encouraged to obtain one as a reference. By the end of December, or earlier if required by the Region, candidate applications should be approved by their respective Patrol Director/NSP Representative and should be forwarded to their Region Senior Training Coordinator (STC).
2. The Training: OEC–MSP training is designed to be conducted at the Region, section or patrol level under the direction of the Senior Training Coordinator and conducted by the OEC-MSP STC.

The Evaluation: OEC–MSP Candidates must attend and satisfactorily complete a formal evaluation, which serves as the final evaluation and validation step in the OEC-MSP. Scoring is Pass/Fail using the plus, equals, minus criteria shown in the attached OEC Module of the Senior Program Scenario Evaluation scorecard, [See Appendix B](#).

A minus (failure) in any single component of the Module will result in a minus for the whole scenario.

Organization

For any issues involving the OEC-MSP, the STC interfaces with their Region OEC Administrator (ROA) or designee, who then reports to the Division OEC Supervisor.

Training and Evaluation

The OEC-MSP training and final evaluation consists of the following requirements:

Training:

- Verification of OEC skills in accordance with the OEC skills performance guidelines. Must be done by an OEC instructor on the day the instructor actually sees the candidate perform said skills. This must be documented on the Completion Log for OEC Basic Skills Performance Check-Off. [See Appendix B.](#)
- Successfully participate as the leader in a minimum of four on snow (4) OEC-MSP practice scenarios.
- Write essay answers to two (2) written OEC-MSP scenario problems and submit by the due date set by the Region STC. [See Appendix B.](#)
- Write one (1) new senior-level training scenario and submit by the due date set by the Region STC. This scenario can be used by the OEC-MSP Training Coordinator as a training scenario with other candidates, and will be submitted to the national office for possible inclusion in the scenario test bank. [See Appendix B.](#)

Final Evaluation:

- Warm up Round
A warm up round will be given on the day of the final evaluation and will not be used as part of the final evaluation process. Each candidate will be given a warm up as a leader. Immediate feedback by the evaluators is expected during the warm up round.
- Evaluation Round
Candidates are evaluated as a leader twice. One will be a multiple injury problem and the other will be a multiple patient (triage) problem. The candidate must complete both scenarios with a plus or equals score on each scenario. See the evaluation scorecard and evaluation criteria in [Appendix B.](#)

Note: There is no provision for additional evaluation rounds. Reevaluation will only be given under extreme circumstances.

Candidates will be grouped into a team of three. If any of the team members need to be filled by a non-candidate, it must be a patroller who has already passed the OEC-MSP.

Three evaluators will score each scenario. One is an evaluator who is assigned to each Candidate team and travels with the team for all of the scenarios. The other two evaluators rotate through the scenarios such that they do not evaluate the same scenario or the same candidate twice.

Each scenario will have a Station Manager and is the only source for the candidate to receive additional information, i.e., pulse, respirations.

Candidate Preparation and Training

Training Philosophy

Training is the key to the success of the OEC-MSP. Region OEC Advisors (ROA) and STCs must play an active role in assuring that an organized, quality training program is offered at the Region, section or patrol level. While it is recognized that training formats may vary from Region to Region, a pre-established training schedule is a necessity. OEC-MSP Candidates are expected to participate in the training process, satisfactorily complete all program requirements and attend and satisfactorily complete a Divisional final evaluation.

Anxiety and Competency

There is a certain amount of anxiety and stress associated with any evaluation or emergency situation. The training program should assist candidates in developing an ability to manage anxiety and stress in an emergency situation. Anxiety should not be an excuse for inadequate performance.

The OEC-MSP candidate should have demonstrated skills through evaluated scenarios by a Senior Trainer/Evaluator prior to the final evaluation.

Competency, the successful demonstration of all skill sets, is expected on final evaluation day. Candidates should be made aware of these expectations in advance of their commitment to the program. The candidate must have a clear understanding of the program expectations and the evaluation environment.

Paperwork

All candidates must complete paperwork as required by the Ski Patroller's Manual. The current version (be sure to review the latest version each year for potential changes) requires that the Candidate provide the following completed paperwork no later than two weeks prior to the evaluation.

1. Senior Candidate Application signed by the patrol director/NSP Representative. [See Appendix A.](#)
2. Completion Log for OEC Basic Skills performance Check-Off, signed by an OEC Instructor. [See Appendix B.](#)
3. Copy of current, valid OEC Card.
4. Copy of current, valid NSP Card.
5. Written answers to two scenarios from the Ski Patroller's Manual, reproduced in [Appendix B.](#)
6. One original scenario created by the candidate, scored at level 5/6, in the correct format following the Scenario Scoring Matrix. See [Appendix B](#) for a template of the correct format, the Scenario Scoring Matrix, and a sample senior level scenario.

The Senior Training Coordinator (STC) is required to review and maintain the paperwork for presentation to the Division OEC Supervisor. Any paperwork that does not meet the standard will be returned to the candidate for correction. No candidate may take the final evaluation until the paperwork has been approved by the STC and the Division liaison.

AID ROOM MANAGEMENT MODULE

Overview

The Aid Room Management Module is a core component for Senior Patrollers. The module focuses on Problem Management, Decision Making, and Leadership in multiple scenarios that are typical to the working environment of a Patroller in the aid room.

Evaluation Overview

Each candidate will be evaluated on at least two and no more than three scenarios. The Instructor of Record will select scenarios, and application of them can be one of three delivery methods:

- A dramatic setting, with actors as patients, including appropriate supplies and furnishings.
- A review panel discussion of the scenario(s) with the candidate.
- A detailed, written action plan by the candidate that is submitted for review.

The Instructor of Record selects the delivery method that best meets the needs for the candidate and local patrol.

For each scenario:

- Determine the priority of injuries and number of patients.
- Discuss/demonstrate the objectives and actions you would take
- Discuss/demonstrate the resources needed and how you would obtain them or how to address lack of obtaining needed resources
- Discuss your interactions and communication with any helpers who arrive in the aid room
- Discuss/identify any differences in area's specific protocols for multiple aid rooms, including objectives, actions taken, and securing of resources.

Following is a sample scenario and some points to consider in the discussion/demonstration of objectives and actions.

Sample Scenario

It is late afternoon and there is a major power outage, affecting a large part of your ski area. This includes most of the lodge and all of your patrol room/aid room. There are four patients currently receiving treatment in the aid room, customers in other parts of the lodge, and customers on the hill where daylight is rapidly fading. Emergency lighting is not working. You have some flashlights. It is near shift change so you have a number of patrollers on hand and there is a full staff of area employees to help. You are serving as the leader for the shift. What do you do?

Considerations:

- Treatment of current patient load
- Weather factors
- Chair Evacuation issues
- Delivery and treatment of incoming patient load - what injuries might you expect to arrive.
- Available equipment and obtaining additional equipment as needed
- Security issues
- Where to get lighting
- Panic Control
- Communication issues - other patrollers, patients, customers, management/security, EMS, etc.
- Record keeping

The scenario evaluation scorecard is the same as that for the OEC Module of the Senior Program (OEC-MSP). It uses the same scoring performance criteria as the OEC-MSP:

- Plus = Above Senior Level
- Equal = At Senior Level
- Minus = Below Senior Level

See the evaluation scorecard and evaluation criteria in [Appendix B](#).

Scoring is Pass/Fail using the plus, equals, minus criteria shown in the attached OEC Module of the Senior Program Scenario Evaluation scorecard, [See Appendix B](#).
A failure (minus) in any single component of the Module will result in an invitation to return the next year and repeat the entire Module.

SENIOR ALPINE CORE MODULES

Overview

The Senior Alpine Program consists of two core modules: Alpine Skiing/Snowboarding and Alpine Toboggan Handling. It is specifically suited for members who aspire to perform at the advanced levels of skiing/snowboarding proficiency and skills employed while actively Hill Patrolling.

The Senior Alpine program is designed to provide a platform and a forum in which members can enhance personal skiing/snowboarding and toboggan handling proficiency, expertise in a variety of advanced terrains and conditions. Included in the overall Senior Program are the underlying fundamentals that prepare the member for future leadership roles within the NSP, PNWD, local Regions, and their local Patrols. Recognized as the standard for achievement within any volunteer organization, Senior Alpine patrollers set the standard for proficiency and expertise throughout the NSP communities.

Training is an essential part of the Senior Alpine Program. Senior candidates are expected to spend a significant amount of time and energy to develop an understanding of the skills requirements.

Candidates will be expected to demonstrate these skills in difficult & advanced terrain and possibly adverse weather conditions. Participation in training clinics, individual practice, and ongoing critique will allow the candidate to successfully demonstrate these skills during final evaluations. The key to successful completion includes actively participating in the training clinics, developing a confidence in your skiing/snowboarding and toboggan handling skills, and maintaining a positive and enthusiastic attitude.

General Terrain Requirements

To host Senior Alpine training and evaluation activities, an area should have a slope that averages 40 percent grade (22 degrees) for at least 800 feet. Senior training and evaluation clinics may be on a shorter slope if it is steeper and if the hill is configured in such a way that many repetitions are reasonably possible. Terrain should be both smooth and moguled as specified in the skiing/snowboarding and toboggan-handling clinic sections. (Moguls may be unexpectedly unavailable because of last minute grooming, snowfall, etc., but every effort must be made to select ski areas that meet terrain requirements under normal operating conditions.)

In the demonstration and evaluation criteria, the terrain are described as “easy”, “difficult”, and “more difficult” to correspond with the terminology used at most ski areas.

Senior Alpine OET Finals Skills Sign-Off

All Senior Alpine Skiing/Snowboarding & Alpine Toboggan Handling candidates are required to achieve a standardized level of skills prior to attempting final examination. There are skills that apply specifically to each Module. Each Candidate will demonstrate senior level proficiency as outlined on pages 127 through 148 of the National Ski Patroller’s Manual, 14th edition.

To be invited to the final exam, Candidates are required to receive sign-off for each of the disciplines that comprise Senior OET training for both Modules. [See Appendix C](#) for Training Skills Signoff Forms. Candidates are not required to attempt both Modules and their related skills at finals. Each Module is evaluated independently and can be demonstrated and passed by the candidates individually.

Senior Alpine OET Evaluation Testing Cards & Evaluation Sheets

In order to maintain consistency throughout the PNWD we have provided samples of the type of scoring cards that may be used in the final testing of the two Modules of the Senior OET program, which can be found in [Appendix C](#) of this manual.

1. They are provided for both reference and use as each Region sees fit to do so.
2. It is best used if laminated to avoid damage during testing by environmental conditions
3. Use a grease pencil or felt pen to note +/- skills performance
4. Use the reverse side for notes on each candidate referenced by column number.
5. Rate candidate skills consistent with performance criteria set forth in this manual.

**Further skill details and training guides may be found in the NSP's Ski Patroller's Manual, 14th edition.*

ALPINE SKIING/SNOWBOARDING

The Senior Alpine Skiing/Snowboarding module consists of long-, medium- and short-radius turns, skiing/snowboarding unpacked snow or icy conditions, and equipment carry exercises that require edging, weight transfer, and upper and lower body movements. The objective is to help patrollers become better alpine skiers/snowboarders and toboggan handlers. Each candidate will demonstrate Senior level competency on terrain of more to most difficult for the day, smooth, moguled, or varied for the day.

Format for this module at the senior examination consists of the following:

1. Candidates must be physically prepared (warmed up and ready) at the time of the examination.
2. Three or more judges will evaluate each skier/snowboarder based on the critical standard for all tests:
3. Evaluations shall be based the skier/snowboarder ability to safely and efficiently control their descent and stay in a balance and equal weighted stance throughout the turn and in control at all times.
4. Scoring is Pass/Fail using the plus, equals, minus criteria shown in the attached Senior Alpine Skiing Performance Evaluation Form. See Appendix C.

A minus (failure) in any single component of the Alpine Skiing/Snowboarding Module will result in an invitation to return the next year and repeat the entire Senior Alpine Skiing/Snowboarding module.

Summary

The senior alpine skiing/snowboarding component is a national education program that allows patrollers to participate in skiing/snowboarding and toboggan handling exercises that require advanced techniques in edging, weight transfer, and upper/lower body movements.

The emphasis in the skiing/snowboarding component is to help the senior candidate identify and practice skiing/snowboarding fundamentals related to patrolling in a variety of conditions and on a variety of terrain. Moreover, this component enables the evaluation of the senior candidate's ability to perform specific skiing/snowboarding maneuvers while incorporating good skiing/snowboarding fundamentals under specified conditions and on specified terrain.

Senior Skiing/Snowboarding module of the Senior Program is not a skier/snowboarder enhancement or developmental program. Candidates entering the program need to be expert level skiers/snowboarders, comfortable in any conditions and terrain. Focus throughout the training and preparation for finals testing is to apply advanced level skills that improve the management of advanced level terrain and use of a variety of equipment during on hill rescue operations.

Toboggan skills represent a major component of the senior OET training. Candidates must be comfortable operating various types of toboggans in expert and challenging terrain in a variety of conditions. The skills that are taught to the Candidates are designed to improve base level proficiency of effective toboggan running and are at the core of the senior toboggan training.

Prerequisites:

- Training clinics (local, region, division)
- Warm-up exercised before the evaluation clinic

Objectives

The skiing/snowboarding portion of the Senior Program consists of training clinics and evaluation on the following turn variations on varied terrain. In the following descriptions, specifications for the size of long-, medium-, and short-radius turns are *approximations*. Rather than focus on these specifications, the candidate should concentrate on the rounded or elliptical shape and comparative size of each turn. Variations in these descriptions will be necessary for the snowboarder to accomplish the course objectives.

Long-Radius Turns:

Long-radius turns have an arc of more than 40 feet long and a cord length (the length straight down the fall line) of more than 30 feet. Long-radius turns emphasize lateral movements and balance over the whole foot. Fine adjustments in the feet and ankles and gross adjustments in the knees and legs improve gliding. Positive edge engagement is achieved during the turn to maximize the benefits from the design of the ski. Weight transfer begins with edge release, and weight increases over the outside ski, or snowboard heel or toe, with edge engagement.

Terrain requirements:

Demonstration and practice: Smooth terrain on easy to more difficult slopes

Evaluation: Smooth terrain on easy to more difficult slopes

Performance Objectives:

When performing long-radius turns, the candidate must demonstrate the following.

- Turns with consistent size and rounded shape
- Parallel turns
- Consistent, controlled speed
- An ability to carve turns (with weight centered over inside edge of the outside ski/snowboard)
- An ability to skid turns
- Balance
- Stability
- Fluid vertical motion
- An appearance of ease and control
- Turns that are long, connected arcs, rather than short arcs connected by traverses
- A quiet upper body

Medium-Radius Turns:

The arc of a medium-radius turn is approximately 40 feet long and the cord is about 30 feet long. When initiating the turn, the skier's upper body faces the center of the arc of the turn. He or she then projects the body downhill toward the center of the turn by extending (rising up on and straightening) the outside leg, pushing the knees and hips toward the center of the turn, and using rotary movements to guide the ski tips across the fall line. To complete the turn, the skier flexes to pressure the inside edge of the outside ski with the weight centered on the ski. The completion should lead smoothly to the next turn without a traverse in between. Maintaining consistent, rounded, carved turns while absorbing moguls requires excellent edging, pressuring, and balancing skills.

Terrain requirements:

Demonstration and practice: Smooth terrain on easy to more difficult slopes.

Smooth and moguled terrain on more difficult slopes

Evaluation:

Smooth and moguled terrain on more difficult slopes

Performance Objectives:

When performing medium-radius turns, the candidate must demonstrate the following.

- Turns with consistent size and rounded shape
- Parallel turns
- Consistent, controlled speed
- Weight transfer to the outside ski or snowboard heel or toe
- Turn completion, in both carved and skidded turns
- Balance
- Stability
- Fluid vertical motion
- Turns that are connected arcs without traverses
- Adaptability to terrain changes

Short-Radius Turns:

The arc of a short-radius turn is approximately 15 to 30 feet long, and the cord is about 15 feet long. Turns should be made consistently down the fall line except when the skier/snowboarder encounters terrain irregularities or changes in pitch.

The proper short-radius turn is mostly carved with little skidding. At the initiation of the turn, the skier transfers 90 percent or more of his or her weight to the outside ski, steers both skis into the turn, and changes edges. He or she then increases the edge angle as the weighted outside ski controls the arc of the turn. The skier actively steers the inside ski as well. The upper body faces the predominant direction of travel (e.g., downhill if making fall-line turns) while the skis turn back and forth. The snowboarder needs to adjust the weight on the heel and toe edge to accomplish the same maneuver.

The turning action of the legs is separate from the upper body, and the turning rhythm is faster than in long- or medium-radius turns. When performing short-radius turns, the skier/snowboarder emphasizes consistent speed, control over change of direction, and rounded turns.

Speed control is achieved by completing the turn. The skier/snowboarder concentrates on carving through the arc of the turn rather than setting edges at the end of the turn. Rounded turn shape is achieved by the proper blending of edging, pressure control, and rotary movements throughout the arc of the turn. The skier/snowboarder experiments with each of these movements to vary the shape of the turn. The upper body in the short-radius turn should face down the fall line.

Terrain requirements:

Demonstration and practice: Smooth terrain on more difficult slopes.
Smooth and moguled terrain on more difficult slopes

Evaluation: Smooth terrain on more to most difficult slopes.
Moguled terrain on most difficult slopes

Performance Objectives:

When performing short-radius turns, the candidate must demonstrate the following.

- Turns with consistent size and rounded shape
- Parallel turns
- Consistent, controlled speed
- Carved turns with little skidding
- An upper body that faces downhill in fall-line turns
- Balance
- Stability
- A lower body in almost continuous motion while the upper body remains relatively quiet
- Weight transfer to the outside ski or snowboard heel or toe
- Use of edges and pressure to complete turns
- Control over direction changes
- Adaptability to terrain changes

Unpacked Snow and Icy Conditions:

Senior candidates will be expected to ski/snowboard any slope in almost any type of snow condition. If crud, powder, or icy conditions exist only in isolated places along the slope, the instructor may place bamboo poles to create a corridor through these areas and ask the senior candidates to ski/snowboard within it. Senior candidates should be able to stop within a short distance at any time.

Turns may be short, medium, or long radius. Candidates should avoid long traverses between turns, turning continuously as they progress down the hill.

Terrain requirements:

Demonstration and practice: Unpacked terrain on more difficult slopes

Evaluation: Unpacked terrain on more difficult slopes

Performance Objectives:

When performing short-radius turns, the candidate must demonstrate the following.

- Balance
- Stability
- Control
- Rounded, linked parallel turns
- Moderate, constant, safe speed for his or her ability level
- An appearance of ease and confidence

Equipment Carry:

Patrollers are often asked to carry equipment on the ski hill. Due to logistics and liability, inclusion of this maneuver during the senior clinic should be limited to asking the senior candidates to transport items routinely carried during patrol duty, such as toboggan packs, skis, and poles. Equipment to be carried will be the same for all candidates to keep the evaluations fair and equal. The senior candidates may select the position to carry the equipment.

Alternatively, instructors should consider asking the senior candidates to carry their ski poles over their shoulders or in front of them. Instructors should not ask senior candidates to carry extremely heavy or cumbersome loads. On steep, moguled terrain, the equipment carry may involve some sideslipping or stem turns.

Terrain requirements:

Demonstration and practice: More to most difficult slopes

Evaluation: More to most difficult slopes

Performance Objectives:

When performing short-radius turns, the candidate must demonstrate the following.

- Balance
- Stability
- Control
- Rounded, linked parallel turns*
- Consistent, moderate speed
- Some sideslipping on steep or moguled terrain
- Equipment securely held

*These turns may be less polished than in the free-skiing/snowboarding portion of the clinic, but the senior candidates should continue to exhibit sound skiing/snowboarding fundamentals.

ALPINE TOBOGGAN HANDLING

The Senior Alpine Toboggan module consists of both loaded and unloaded toboggans in a variety of terrain and snow conditions. Candidates must be physically prepared (warmed up and ready) at the time of the examination. Format for this module at the senior examination consists of the following:

1. Candidates will be grouped into teams of two, usually with no two patrollers from the same area assigned to the same team.
2. Candidates must work together as a team but are evaluated separately.
3. Time will be allotted to check toboggan equipment & Load the patient where applicable.
4. The Judges may select any or all of the following toboggans types to be used in the evaluations depending on the Local area protocol and availability of the specific equipment to include the Cascade 100, Cascade 350, Edge and Akia toboggans.
5. Toboggan positions evaluated will include unloaded loaded front and loaded rear with both two handle and four handle types of toboggans. All Candidates will perform maneuvers on all toboggan types and at all front and rear positions.
6. Three + judges will evaluate each Skier/Snowboarder on the critical standard for all tests
7. Scoring is Pass/Fail using the plus, equals, minus criteria shown in the attached Senior Alpine Toboggan Handling Evaluation Form. [See Appendix C.](#)

A minus (failure) in any single component of the Alpine Toboggan Module will result in an invitation to return the next year and repeat the entire Senior Alpine Toboggan module.

Summary

Good toboggan handling is closely tied to good skiing/snowboarding technique. The senior alpine toboggan-handling component covers the mechanic and components of various rescue toboggans. It also addresses the fundamental principles for operating loaded and unloaded toboggans from the front and rear positions in a variety of conditions and on slopes with different degrees of difficulty.

Toboggan-handling criteria varies with the wide range of equipment used across the country and the differences between Alpine and Nordic techniques. However, the focus is on improving the patroller's ability to safely, smoothly, and efficiently bring an ill or injured skier down the hill in a controlled toboggan run. Instructors should incorporate into their training sessions strategies for approaching and managing incident sites.

Prerequisites:

- Training clinics (local, region, division)
- Warm-up exercised before the evaluation clinic

Objectives

The toboggan-handling portion of the Senior Program consists of training and evaluation clinics (held on varied terrain) on three main skills: operating the front of an unloaded toboggan, operating the front of a loaded toboggan, and operating the rear of a loaded toboggan. Strategies for approaching and managing an incident site are also part of the program.

Unloaded Toboggan – Front Operator Skills:

Clinics and evaluation on unloaded toboggan operations should cover skiing to a simulated incident site (using appropriate route selection) while senior candidates perform the following skill:

- Straight running
- Short-, medium-, long-radius turns
- Direction changes (transitions) while keeping the toboggan in the fall line (pivot turns, box turns, step turns, kick turns, etc.)
- Sideslips (fall line and falling leaf)

- Traversing left and right on more difficult terrain
- Linked, rhythmic parallel turns, smoothly executed
- Emergency stops
- Recovery techniques (at least one)

Terrain requirements:

Demonstration and practice: Smooth and moguled terrain on more to most difficult slopes

Evaluation: Smooth and moguled terrain on more to most difficult slopes

Performance Objectives:

When operating the front of an unloaded toboggan, the candidate must do the following.

- Select an appropriate route
 - Pick the safest, fastest, and smoothest route possible
 - Generally stay to the side of the run and in the fall line as the terrain dictates
- Operate at an efficient, safe, controlled speed appropriate to the terrain and skier/snowboarder traffic; yet quickly reach the incident site.
- Perform smooth, parallel turns as needed.
- Maintain proper body position.
 - Exhibit solid skiing/snowboarding stance with balance and stability.
 - Hold the toboggan handles waist high with the hands in front of the body.
 - Do not hit the toboggan with the tails of skis.
- Perform appropriate transitions.
 - Change the direction of the skis while keeping the toboggan in the fall line.
- Perform sideslips.
 - Maintain a consistent speed.
 - Keep the toboggan in or close to the fall line.
 - Overcome the buildup of snow, if any.
- Perform traverses (left and right).
- Ensure minimal bouncing or slipping of the toboggan.
 - Be at ease and in control over the speed and direction of the toboggan under all conditions.
- Perform emergency stops.
 - Stop the toboggan in a short distance on command while keeping the toboggan in the fall line.
- Demonstrate at least one recovery technique.

Approaching and Managing an Incident Site

Incident site approach and management is not part of the final evaluation, but candidates should nevertheless be given the opportunity to demonstrate, discuss, and practice (as time permits) incident site approach and management on varied terrain and snow conditions. Practice should include toboggan approaches and positioning (front and back), various methods of securing and anchoring toboggans, putting on handles, placing the tail rope, checking rescue package details, etc. Techniques for marking incident sites should also be included in practice time.

Loaded Toboggan – Front Operator Skills:

The local ski area management or public lands administration sets the policy for operating a loaded two-handled toboggan, with or without a tail rope, although some strategies are generally left to the discretion of the patroller. Under most circumstances, two-handled toboggans are designed to be run by a single operator, with assistance at the tail rope position only when requested by the front operator.

Since the ability of a senior candidate to operate the front of a loaded toboggan in the terrain and conditions required at the senior level is an unknown until final evaluation, certain safety

considerations are warranted during training and evaluation. Thus, a capable patroller should assist with the tail rope or rear handles during loaded-toboggan maneuvers.

The rear operator acts as a safety reserve with a slack rope and will only assist the front operator if the front operator requests assistance or if safety considerations make assistance necessary (or during traversing maneuvers). If the person at the rear is not competent, he or she should be replaced with someone who is, so that the front operator has a fair chance to be evaluated on his or her own skills.

The rear operator actively assists senior candidates who choose to use a four-handled toboggan. Four-handled toboggans should be operated under standard procedures over the same terrain as two-handled toboggans. If candidates usually have access to both two- and four-handled toboggans, they may be required to be trained and evaluated on both types as the rear operator.

While descending the fall line, Senior candidates should require little assistance from the tail rope operator on terrain categorized as “most difficult – smooth” and “more difficult – moguled.” The toboggan generally should stay in and close to the fall line unless terrain or skier traffic dictates otherwise.

Maneuvers that require two-handled toboggans and a tail rope are referred to as “single operator with safety tail.” Senior candidates may rely on the tail rope as needed for braking, stability, or traversing terrain categorized as “most difficult – moguled.” The front operator must be aware of the rear operator at all times, and the two should work as a team to communicate and coordinate speed, route selection, and change of direction.

Training clinics and evaluation on operating the front of a loaded toboggan should cover the following topics.

- Route selection that is appropriate to terrain, skier traffic, and patient injury
- Fall line maneuvers
 - Wedges
 - Transitions
 - Straight running
- Traversing left and right on more difficult and most difficult terrain
 - Candidate trains with and without active assistance from tail rope or rear operator.
 - Candidate chooses whether to use active assistance of tail rope or rear operator during evaluation.
- Braking techniques
 - Front operator
 - Chain brake and other control surfaces of toboggan
 - Rear operator
- Maneuvering toboggan through moguls
- Crossing flat terrain
- Techniques in soft or deep snow (if available)
- Static and moving direction changes
- Communication with patient and rear operator
- Emergency stops
- Smooth starts
- Ride-smoothing techniques
 - Lifting front of toboggan
 - Lifting toboggan over terrain (This maneuver is for four-handled toboggans only.)

Terrain requirements:

Demonstration and practice: Smooth and moguled terrain on more to most difficult slopes

Evaluation: Moguled terrain on most difficult slopes

Performance Objectives:

When operating the front of a loaded toboggan, the candidate must do the following.

- Select an appropriate route.
- Control speed while skiing/snowboarding safely and expediently.
- Provide a smooth, safe, and comfortable ride for the patient.
- Ski/snowboard in a balanced and stable position.
- Control descent with a wedge or sideslip.
- Control direction with turns and falling-leaf maneuver.
- Brake toboggan as needed.
- Communicate as necessary with the patient and tail rope operator.
- Perform effective wedge, sideslip, and transition maneuvers with stability and control as appropriate.
- Avoid slipping during traverses.

Loaded Toboggan – Rear Operator or Tail Rope Skills:

The rear operator should be able to assist with braking and traversing the toboggan as requested by the front operator, use one or more safe belay techniques, and communicate with the patient and the front operator. In addition, the rear operator should use sound rope management and skiing/snowboarding skills, help move the toboggan across flat terrain, and be able to stop the toboggan in an emergency.

There are at least three basic methods of tail roping:

- Holding the tail rope in the hands in front of the body
- Using a belay across the front of the body and over the uphill thigh
- Using a climbing belay around the waist

Each of these techniques has its advantages and disadvantages, and there are times when one is more appropriate than another. A senior-level patroller should operate the front of the loaded toboggan during the rear-operator training and evaluation portions of the Senior Program.

Training clinics and evaluation on operating the rear of a loaded toboggan should cover the following topics.

- Traversing left and right on more difficult and most difficult terrain with minimal sideways slipping of the toboggan
- Running the toboggan in the fall line while using a safe technique for the terrain
 - Active braking assistance and passive reserve
 - Wedge
 - Sideslips (fall line and falling leaf)
 - Transitions
- Moving direction changes (turning)
- Positioning
 - The rear operator's skis generally face the same direction as the front operator's skis.
 - The tail rope should run down the fall line from the rear operator to the toboggan or forward over the front of the rear operator's skis/snowboard to the toboggan (not backward over the rear operator's heels or the back of his or her skis/snowboard to the toboggan).
 - The tail rope need not always be in the fall line.
- Belay techniques
 - Moving belay
 - Hands only
 - Uphill thigh
 - Climber's waist belay
 - Static belay

- Rope management
 - Using knots in rope
 - Different length of rope on different types of terrain and during moving direction changes
 - Tension versus slack as appropriate
 - Movement up and down the length of the rope
 - Handling extra rope
- Coordination with front operator
 - Communication
 - Speed
 - Obstacles
 - Direction changes
 - Active versus passive role of tail rope
- Communicating with and monitoring patient
- Techniques for crossing flat terrain
- Considerations for special snow conditions
 - Powder
 - Ice
 - Windcrust or crud
 - Heavy slush
- Emergency stops (Front operator should always remain in position with hands on toboggan handles ready to stop the toboggan if this becomes necessary.)
- Four-handed toboggan use
 - Special skill techniques for rear operator

Terrain requirements:

Demonstration and practice: Smooth and moguled terrain on more to most difficult slopes

Evaluation: Smooth and moguled terrain on more to most difficult slopes

Performance Objectives:

When operating the rear of a loaded toboggan, the candidate must do the following.

- Traverse left and right with minimal slipping of the toboggan.
- Assist with braking as needed.
- Brake the toboggan with edge and pressure movements.
- Control speed using wedge, sideslip, and transitions.
- Make smooth and controlled turns and transitions.
- Coordinate changes of direction with the front operator.
- Maintain the rear of the toboggan in a stable position.
- Control the rope with the hand or belay position.
- Ski with stability and control.
- Adapt to terrain and condition changes.
- Monitor the condition of the patient.
- Maintain a safe distance from the toboggan.

SENIOR NORDIC CORE MODULES

Overview

The Nordic Senior program will be administered at the Region level under the direct supervision of the Division Nordic Program Supervisor. Any candidate 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, Skills Development Program, 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.

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. The scorecards used for the evaluation will be the same for all evaluations/Regions. [See Appendix D](#).

**Further skill details and training guides may be found in the NSP's Ski Patroller's Manual, 14th edition.*

NORDIC SKIING

Evaluation concentrates on skiers control, style, and ability to handle terrain, not testing basic Nordic skill maneuvers. PSIA Nordic examiners are not required but highly recommended.

Summary

The skiing portion of the Nordic Senior Program consists of using good Nordic skiing fundamentals to demonstrate effective skiing maneuvers in all varieties of terrain and conditions. Nordic skiing clinics emphasize maneuvers used in traditional, skating, and Nordic downhill skiing; specifically, the diagonal stride, the double-pole with and without kick, skate turns, uphill traverses, kick turns, the herringbone, cross-country downhill turns, step turns, the pole drag, and Nordic skiing in unpacked snow and icy conditions.

During evaluation, elegant, stylistic technique is not necessary; however, the candidate is expected to demonstrate proficiency equivalent to that of a PSIA Certified Level II instructor (advances intermediate).

Format for this module at the senior examination consists of the following:

1. Candidates must be physically prepared (warmed up and ready) at the time of the examination.
2. Three or more judges will evaluate each skier/snowboarder based on the critical standard for all tests.
3. Evaluations shall be based the skier ability to safely and efficiently perform the skiing maneuvers.
4. Candidates will be given informal but direct feedback immediately after completing the skiing module.
5. Scoring is Pass/Fail using the plus, equals, minus criteria shown in the attached Senior Nordic Skiing Performance Evaluation Form. [See Appendix D.](#)

A minus (failure) in any single component of the Nordic Skiing Module will result in an invitation to return the next year and repeat the entire Senior Nordic Skiing module.

Prerequisites:

- Training clinics (local, region, division)
- Warm-up exercised before the evaluation clinic
- Daypack containing equipment and materials normally used in the patrol environment

Objectives

Diagonal Stride and Double Pole:

A clear understanding of the technical components of diagonal stride and double pole methods are necessary for a successful evaluation. The weight shift, timing, and balance required for proper rhythm and flow are essential.

Terrain requirements:

Demonstration and practice: Mildly rolling, track or prepared smooth surfaces

Evaluation: Mildly rolling, track or prepared smooth surfaces

Performance Objectives:

When performing diagonal stride and double pole techniques, the candidate must demonstrate the following.

- An emphasis on correct body position
- Balancing movements
 - An ability to move from ski to ski with rhythm and flow
 - An ability to balance on gliding skis during upper-body propulsion movements
- Rotary movements
 - Active guidance of the unweighted ski to complement steering the weighted ski during the diagonal stride
 - Complementary arm/leg movements
 - Active guidance of both skis during the double pole
- Edging movements
 - An ability to maintain a flat, sliding ski
 - Use of knee/ankle control for edge angle control
- Pressure-control movements
 - Smooth, effective weight shift from ski to ski (kick)
 - Effective compression guided by abdominal muscles
 - Refined pole use and timing
 - Movement of weight to the heels during double-pole push, then toward the balls of the feet as the arms swing forward after pole push

Double Pole with Kick

The Nordic senior candidate is expected to combine foot propulsion with proper double-pole technique.

Terrain requirements:

Demonstration and practice: Easier, set track, flat, or slight downhill

More difficult rolling set track

Evaluation: More difficult, rolling set track

Performance Objectives:

When performing a double-pole-with-kick technique, the candidate must demonstrate the following.

- Balancing movements
 - Coordinated movement of one foot with both arms
 - Timing combined with dynamic balance
- Rotary movements
 - Active guidance of the unweighted ski to complement steering of weighted ski
- Edging movements
 - An ability to maintain a flat, sliding ski
 - Use of knee/ankle control for edge angle control
- Pressure-control movements
 - Smooth, effective weight shift from ski to ski (kick)
 - Effective poling due to compression guided by abdominal muscles

Skating

Terrain requirements:

Demonstration and practice: Flat terrain to mild rolling trails

Evaluation: Mild rolling to more difficult trails

Performance Objectives:

V-1 Skate:

When performing V-1 skate techniques, the candidate must demonstrate the following.

- Balancing movements
 - Effective ski-to-ski movement that maintains glide and contributes to propulsion
- Rotary movements
 - Active foot/leg steering of the unweighted ski
 - Maintaining a “v” relation with the skis
 - Aligning the body to face the gliding ski
 - Maintaining the skis’ divergent relationship; the size of the “v” depends on the skier’s speed and steepness of terrain
- Edging movements
 - Edged ski to push; flat ski to glide
 - Refinement of edge angle on push ski and appropriate adjustment on glide ski
- Pressure-control movements
 - Complete weight transfer from push ski to glide ski
 - Skate push begins with the foot under the hips
 - Upper body and hips align with push ski before a smooth weight transfer, then move toward glide
 - Timing of pole plant, pull, and push becomes more refined

V-2 and V-2 Alternate:

When performing V-2 and V-2 Alternate skate techniques, the candidate must demonstrate the following.

- Balance movements
 - Makes effective ski-to-ski movements that maintain glide and contribute to propulsion
 - Shows ability to maintain extended glide, balanced on one ski
- Rotary movements
 - Aligns body to face the gliding ski after weight transfer
 - Maintains the skis’ divergent relationship, yet the size of the “v” is smaller due to gliding nature and higher speed of the maneuver
- Edging movements
 - Maintains a flat ski during poling and recovery phases
 - Uses fine edge-angle control to enhance the gliding nature of the maneuver
- Pressure-control movement
 - Maintains propulsion by poling, effective pole push, and upper body compression
 - Begins poling before skating
 - Prepares body for compression with forward lean of body before pole plant

Skate Turns

Terrain requirements:

Demonstration and practice: Easier, flat, or gentle downhill, groomed trail

Moderate, gentle downhill groomed trail

Evaluation: Moderate, gentle downhill groomed trail

Performance Objectives:

When performing skate turns, the candidate must demonstrate the following.

- Powerful extension of the leg from a firm platform
- An edged ski for the push; a flat ski for the glide
- Simultaneous use of both poles with each skating motion

- Timing – weight is transferred to the divergent ski as the extension of the pushing leg is complete
- Rhythm achieved by smooth, sequential motion
- Marked acceleration out of turn

Uphill Traverse

The uphill traverse is an important maneuver for travel on and off track. This maneuver should be practiced and evaluated during the Extended Nordic Ski Tour.

Terrain requirements:

Demonstration and practice: More difficult, open moderate slopes (30 to 45 percent grade)

Most difficult, moderate slopes with obstacles

Evaluation:

Most difficult, moderate slopes with obstacles

Performance Objectives:

When performing uphill traverses, the candidate must demonstrate the following.

- Definite weight transfer at push-off to front ski
- Shortened stride and arm swing as pitch increases
- Forward body lean, eyes looking forward
- Proper rhythm, position, and recovery of poles
- Effective use of terrain

Kick Turns

A kick turn is a stationary turn of 180 degrees for the purpose of changing direction when other techniques are undesirable or ineffective. It is often executed in confined areas such as woods. Practice and evaluation should take place during the Extended Nordic Ski Tour while performing an uphill climbing traverse and a downhill traverse.

Terrain requirements:

Demonstration and practice: Easier, open gentle slopes (less than 30 percent grade)

Most difficult, moderate slopes with obstacles

Evaluation:

Most difficult, moderate slopes with obstacles

Performance Objectives:

When performing kick turns, the candidate must demonstrate the following.

- Balance with effective use of poles
- The tail of the ski clearing the snow
- The tail of the ski planted well forward
- The poles clear of the skis
- Complete change of direction while remaining in the same spot

Herringbone

Demonstration of this maneuver should occur on a section of flat groomed track with a gentle uphill grade (5 percent). Practice and evaluation should occur on a slope with a more moderate to steep section of flat groomed terrain (8 to 10 percent) to clearly demonstrate strong edge set.

Terrain requirements:

Demonstration and practice: Easier, gentle uphill set track

More difficult, moderate uphill set track

Evaluation:

More difficult, moderate uphill set track

Performance Objectives:

When performing the herringbone, the candidate must demonstrate the following.

- “V” stance sufficient to maintain forward motion
- Weight on inside edge of holding ski with knees and ankle flexed

- Diagonal poling technique with poles planted well behind and out to the side
- A quick ankle, knee, and hip extension to help maintain uphill momentum
- Head up, body committed forward

Cross-Country Downhill Turns

The purpose of performing advanced cross-country downhill techniques is to refine turning skills, rhythmically link turns on open slopes, and employ a variety of techniques that are dictated by snow conditions and terrain. Skiing control and stability are necessary to ski safely and rapidly to an incident scene.

Accepted cross-country downhill maneuvers include wedge turns (snowplow), stem turns, parallel turns (three to four linked), and telemark turns (three to four linked).

Terrain requirements:

Demonstration and practice: Easier, open, packed slope (less than 30 percent grade)

More difficult, open, groomed and ungroomed slopes (30 to 45 percent grade)

Evaluation: More difficult, open, groomed and ungroomed slopes (30 to 45 percent grade)

Performance Objectives:

When performing cross-country downhill turns, the candidate must demonstrate the following.

- Balancing movements
 - An ability to maintain a stable, relaxed stance through a broad range of speed, terrain, and snow conditions
- Rotary movements
 - Earlier matching and active guidance of the inside leg
 - An ability to accurately steer the legs sequentially and simultaneously
 - Round turn shape with improved accuracy and control
- Edging movements
 - Smooth increase or decrease of edge angles (progressive edging)
 - Minimized braking, which encourages gliding through the turn
 - Developed timing of edge change movements
- Pressure-control movements of skis and poles
 - Smooth weight shift
 - Movement of the center of mass in the direction of the turn

Step Turns

Step turns are a moderate- to high-speed maneuver. The Nordic senior candidate needs to demonstrate the ability to change direction on gradual downhill grades and in varying snow conditions.

Terrain requirements:

Demonstration and practice: Easier, set track

More difficult, rolling set track

Evaluation: More difficult, rolling set track

Performance Objectives:

When performing step turns, the candidate must demonstrate the following.

- Balancing movements – moving from foot to foot
- Rotary movements – development of foot/leg steering as sequential movements
- Edging movements – stepping sequentially from ski to diverging ski using enough edging on push ski to prevent side-slipping
- Pressure-control movements of skis and poles
 - Moving from foot to foot, while standing on whole foot
 - Using poles for balance and propulsion

Pole Drag

The pole drag is a survival skiing technique used when terrain, obstacles, or snow conditions make other cross-country downhill skiing techniques impractical.

Terrain requirements:

Demonstration and practice: More difficult, steep narrow trails

Evaluation: More difficult, steep narrow trails

Performance Objectives:

When performing pole-drag maneuvers, the candidate must demonstrate the following.

- Remove straps to prevent injury in case the baskets catch on an obstruction; baskets drag in snow with pressure applied to poles
- Maintain good body positions (low and stable)
- Adequately control the speed of descent

Overall Skiing – Unpacked Snow or Icy Conditions

During training clinics and evaluation, Nordic senior candidates will be expected to ski any trails or slopes under most any type of snow conditions.

Terrain requirements:

Demonstration and practice: More difficult

Evaluation: More difficult

Performance Objectives:

When skiing in unpacked snow and icy conditions, the candidate must demonstrate the following.

- Balance
- Stability
- Control
- Linked, downhill turns
- Moderate, constant, safe speed for his or her ability level
- An appearance of ease and confidence

EXTENDED NORDIC SKI TOUR

Summary

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.

Evaluation concentrates on skiers control, style, and ability to handle terrain, skiing technique, stamina, strength, rate of travel appropriate to conditions, uphill track, proper route selection, recognition of avalanche, or other potential travel hazards. Scoring is Pass/Fail using the plus, equals, minus criteria shown in the attached Senior Extended Nordic Ski Tour Performance Evaluation Form.

[See Appendix D.](#)

A minus (failure) in any single component of the Senior Extended Nordic Ski Tour module will result in an invitation to return the next year and repeat the entire Senior Extended Nordic Ski Tour module.

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

- Orienteering
- Bivouac and Patient Survival Skills

Prerequisites:

- Training clinics (local, region, division)
- Daypack containing equipment and materials normally used in the patrol environment

General Terrain Requirements:

- 1,000 feet of vertical elevation gain or 25 kilometer of trails
- Variety of trails and slopes, rated from easiest to most difficult

Objectives

The learner will address the categories that follow to fulfill the course objectives.

Orienteering:

- Follow a compass heading over such a distance and with enough heading changes to demonstrate reasonable orienteering proficiency.
- Plot current location on a map by taking sighting on known landmarks and converting them to a location on a map.

Toboggan Fabrication:

- Only use materials from a daypack and natural materials in the field to fabricate a toboggan.
- Load a person into the toboggan and transport the person 50 yard in a traverse, then 50 yards downhill. The instructor of record will evaluate the toboggan for stability, construction, and sturdiness to determine if it is adequate for long-distance evacuation.

Bivouac and Patient-Survival Skills:

- Select an appropriate bivouac site for a severe winter condition as described by the instructor of record.
- Build a bivouac shelter large enough for one patroller and one "patient."
- Either build a fire or use a stove to prepare a hot drink or meal.

Performance Objectives:

When participating in the Extended Nordic Ski Tour, the candidate must demonstrate the following.

- Skiing technique and proficiency
- Stamina
- Strength
- Rate of travel
- Proper route selection
- Map and compass proficiency
- Recognition of avalanche or other potential travel hazard
- Toboggan fabrication (sturdy after three 50-yard tests)
- Construction of emergency shelter in terms of site, size, and protection offered
- Ability to heat and provide a hot drink or meal

NORDIC TOBOGGAN TRANSPORT AND BELAY

Summary

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

Final S & T Scenario:

1. Candidates will be grouped into teams of two. Each group may have an Advocate (coach,) depending on available resources.
2. Each team will be given coordinates for the location of a patient and must travel to the patient in a timely manner with all their equipment (patrol packs).
3. The team will fabricate a toboggan from available materials and load the patient.
4. They will then haul the patient 50 yards over a rolling traverse, 50 yards downhill, and 50 yards over flat terrain.
5. The toboggan will be evaluated for stability, construction, and sturdiness to determine if it is adequate for long-distance evacuation.
6. The team will build a shelter large enough for the patient and one patroller, appropriate for the terrain and weather conditions.
7. They must then fix the patient something hot to drink.
8. Scoring is Pass/Fail using the plus, equals, minus criteria shown in the attached Senior Nordic Toboggan Transport and Belay Performance Evaluation Form. [See Appendix D.](#)

A minus (failure) in any single component of the Senior Nordic Toboggan Transport and Belay module will result in an invitation to return the next year and repeat the entire Senior Nordic Toboggan Transport and Belay module.

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.

Objectives

The Nordic Senior Candidate must demonstrate leadership ability when setting up and moving a Nordic toboggan. Also, the candidate must demonstrate an ability to use specific equipment effectively and apply his or her knowledge of knots, routes, patient packaging techniques, and patroller safety considerations. In addition, the successful candidate must demonstrate the technical skills required to successfully evacuate a patient under any existing weather and terrain condition. He or she must also have the ability to coordinate a team to conduct a toboggan transport in a smooth, efficient, and safe manner.

The Nordic Senior Candidate should be able to work as a team member and provide leadership when constructing a sturdy toboggan from available materials (which may include an injured person's skis). The candidate should be able to transport the patient a considerable distance under various conditions, using appropriate moving and static belays. Items to be considered when constructing a toboggan include skis, carabiners, webbing, ropes, knots, and any other available building materials. The Nordic Senior Candidate must demonstrate the ability to improvise in an emergency situation.

Moreover, the Nordic Senior Candidate must consider the time and nature of the illness or injury to properly package and care for a patient. The candidate does not have to demonstrate OEC skills for specific injuries during this component. Instructors should identify the nature of the injury so the candidate can use that information to determine appropriate patient management and proper route selection.

While on the extended ski tour the Nordic Senior Candidate may be evaluated on their ability to fabricate a toboggan (from available materials), transport a subject a significant distance, and demonstrate good belaying and patient-handling techniques.

Organization and Leadership of a Toboggan Transport/Belay

The candidates will work as a team to rig toboggan belay and haul ropes in such a way that when transported over varied terrain, the toboggan will not have to be re-rigged in the transitions from uphill to downhill, across a hill, or when going from wide to narrow trails, etc.

Performance Objectives:

When participating in the toboggan transport/belay exercise, the candidate must demonstrate the following.

- Proper selection of knots
- Proper selection of anchor(s)
- Suitable belay position
- Confidence in belay
- Ability to establish belay time through effective communication
- Successful construction of toboggan (if appropriate)
- Leadership in conducting a rescue operation
- Communication with proper authorities
- Team versus an individual approach to the exercise

Up-slope Transport and Belay of a Loaded Toboggan

Training and evaluation content will include route selection, negotiating obstacles, determining the availability of terrain anchors, and a discussion of patient injury. Other important topics to be incorporated into training and evaluation of belay setup and operation include communications, belay commands, teamwork, and effective use of assistance.

Terrain requirements:

Demonstration, practice, and evaluation: Most difficult, steep slopes between parallel roads or trails with obstacles.

Performance Objectives:

When participating in the up-slope transport and belay exercise, the candidate must demonstrate the following.

- Appropriate route selection
- Communication with subject and team members
- Proper belay setup
- Effective operation of belay
- A smooth, safe, and comfortable rider for the patient
- Confident leadership

Down-slope Transport and Belay of a Loaded Toboggan

A portion of the down-slope transport and belay exercise should include a static-belay lowering of a loaded toboggan with the same anchor and hauling system used for the up-slope exercise. The remainder of the exercise should involve moving and moving-static belay techniques.

Terrain requirements for static belay:

Demonstration, practice, and evaluation: Most difficult, steep slope between parallel roads or trails with obstacles.

Terrain requirements for moving and moving-static belays:

Demonstration, practice, and evaluation: More difficult, groomed and ungroomed slopes.

Performance Objectives:

When participating in the down-slope transport and belay exercise, the candidate must demonstrate the following.

- Appropriate route selection
- Communication with subject and team members
- Proper belay setup
- Effective operation of belay
- Speed control using wedge, sideslip, and transitions
- Traverse the slope with minimal slipping
- Coordinated movements with other team members
- Stable position of the rear of toboggan (maintained throughout the exercise)
- Control of rope with hand or belay position
- Skiing with stability and control
- Adaptability to terrain and condition changes
- A smooth, safe, and comfortable ride for the patient
- Confident leadership

On-Trail, Flatland Transport of a Loaded Toboggan

This exercise covers the leader's positioning versus that of the other operator(s), along with the leader's transition and communication with the other operator(s). Another evaluation component is the leader's and operators' attention to the patient and the patient's ride.

Terrain requirements:

Demonstration and practice: Easier, set track (narrow and wide trails)

More difficult, rolling set track (narrow and wide trails)

Evaluation:

More difficult, rolling set track (narrow and wide trails)

Performance Objectives:

When participating in on-trail, flatland toboggan transport, the candidate must demonstrate the following.

- Appropriate positioning of the leader and other team members
- Communication with subject and team members
- A smooth, safe, and comfortable ride for the patient
- Confident leadership

Appendix A – General Senior Program Documents

- Candidate Application
- Activity Record of Senior Core and Elective Components

NSP Education Program

SENIOR CANDIDATE APPLICATION

(To be filled out by Candidate - Submit to Patrol Representative)

PATROLLER INFORMATION

Senior Candidate Name		Email Address		
NSP ID #	Classification	Phone Number		
Address	City	State	Zip	
Patrol	Region	Division		
NSP Join Year	Years of Patrolling Experience			
Senior Program Application Date	Applicant Signature			

Senior Alpine
 Senior Nordic
 Senior Patroller

DIVISION APPLICATION INFORMATION

Please check which core modules you will be participating in this year.

<input type="checkbox"/> Senior OEC	<input type="checkbox"/> Senior Aid Room Management
<input type="checkbox"/> Senior Alpine Skiing	<input type="checkbox"/> Senior Alpine Tobogganing
<input type="checkbox"/> Senior Nordic Skiing	<input type="checkbox"/> Senior Nordic Extended Ski Tour
<input type="checkbox"/> Senior Nordic Toboggan Transport/Belay	<input type="checkbox"/> Electives (see below)

EDUCATION HISTORY - Attach a copy of your member profile

List any elective course(s) you intend to take this year to meet senior status.

Course	Date	Location	Instructor

Include senior course(s) that have been taken to meet senior status.

This certifies that the above-named candidate has demonstrated all the basic ski patroller skills and has sufficient knowledge, skills, and experience to participate in the national Senior Program.

Date _____ Patrol Representative (Print & Signature)

Patrol Rep to submit form to Region/Division Senior Program Coordinator per Region/Division Policy.

R 12-2016 PNWD

**NSP Education Program
ACTIVITY RECORD
SENIOR CORE AND ELECTIVE COMPONENTS**

This form is to be maintained by the applicant and submitted to the Patrol Representative upon completion

PATROLLER INFORMATION

Senior Candidate Name		Email Address	
NSP ID #	Classification	Phone Number	
Address		City	State Zip
Patrol	Region	Division	
NSP Join Year		Years of Patrolling Experience	
Senior Program Application Date		Applicant Signature	

Senior Alpine Senior Nordic Senior Patroller

VERIFICATION OF COMPLETION

Required for A=Alpine N=Nordic X=Patroller	Senior Component	Instructor	Completion Date
A, N, X	Senior Outdoor Emergency Care		
A	Senior Alpine Skiing		
A	Senior Alpine Toboggan		
N	Senior Nordic Skiing		
N	Senior Nordic Extended Ski Tour		
N	Senior Nordic Toboggan Transport/Belay		
N	MTR Level II Course		
X	Aid Room Management Module		
A, N, X	Elective 1		
A, N, X	Elective 2		
A, X	Elective 3		
X	Elective 4 (leadership course from list)		

FINAL CERTIFICATION

I certify that the above candidate has completed all senior program requirements.

Date: _____ Region Director (Print & Signature)

Date: _____ Region Senior Coordinator (Print & Signature)

To be signed by either the Region Senior Coordinator or Region Director upon completion. Please submit to:
National Ski Patrol 133 S. Van Gordon St. Lakewood, CO 890228

R 12-2016 PNWD

Appendix B – Documents for OEC Module of the Senior Program

- Completion Log for OEC Basic Skills Performance Check-off
- Explanation of Terms – Performance Objectives
- Written Scenario Work – Instructions
- Written Scenario Exercises from Ski Patroller’s Manual
- Scenario Template for Original Scenario
- Scenario Scoring Matrix for Original Scenario
- Sample Senior Level Scenario
- Evaluation Scorecard
- Evaluation Criteria

OEC MODULE OF THE SENIOR PROGRAM

Completion Log for OEC Basic Skills Performance Check-off

Senior Candidate _____ ID # _____ Patrol: _____

Basic Skills Performance

The following OEC skills have been demonstrated to an OEC Instructor and have been performed correctly, confidently, and in accordance with the appropriate skill performance guidelines.

Note: an OEC instructor is required to observe the candidate's performance and testify to the satisfactory completion.

Skill Performance Required	OEC Instructor Name and Signature	Date Completed
Patient Assessment and Vital Signs		
Oxygen Administration, Airway Adjunct Use and Suctioning		
Bleeding control and Bandaging		
Fracture Management skills 1. Management near a joint 2. Alignment of angulated fractures 3. Open fracture management 4. Long bone management 5. Traction splinting	1. 2. 3. 4. 5.	1. 2. 3. 4. 5.
Spinal Immobilization		
Lifting Techniques		
Medical Emergencies		
CPR Professional Rescuer		

In Snow Senior Level Practice Scenarios

This patroller has adequately demonstrated to me the skills of decision making, problem management and leadership in on snow OEC MODULE OF THE SENIOR PROGRAM practical scenarios. An OEC MODULE OF THE SENIOR PROGRAM Trainer Evaluator must sign off these scenarios.

Note: At least four practice scenarios are required.

Practical OEC MODULE OF THE SENIOR PROGRAM Scenario	OEC MODULE OF THE SENIOR PROGRAM Trainer Evaluator Name and Signature	Date Completed
Scenario 1 ID #		
Scenario 2 ID #		
Scenario 3 ID #		
Scenario 4 ID #		

Written Scenarios

This patroller has completed the required written scenarios and they have been discussed with me.

Written OEC Scenarios	OEC Instructor Name and Signature	Date Completed
Scenario #		
Scenario #		
New Scenario written and submitted		

**OEC MODULE OF THE SENIOR PROGRAM
EXPLANATION OF TERMS**

Objective	Components	Evaluation Criteria for Acceptable Performance
Decision Making	Problem Assessment	<ul style="list-style-type: none"> * Approaches incident appropriately * Evaluates situation * Determines all essential issues & safety needs
	Patient Assessment	<ul style="list-style-type: none"> * Conducts appropriate surveys * During patient interview, considers trauma and medical outcome
	Appropriate Prioritization	<ul style="list-style-type: none"> * Determine single patient, hurry case or not * Assignment of multiple patients, triage
	Overall Safety	<ul style="list-style-type: none"> * Takes all actions to identify, protect, mark and move patients
Problem Management	Plan of Action	<ul style="list-style-type: none"> * Manages problem flow * Avoids repeating actions * Directs logical follow through given the patient condition * Allots appropriate amount of time for actions/activities
	Anticipation	<ul style="list-style-type: none"> * Plans for what will follow * Avoids common problems and duplication of services * Avoids unnecessary movement of patient
	Resources – People	<ul style="list-style-type: none"> * Requests, uses & directs available resources appropriately * Keeps people busy without allowing independent actions
	Resources – Equipment	<ul style="list-style-type: none"> * Requests & uses appropriately; ensures patrollers apply correctly
	OEC Skills	<ul style="list-style-type: none"> * Directs or applies appropriate skills according to patient need & in accordance with OEC skill performance objectives
	Transportation	<ul style="list-style-type: none"> * Arranges transport using planned, supportive, appropriate means * Positioned correctly in toboggan * Indicates hurry case or not * Secures adequate number of helpers
	Leadership	Communication with patient, helpers, bystanders
	Attitude	<ul style="list-style-type: none"> * Demonstrates positive, reassuring and outgoing manner
	Ability to Direct	<ul style="list-style-type: none"> * Demonstrates assertiveness; not helper directed * Demonstrates ability to use resources * Provides clear direction and instruction to helpers
	Confidence	<ul style="list-style-type: none"> * Demonstrates confidence; knows what to do and how to do it
	Team Interaction	<ul style="list-style-type: none"> * Builds and uses controlled team approach * Avoids trying to do everything alone

Written Work - Instructions for Written Responses to Scenarios

Reference: Ski Patroller's Manual, 14th ed.

Instructions:

Review the "Written Scenario Exercises" on the following pages. The written exercises have been reproduced from the Ski Patroller's Manual, 14th ed. There is a sample exercise with a written response to assist the Senior Candidate in formulating written responses.

Select two scenarios. Given the general information for the scenario, write a response for the scenario that meets the objectives for decision-making, problem management, and leadership. For an outline of these objectives, refer to OEC module of Senior Program Explanation of Terms.

Provide written responses using the format shown below. For each scenario, provide specific answers to the following:

- Describe your actions as leader.
- What injuries do you suspect?
- What are your treatment and transport priorities?
- What other aspects of the scenario need your attention?
- Be sure to show how you would handle decision-making, problem management and leadership objectives.

Use the following format for your written responses.

Name:

Scenario Number:

Equipment:

Decision-making:

Problem management:

Leadership:

Written Scenario Exercises - The Ski Patroller's Manual, 14th ed.

Sample Exercise

The following section contains a sample essay response to a scenario. Use this as a guide for writing answers to two scenarios.

General Problem Description

A 60-year-old male (Patient A) is sitting on the snow after climbing uphill to help his wife (Patient B), who fell on a more difficult slope and is complaining of severe lower leg pain. Patient A is short of breath and complaining of chest pain, and has a history of angina.

Patient Information

Patient A: Complains of severe chest pain, sub-sternal radiating to the left arm. The patient has taken a nitroglycerin tablet but has not felt any relief. The patient also complains of shortness of breath, is anxious, and is concerned for his wife, who is perspiring heavily.

Patient B: Complains of severe pain and tenderness at the top of her left boot. The patient's circulation, motor functions, and sensation are within normal limits. (She can wiggle her toes, is not bleeding, and has no open fracture.)

Vital Signs	Patient A		Patient B	
	Pulse	Respirations	Pulse	Respirations
Initial	118	32	110	20
5 min.	110	30	112	22
10 min	106	28	100	22
15 min	110	30	104	24

Sample of Written Response

Equipment: Call for two toboggans equipped with hill packs, as well as blankets, a quick splint, and oxygen.

Decision-making: Ensure the overall safety of the people at the accident site by identifying any immediate hazards, marking the site clearly, and protecting the patients from further possible harm. Assess the problem. Determine the *priority* for treatment by performing primary surveys on each patient followed by secondary surveys to determine appropriate medical care for each patient. With the possibility of a heart attack for Patient A, alert the base that this is a hurry case.

Problem management: *Utilize* the available people to assist with the patients and the equipment. Assign people according to their skill and experience. *Direct* bystanders to help secure the site, and assist with splinting and lifting, if patrollers are not immediately available. *Request* the appropriate equipment. Have a *plan of action* based on the patients' conditions and the circumstances of the accident and the environment.

The main concern is the need to get Patient A to advanced life support as quickly as possible while still properly handling Patient B.

Patient A should be positioned so that he is comfortable. He should be transported with his head uphill, while having oxygen administered to him. Transport Patient A in a sitting position unless the patient is more comfortable lying down. Patroller assistance also will dictate this transportation decision. Patient B should be transported with the injury uphill.

It is essential that the necessary OEC skills are performed on both patients according to OEC performance guidelines. It is the leader's responsibility to ensure proper skill application by all helpers.

Leadership: Communication with both patients and available helpers is crucial. Patient A needs to be reassured about his wife's condition. Patient B needs to be reassured about her husband and treated quickly to avoid further complications with shock. The leader must direct with *confidence* and a

positive attitude. Utilize all available helpers aggressively and effectively. Use a *team approach* and control the situation at all times. Give clear, simple directions.

Select **two** of the following scenarios and provide a written response as described on a previous page.

Written OEC Scenario 1

General Scenario

A skier is out of control and goes off the slope at high speed. The skier strikes a tree, bounces off, and collides with a second tree with his lower body. He then lands on a rock. There is a witness to the accident and he has remained on the scene. The patient remains unresponsive throughout the scenario.

Patient Information

The skier is unresponsive with slight bleeding from the nose. His skull is bruised on the side of the forehead, next to the temple. There is no response to pain. The left leg is at a 45-degree angle.

<u>Vital Signs</u>	<u>Pulse</u>	<u>Respirations</u>
Initial	120	14
5 Min	126	18
10 Min	130	18 Secretions beginning to affect breathing. Patient is gagging.
15 min	128	14

Scenarios objectives

Describe your actions as leader. What injuries do you suspect? What are your treatment and transport priorities? What other aspects of the scenario need your attention? Be sure to show how you would handle decision making, problem management, and leadership items.

Written OEC Scenario 2

General Scenario

A skier goes over a jump and crosses her skis when landing. This causes a hard, body-slam fall on a firm packed slope. The fall is on her right side.

Patient Information

The patient is oriented to person, place, time and event, but because of deepening shock, she is not completely responsive. The patient's right rib cage hurts a great deal, with more diffuse pain inside the chest cavity. She is coughing up pink sputum. Her breathing is difficult (rapid and shallow). Her right upper arm is also very painful.

<u>Vital Signs</u>	<u>Pulse</u>	<u>Respirations</u>
Initial	96	26
5 Min	100	28
10 Min	106	30
15 min	112	32

Scenarios objectives

Describe your actions as leader. What injuries do you suspect? What are your treatment and transport priorities? What other aspects of the scenario need your attention? Be sure to show how you would handle decision-making, problem management, and leadership items.

Written OEC Scenario 3

General Scenario

Three kids are goofing around and pushing each other while on the chair lift. One starts to fall, grabs hold of the other two, and all three fall from the chair (about 10 feet).

Patient Information

Patient A: The patient may have broken ribs and is having some trouble breathing. He is sitting up and holding his arm to his chest (in a “V” position with his hand at the opposite shoulder). He is relatively comfortable in this position but feels a little nauseated. He blames the others for the accident.

Patient B: The patient has broken his glasses and complains of pain under his eyelid. Glass is in the eye. He blames the others for the accident.

Patient C: This patient is shaken and bruised but not injured. He blames the others for almost killing him. He is persistently distracting when not attended to.

Scenarios objectives

Describe your actions as leader. What injuries do you suspect? What are your treatment and transport priorities? What other aspects of the scenario need your attention? Be sure to show how you would handle decision-making, problem management, and leadership items.

Written OEC Scenario 4

General Scenario

A 16 year old hits a “pop” fence, which causes a forward fall. When you arrive on the scene, the patient’s mental status is fuzzy. He doesn’t recall the accident but answers to his name. The patient is wearing a medical-alert tag that says DIABETIC. He can move his jaw, and although it is painful, he is able to swallow with no airway obstruction.

Patient Information

The patient is conscious of sharp, severe pain one inch anterior to the angle of the jaw. His teeth don’t mesh properly. The patient is insulin dependent. He took insulin that morning but skipped lunch.

<u>Vital Signs</u>	<u>Pulse</u>	<u>Respirations</u>
Initial	68	18
5 Min	72	16
10 Min	72	14
15 min	70	14

Scenarios objectives

Describe your actions as leader. What injuries do you suspect? What are your treatment and transport priorities? What other aspects of the scenario need your attention? Be sure to show how you would handle decision making, problem management, and leadership items.

Written OEC Scenario 5

General Scenario

When you arrive on the scene, the skier tells you he lost control trying to jump a mogul, became airborne, and hit the tree with his right side. He is lying on a significant grade at the tree-lined edge of the slope.

Patient Information

The patient is lying on his right side with the left ski off. The right hip is slightly flexed. He guards the right leg and will not allow the right hip to be extended. The skier complains persistently of groin/hip pain and keeps repeating that he has to go to the bathroom. He has severe pain upon pelvic compression and pain in the lower quadrants. A low pulse rise and increased general abdominal guarding occur. The patient becomes diaphoretic and increasingly insistent about having to void.

<u>Vital Signs</u>	<u>Pulse</u>	<u>Respirations</u>
Initial	100	22 and shallow

Vitals rise gradually throughout the problem.

Scenarios objectives

Describe your actions as leader. What injuries do you suspect? What are your treatment and transport priorities? What other aspects of the scenario need your attention? Be sure to show how you would handle decision-making, problem management, and leadership items.

Written OEC Scenario 6

General Scenario

You have just arrived on the scene of an accident involving a guest and an employee who was driving a snowmobile. A bystander states that a member of the snowmaking crew was driving his snowmobile very recklessly and that he forced the skier off the trail. The skier struck a snowmaking hydrant and caught her left ski under a snow-making pipe as she left the trail. The snowmobile operator has driven away.

Patient Information

The skier is lying on her back with her head downhill. She complains of severe pain in the right upper leg and the left knee. She will not allow the left knee to be straightened.

<u>Vital Signs</u>	<u>Pulse</u>	<u>Respirations</u>
Initial	100	24

Vitals remain stable if patient is treated for shock.

If not treated for shock, pulse and respirations become 140 and 35.

Scenarios objectives

Describe your actions as leader. What injuries do you suspect? What are your treatment and transport priorities? What other aspects of the scenario need your attention? Be sure to show how you would handle decision-making, problem management, and leadership items.

Written OEC Scenario 7

General Scenario

A novice skier was skiing out of control down an advanced slope. Another skier collided with the novice as he was finishing a turn. The novice (Patient A) is not moving. The other skier (Patient B) is sitting on the ground.

Patient Information

Patient A is unresponsive and lying face down on the snow. He has blood running from his mouth and is having trouble breathing. The bleeding appears to be where he bit his tongue. Patient B is sitting on the ground complaining of pain in his shoulder. He is very rude and is yelling at the unresponsive skier.

<u>Vital Signs</u>	<u>Pulse</u>	<u>Respirations</u>	
Patient A	+12	+4	Vitals remain stable
Patient B	Normal	Normal when calm	
	Elevated	Elevated when not calm	

Scenarios objectives

Describe your actions as leader. What injuries do you suspect? What are your treatment and transport priorities? What other aspects of the scenario need your attention? Be sure to show how you would handle decision-making, problem management, and leadership items.

Written OEC Scenario 8

General Scenario

A skier who was jumping off a mogul struck two skiers who crossed his path. All three slid down the hill. One skier slid into the path of a snow-grooming machine. The lift operator tells you about the accident as you come off the chair, including the fact that the accident happened 10 minutes earlier and that there are no other patrollers available to help. You grab a toboggan and take it to the accident.

Patient Information

Patient A, the skier who jumped off the mogul, has pain in both lower legs; one is bleeding. He is very upset and apologetic. He repeatedly says that he never saw the other skiers until it was too late. He is also the skier who hit the grooming machine.

Patient B is unresponsive when you arrive but comes around as you start to do the assessment. He is unclear about what caused the accident and gets upset when he sees that his friend has been further injured by hitting the grooming machine.

Patient C has a large gash on the side of his neck; there is a pool of blood under him. His pupils are fixed and dilated.

<u>Vital Signs</u>	<u>Pulse</u>	<u>Respirations</u>	
Patient A	+16	+6	Vitals remain elevated throughout the scenario
Patient B	+16	+6	Vitals remain elevated throughout the scenario
Patient C	None	None	

Scenarios objectives

Describe your actions as leader. What injuries do you suspect? What are your treatment and transport priorities? What other aspects of the scenario need your attention? Be sure to show how you would handle decision making, problem management, and leadership items.

Written OEC Scenario 9

General Scenario

You and another patroller are standing at the top of a chairlift where you observe two skiers trying to get off the lift. As they rise from the chair, the first skier begins to fall. He grabs for the second skier for support and they both fall. The second skier is hit on the back of the head by the chair as it swings around.

Patient Information

Patient A is nervous and anxious about his friend's reaction to the accident. He complains of pain and tenderness in his right wrist and of pain when trying to move his fingers or wrist.

Patient B has a laceration on the back of his head from the chair, surrounded by some local tenderness, but he reports no generalized head or neck pain or problems with movement. He also complains of a knee that is sore from being twisted during the fall and says he heard it "pop" when falling. At some point during the interview, after the patient realizes he is bleeding, he tells you that he is HIV-positive. This is a cause for concern as you had contact with the blood before putting on your gloves. Vitals are as found.

Scenarios objectives

Describe your actions as leader. What injuries do you suspect? What are your treatment and transport priorities? What other aspects of the scenario need your attention? Be sure to show how you would handle decision making, problem management, and leadership items.

**Outdoor Emergency Care
(Difficulty 5 or 6)**

Degree of Difficulty =

Injury	Environment	Personnel

Note: numbers given in () indicate point values

GENERAL SCENARIO DESCRIPTION:

INFORMATION GIVEN TO CANDIDATE:

PATIENT SUMMARY:

Patient #1

Patient #2

Vital Signs

Time in Minutes	Pt #1 Pulse/Respirations	Pt #2 Pulse/Respirations

SCENARIO OBJECTIVES:

Decision Making:

Problem Management:

Leadership:

INFORMATION FOR SCENARIO PLANNING AND OEC INSTRUCTORS

Location/Terrain:

Moulage:

Weather: Same as the day of the scenario.

SPECIFIC INSTRUCTIONS FOR PATIENT:

Position:
Patient #1

Patient #2

Answers to AMPLE: Patient #1

Patient #2

Allergies:
Medications:
Past History:
Last Meal:
Events Leading:

Behaviors:
Patient #1

Patient #2

SPECIFIC COMMENTS FOR EVALUATORS:

Scenario Scoring Matrix

Directions: Assign points in three categories (injury/illness, environment, and personnel) where appropriate to determine the degree of difficulty for the scenario.

Injury or Illness

<p><u>0 points</u></p> <ul style="list-style-type: none">• medical condition - no impact on situation• medications (no impact)• minor soft tissue closed• burn (first-degree, superficial)• superficial frostbite
<p><u>1 point</u></p> <ul style="list-style-type: none">• minor soft tissue injury with bleeding• moderate bleeding• minor sprain/strain/contusion• medical condition (minor impact)• contusion of head, without loss of responsiveness• burn (second-, partial, or third-degree, full-thickness)—small or to noncritical areas• mild altered mental status
<p><u>2 points</u></p> <ul style="list-style-type: none">• eye injury• minor fracture, (e.g., finger, clavicle)• closed extremity fracture or dislocation• severe sprain/strain that limits mobility• major bleeding, (e.g., arterial/large vein)• moderate to severe frostbite• extremity amputation (except finger or toe)• impaled object in an extremity• second-, partial, or third-degree, full-thickness burns (extensive or to critical areas)• medical condition—major impact, (e.g., hypoglycemia, seizures, pregnancy, hypothermia)• head injury with loss of responsiveness less than 1 minute• behavioral emergency
<p><u>3 points</u></p> <ul style="list-style-type: none">• shock (hypotensive)• open or severely angulated extremity fractures• femur (traction splint)• head injury with altered mental status (disorientation, confusion)• neck, back, pelvis (spine board immobilization)• compromising fracture or dislocation (circulation/neurological impact)• fourth degree burns full-thickness involving deeper tissues – muscle, bones
<p><u>4 points</u></p> <ul style="list-style-type: none">• unresponsive patient• any life-threatening situation (e.g., stroke, heart attack, severe respiratory distress, acute abdomen, etc.)

Scenario Scoring Matrix continued

Environment

<u>0 points</u> <ul style="list-style-type: none">• site does not add difficulty
<u>1 point</u> <ul style="list-style-type: none">• difficult extrication or rescue• disentanglement• extreme slope or off trail• danger to bystanders or rescuers
<u>2 points</u> <ul style="list-style-type: none">• combination of any of the above

Personnel

<u>0 points</u> <ul style="list-style-type: none">• single patient• trained help
<u>1 point</u> <ul style="list-style-type: none">• more than one patient• untrained assistants• obnoxious or hysterical patient/bystander• communication or language difficulties
<u>2 points</u> Obnoxious or hysterical patient/bystander, presents danger to self or others

**Sample Senior Level Scenario
Outdoor Emergency Care**

Degree of Difficulty = 6

Injury	Environment	Personnel
Patient 1 - Unresponsive patient (4) Patient 2 - Lower leg soreness (0)	More difficult slope (0) (converging trails, if available)	Multiple patients (1) Obstructive patient (1)

Note: numbers given in () indicate point values

GENERAL SCENARIO DESCRIPTION:

Two skiers collide at a high rate of speed. One skier is unresponsive; the other skier is yelling that his leg hurts. He claims the other skier was at fault and he is going to sue.

INFORMATION GIVEN TO TRAINEE:

Dispatch: received a call to respond to injured skiers on a more difficult hill. Equipment and available personnel to be sent upon request of the patroller on the scene.

PATIENT SUMMARY:

Patient #1: Is unresponsive through the early stages of the problem, and slowly begins to respond after help arrives with the toboggan. Patient is stable throughout, and has no other injuries.

Patient #2: Has general soreness of the lower leg, but can walk if encouraged. He is a distraction to the Trainee by threatening to sue the other skier, and being a general nuisance. Patient will calm down if reasoned with, or directed to a calming influence, such as another patroller or management personnel.

Vital Signs

Time in Minutes	Pt #1 Pulse/Respirations	Pt #2 Pulse/Respirations
Initial	P = 100 R = 22	As found
5 mins	P = 92 R = 22	
10 mins	P = 80 R = 16	
15 mins	P = 80 R = 16	

SCENARIO OBJECTIVES:

Decision Making:

Verify scene safety; **Patient Assessment** – correctly identify patients’ conditions; request proper equipment and assistance, call EMS for ALS transport; notify management for risk management concerns (collision, threats to sue); determine method to handle obstructive patient; determine method to monitor unresponsive patient while waiting for help.

Problem Management:

Appropriate use of rescuers and equipment; appropriate treatment and transport plan; use of Standard Precautions; OEC skills according to skill performance guidelines – **Spinal Immobilization**, including application of c-collar; use of AVPU; monitor vital signs and CMS; **Shock Management**; **Use of Oxygen and Airway Adjuncts**; locate all witnesses and obtain statements

Leadership:

Develop and carry out an appropriate treatment and transportation plan; direct others appropriately and with confidence; demonstrate good communications with patients and team members; ensure correct OEC skills of helpers where appropriate.

Scenario #6 Sample Senior Level Scenario

INFORMATION FOR SCENARIO PLANNING AND OEC INSTRUCTORS

Location/Terrain: Can be positioned anywhere on a more difficult hill. If it can be positioned where two trails converge, add that element to the “Events Leading” explanation.

Equipment: Toboggan with standard pack; oxygen and airway adjuncts; backboard and c-collar

Moulage: None.

Weather: Same as the day of the scenario.

SPECIFIC INSTRUCTIONS FOR PATIENT:

Patient #1

Position: You are lying in the recovery position, both skis are off.

Behavior: You are unresponsive through the early part of the scenario, and slowly begin to respond after help arrives with the toboggan.

Signs/Symptoms:	Everything hurts
Allergies:	None
Medications:	None
Past History:	None
Last Meal:	Report actual
Events Leading:	You were skiing pretty fast, and then it seemed that the other guy was “just there” and you ran into each other

Patient #2:

Position: You are sitting on the snow a short distance away from patient #1, rubbing your leg.

Answers to SAMPLE:

Signs/Symptoms:	Has general soreness of the lower leg, no point tenderness
Allergies:	None
Medications:	If male patient, taking Hytrin (for enlarged prostate)
Past History:	If male patient, has enlarged prostate
Last Meal:	Report actual
Events Leading:	You were skiing and the other patient ran into him

Behavior: You are sitting, rubbing your lower leg. When the Trainee arrives, immediately begin blaming the accident on the other skier, saying your leg is sore, it was all his fault and you intend to sue. When the Trainee leaves you to check the other patient, you get up and walk over to try and grab the Trainee’s attention further with your complaints. If presented with an assertive, reasonable request to voice his complaints at a later time, you do comply. If turned over to another patroller or management personnel, you then focus your attention there and are out of the loop with the Trainee.

SPECIFIC COMMENTS FOR EVALUATORS:

If a witness is available, should come forward early in the problem, and then be available to the Trainee as a bystander. Witness should respond appropriately to any request to fill out a report or accompany the Trainee to the patrol room, office, etc.

**NATIONAL SKI PATROL -- OEC MODULE OF THE SENIOR PROGRAM
SCENARIO EVALUATION**

Leader		Inst/Evaluator	
Helper # 1		Date	
Helper # 2		End Time	
Scenario #	Station #	Start Time	Total Time
DECISION MAKING			+ = -
Problem Assessment Patient assessment Appropriate Prioritizing Insures Overall Safety			Choose One !!
PROBLEM MANAGEMENT			+ = -
Plan of Action Anticipation Resource management – People & Equipment OEC Skill Performance Transportation			Choose One !!
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> A “-“ in any section must be fully documented and is a “-“ Overall!! </div>			
LEADERSHIP			+ = -
Communication with Patient, Helpers, Bystanders Attitude Ability to Direct Confidence Team Interaction			Choose One !!
OVERALL			+ = -

Note: Do a time line on reverse side to document all observations, in detail.

↑ **MAKE A DECISION** ↑

- ❑ **USE THE REVERSE SIDE FOR A TIME LINE, ACTION SEQUENCE, DETAILED NOTES, ETC.**
- ❑ **ALL SUBSTANDARD PERFORMANCES MUST BE COMPLETELY DOCUMENTED!!**

OEC MODULE OF THE SENIOR PROGRAM

Evaluation Criteria

The following is a general definition for evaluating OEC scenarios in each of the categories of decision-making, problem management, and leadership on the scorecard.

Above Senior Level (+)

- Demonstrates outstanding decision-making, problem management and leadership abilities.
- Consistently demonstrates exceptional problem assessment, resource management, and communication and team interaction.
- Does an exceptional job of identifying and coordinating all actions necessary to manage helpers, bystanders, patients, and the scene.

At Senior Level (=)

- Demonstrates above average decision making, problem management and leadership abilities.
- Demonstrates above average problem assessment, resource management, and communication and team interaction.
- Identifies and coordinates all actions necessary to manage helpers, bystanders, patients, and the scene.

Below Senior Level (-)

- Inconsistent in meeting the minimal decision making, problem management and leadership abilities.
- Makes critical or frequent errors in problem assessment, resource management, OEC skill performance, and communication and team interaction.
- Performs at a level below that expected of a senior patroller in identifying and coordinating actions necessary to manage helpers, bystanders, patients, and the scene.

Appendix C: Documents for Alpine Modules of the Senior Program

- Senior Alpine Skiing/Snowboarding Skills Sign off sheet
- Senior Alpine Toboggan Handling Skills Sign Off Sheet
- Senior Alpine OET Final Evaluation Form – Skiing/Snowboarding
- Senior Alpine OET Final Evaluation Form – Toboggan Handling

PNWD Senior Skills Sign-Off Sheet Alpine Skiing & Snowboarding

Candidate Name: _____ NSP# _____ Patrol: _____

Senior Skiing & Snowboarding Skills:

Discipline: Long Radius Turns	Senior OET Instructor :
<i>Terrain:</i> More Difficult - Smooth	Date:

Discipline: Medium Radius Turns	Senior OET Instructor :
<i>Terrain:</i> More Difficult – Smooth and Moguled	Date:

Discipline: Short Radius Turns	Senior OET Instructor :
<i>Terrain:</i> More to Most Difficult – Smooth and Moguled	Date:

Discipline: Pivot, Box, Step Turns, Kick Turn	Senior OET Instructor :
<i>Terrain:</i> More to Most Difficult – Smooth and Moguled	Date:

Discipline: Unpacked/ Crud/ Off Piste snow	Senior OET Instructor:
<i>Terrain:</i> More Difficult	Date:

Discipline: Equipment Carry	Senior OET Instructor:
<i>Terrain:</i> More to Most Difficult	Date:

Approved for Final Testing/ Evaluations:

(Print and Sign)

_____ Date: _____
Senior OET Instructor

_____ Date: _____
Region Senior OET Advisor

_____ Date: _____
Region Instructor/Trainer

PNWD Senior Skills Sign-Off Sheet Alpine Toboggan Handling

Candidate Name: _____ **NSP#** _____ **Patrol:** _____

Discipline: Unloaded Two Handle Toboggan	Senior OET Instructor:
<i>Terrain:</i> More to Most Difficult – Smooth and Moguled	Date:
Turns: Short, Med, Long Radius	Date:
High Angle Traverse	Date:
Emergency Stop	Date:
Recovery Technique	Date:
Approaching and Managing Incident Site	Date:

Discipline: Unloaded Four Handle Toboggan	Senior OET Instructor:
<i>Terrain:</i> More to Most Difficult – Smooth and Moguled	Date:
Turns: Short, Med, Long Radius	Date:
Maneuver: Wheel Barrow	Date:
High Angle Traverse	Date:
Emergency Stop	Date:
Recovery Technique	Date:
Approaching and Managing Incident Site	Date:

Discipline: Loaded Two Handle Toboggan – Front Handles/Rear Tail Rope	Senior OET Instructor:
<i>Terrain:</i> More to Most Difficult – Smooth and Moguled	Date:
Chain Management/Braking	Date:
Turns: Box, Pivot, Step, Kick	Date:

Discipline: Loaded Four Handle Toboggan – Front and Rear Handles	Senior OET Instructor:
<i>Terrain:</i> More to Most Difficult – Smooth and Moguled	Date:
Chain Management/Braking	Date:
Turns: Box, Pivot, Step, Kick	Date:

Approved for Final Testing/ Evaluations:
(Print and Sign)

_____ **Date:** _____
Senior OET Instructor

_____ **Date:** _____
Region Senior OET Advisor

_____ **Date:** _____
Region Instructor/Trainer

**PNWD – SENIOR ALPINE OET EVALUATION FORM
ALPINE SKIING/SNOWBOARDING**

Candidate Name: _____

NSP# _____

Skiing/Snowboarding	<i>Choose One !!</i>
Short-Radius Turns <i>(Smooth terrain on More to Most Difficult slopes)</i>	+ = -
Medium-Radius Turns <i>(Smooth terrain on More Difficult slopes)</i>	+ = -
Long-Radius Turns <i>(Smooth terrain on easy to More Difficult slopes)</i>	+ = -
Moguled Terrain <i>(Short/Medium-radius turns on Most Difficult slopes)</i>	+ = -
Unpacked Snow and Icy Conditions (Crud) <i>(Unpacked terrain on More Difficult slopes)</i>	+ = -
Equipment Carry <i>(More to Most Difficult Slopes)</i>	+ = -
OVERALL	+ = -

Note: A "Fail" in any section must be fully documented and is a "Fail" Overall!!

ALL SUBSTANDARD PERFORMANCES MUST BE COMPLETELY DOCUMENTED!!

Evaluator signature _____ **Date:** _____

**PNWD – SENIOR ALPINE OET EVALUATION FORM
ALPINE TOBOGGAN HANDLING**

Candidate Name: _____

NSP# _____

Unloaded Toboggan <i>(Smooth and Moguled terrain on More to Most Difficult slopes)</i>		<i>Choose One !!</i>		
Straight Running		+	=	-
Short, Medium, Long Radius Turns <i>(Linked Rhythmic parallel turns and smoothly executed)</i>		+	=	-
Direction changes (transitions) with Toboggan in fall line		+	=	-
Sideslips (fall line and falling leaf; left and right)		+	=	-
High traverse (left and right)		+	=	-
Emergency Stops		+	=	-
Recovery Technique (at least one)		+	=	-

Loaded Toboggan – Front Operator Skills <i>(Moguled terrain on Most Difficult slopes)</i>		<i>Choose One !!</i>		
Route Selection		+	=	-
Braking/Speed Control and Use of Skogs to Maintain Stability		+	=	-
Ski/Snowboard in a balanced and stable position		+	=	-
Controlled Fall Line Decent and Falling-Leaf Maneuver		+	=	-
Control Direction with Turns (step, box, pivot, etc.)		+	=	-
Teamwork/Communication		+	=	-

Loaded Toboggan – Rear Operator Skills <i>(Moguled terrain on Most Difficult slopes)</i>		<i>Choose One !!</i>		
Body Position and Direction Changes		+	=	-
Braking/Speed Control		+	=	-
Rope Management/Belay Techniques		+	=	-
Rear Handle Management/Belay Techniques		+	=	-
Teamwork/Communication		+	=	-

OVERALL	+	=	-
----------------	---	---	---

Note: A "Fail" in any section must be fully documented and is a "Fail" Overall!!

ALL SUBSTANDARD PERFORMANCES MUST BE COMPLETELY DOCUMENTED!!

Evaluator Name/Signature: _____ **Date:** _____

Appendix D: Documents for Nordic Modules of the Senior Program

- Senior Nordic Skiing Final Evaluation Sheet
- Senior Nordic Extended Nordic Ski Tour Final Evaluation Sheet
- Senior Nordic Toboggan Transport and Belay Final Evaluation Sheet

PNWD Senior Nordic Evaluation Form
Nordic Skiing
(Provide one Evaluation Sheet per Candidate)

Candidate Name: _____ NSP# _____

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

<p>Demonstrate ability to ski in any track or prepared surface terrain encountered using proper Weight transfer, Body position, Timing and type of pole plant, Arm swing, Edging and pressure, and Balance.</p> <ol style="list-style-type: none"> 1. Diagonal Stride (flat, uphill, downhill) 2. Double Poling (flat, uphill, downhill) 3. Skating (flat, uphill) 4. Braking Techniques (downhill) 	<table border="1"> <tr> <td align="center">+</td> <td align="center">=</td> <td align="center">-</td> </tr> <tr> <td align="center" colspan="3">Choose One !!</td> </tr> </table>	+	=	-	Choose One !!		
+	=	-					
Choose One !!							
<p>Demonstrate ability to ski in any off-track terrain encountered using proper Weight transfer, Body position, Timing and type of pole plant, Arm swing, Edging and pressure, and Balance.</p> <ol style="list-style-type: none"> 1. Climbing Maneuvers (unpacked snow, trees, obstacles) 2. Descending Maneuvers (unpacked snow, trees, obstacles) 3. Basic Turns: Stem, Stem Christies, Wedge Christies (open slope) 4. Advanced Turns: Parallel or Telemark (open slope) 	<table border="1"> <tr> <td align="center">+</td> <td align="center">=</td> <td align="center">-</td> </tr> <tr> <td align="center" colspan="3">Choose One !!</td> </tr> </table>	+	=	-	Choose One !!		
+	=	-					
Choose One !!							
<p>OVERALL</p>	<table border="1"> <tr> <td align="center">+</td> <td align="center">=</td> <td align="center">-</td> </tr> </table>	+	=	-			
+	=	-					

Note: A "-" in any section must be fully documented and is a "-" Overall!!

ALL SUBSTANDARD PERFORMANCES MUST BE COMPLETELY DOCUMENTED!!

Evaluator signature _____ **Date:** _____

**PNWD Senior Nordic Evaluation Form
Extended Nordic Ski Tour
(Provide one Evaluation Sheet per Candidate)**

Candidate Name: _____ NSP# _____

Terrain: 25 km (15 miles) or 1000 feet elevation gain. Difficult four-hour tour with full patrol pack.

Critical Standard: Is the senior candidate prepared, physically and technically, to endure an emergency search and rescue?

Assessment of Strength and Stamina	+ = -
	Choose One !!
Preparedness for Injury or Emergency	+ = -
	Choose One !!
Techniques Appropriate to Terrain	+ = -
	Choose One !!
Confidence	+ = -
	Choose One !!
OVERALL	+ = -

Note: A "-" in any section must be fully documented and is a "-" Overall!!!

- ALL SUBSTANDARD PERFORMANCES MUST BE COMPLETELY DOCUMENTED!!**

Evaluator signature _____ **Date:** _____

**PNWD Senior Nordic Evaluation Form
Toboggan Transport and Belays
(Provide one Evaluation Sheet per Candidate)**

Candidate Name: _____ NSP# _____

Terrain: Mildly Rolling to Most Difficult. Track or prepared surfaces and Off-track Situations.

Critical Standard: Is belay smooth, controlled, efficient, and safe?

Structurally sound toboggan construction from materials in patrol pack.	+ = - Choose One !!
Leadership in conducting rescue operation.	+ = - Choose One !!
Selection, properly tied knots, and proper rope management.	+ = - Choose One !!
Proper choice of terrain anchor(s) and belay positions.	+ = - Choose One !!
Knowledge of proper belay commands.	+ = - Choose One !!
Effective static and dynamic belay techniques.	+ = - Choose One !!
Roles, responsibilities, and positions of rescuers.	+ = - Choose One !!
Principles and procedures of patient packaging.	+ = - Choose One !!
Effective transitions.	+ = - Choose One !!
OVERALL	+ = -

Note: A “-“ in any section must be fully documented and is a “-“ Overall!!

- ALL SUBSTANDARD PERFORMANCES MUST BE COMPLETELY DOCUMENTED!!**

Evaluator signature _____ **Date:** _____