



SOUTHERN DIVISION SENIOR OET PERFORMANCE OBJECTIVES

The purpose of this document is to improve the understanding of the objectives of the Senior Alpine Outdoor Emergency Transportation (OET) modules and convey these expectations to the candidates in an effort to improve the success of the candidates.

SENIOR ALPINE SKI/RIDE OBJECTIVES: Skills will be performed on most difficult and un-groomed terrain.

- Short Radius Turns: Within a 15ft wide corridor (approx. groomer width)
- Medium Radius Turns: Within a 15ft to 30ft wide corridor
- Long Radius Turns: Within a >30ft wide or greater corridor

Critical Standard: Demonstrate control, consistent speed and connected/linked turns.

Essential criteria for each turn type noted above:

1. Skis are parallel with no apparent tail or tip divergence.
2. Rounded turns of consistent size and shape. Tails of skis or snowboard follow tips through each arc of the turn.
3. Fore/aft balance maintained by assertive flexion and extension of ankles, knees and hips while managing pressure along the whole length of the ski/board.
4. Upper lower body separation with lower body rotating beneath a stable torso that is to the degree required for intended turn shape/radius.
5. Snowboarder's shoulders stay in line with the edge of the board.
6. Tipping of the board or skis simultaneously onto the new edge prior to turning
7. Pressure is directed to the outside ski through the apex of the turn.
8. Manage changes in terrain and slope conditions with consistent/controlled speed.
9. Short radius turns incorporate a definitive pole touch or plant at transition.
10. Medium and Long Radius Turns are connected arcs rather than short or skidded turns with long traverses.

Moguls/Crud/Off Piste:

Critical Standard: Demonstrate smooth, rounded or elliptical turn shape with minimal skidding and appropriate pole plant/touch.

Essential criteria

1. Consistent turn rhythm with size and shape of turns adapted to terrain.
2. Skis are parallel with no apparent tail or tip divergence.
3. Tails of skis or snowboard follow tips through each arc of the turn. Beginning initiation and shaping portion of the turn should be carved.
4. Fore/aft balance maintained by assertive flexion and extension of ankles, knees and hips while managing pressure along the whole length of the ski/board.
5. Upper body is stable and generally oriented to the fall line while maintaining upper and lower body separation.
6. Tip board or skis simultaneously onto the new edge prior to turning.
7. Direction of travel *generally* follows the fall-line while managing changes in terrain and slope conditions with consistent/controlled speed.

Equipment Carry

Critical Standard: Demonstrate use of a variety of turns and maneuvers to adapt to variable conditions and terrain

Essential criteria:

1. Demonstrate a variety of carved, skidded and wedge turns as terrain and conditions require.
2. Skis are parallel with no apparent tail or tip divergence.
3. Tails of skis or snowboard follow tips through each arc of the turn. Beginning initiation and shaping portion of the turn should be carved.
4. Fore/aft balance maintained by assertive flexion and extension of ankles, knees and hips while managing pressure along the whole length of the ski/board.
5. Upper body is stable and generally oriented to the fall line while maintaining upper and lower body separation.
6. Tip board or skis simultaneously onto the new edge prior to turning.
7. Direction of travel generally follows the fall-line while managing changes in terrain and slope conditions with consistent/controlled speed.



SOUTHERN DIVISION SENIOR OET PERFORMANCE OBJECTIVES

SENIOR ALPINE TOBOGGAN OBJECTIVES: Skills and maneuvers for safe and efficient toboggan handling demonstrated on moguled or most difficult terrain

Snow plow and gliding wedge

Critical standard: Demonstrate effective movement with consistent speed in all directions and terrain changes. Stop where instructed.

Essential criteria:

1. Active fore/aft balance and pressure along the length of the ski/board.
2. Effective edge control by tipping and flattening skis or snowboard.
3. Demonstrates consistent speed by anticipating and managing variation in terrain.
4. Demonstrates skills in a variety of terrain and changing conditions using active flexion and extension of the ankles, knees and hips.
5. Lateral stability through progressive body inclination and angulation.
6. Snowboarders demonstrate use of heel side and toe side skills

Sideslip

Critical standard: Demonstrate effective movement by slipping edges either direction without traversing while keeping consistent speed. Stop where instructed.

Essential criteria:

1. Active fore/aft balance and pressure along the length of the ski/board.
2. Skis are parallel with minimal tail or tip divergence
3. Effective edge control by tipping and flattening skis or snowboard.
4. Demonstrates consistent speed by anticipating and managing variation in terrain.
5. Demonstrates skills in a variety of terrain and changing conditions using active flexion and extension of the ankles, knees and hips.
6. Lateral stability through progressive body inclination and angulation.
7. Snowboard Sideslip and Falling Leaf: Demonstrate ability to maintain heel and toe side edge throughout.

Static Direction Change

Critical Standard: Demonstrate change with minimal loss of elevation in a safe, smooth and efficient manner.

Essential criteria:

1. Static direction change lifting and rotating one ski at a time to face the opposite direction, commonly called a "kick turn". May also be accomplished with a "quick wedge and match", with minimal elevation loss.
2. Snowboarders may perform a jump turn or pivot turn with minimal elevation loss.

Transition Skills

Critical Standard: Demonstrate effective movement by changing edges and direction while staying in the fall line in a narrow corridor while maintaining control and a consistent speed.

Essential criteria:

1. Maintain a fall line descent within a narrow corridor
2. Change direction in sideslip by using a wedge during transition and pivot slip (not turning)
3. Active fore/aft balance and pressure along the length of the ski/board.
4. Effective edge control by tipping and flattening skis or snowboard.
5. Demonstrates consistent speed by anticipating and managing variation in terrain.
6. Demonstrates skills in a variety of terrain and changing conditions using active flexion and extension of the ankles, knees and hips.
7. Lateral stability through progressive body inclination and angulation.
8. Snowboard Transition: Demonstrate changing from one breaking edge to the other while spinning the board.



SOUTHERN DIVISION SENIOR OET PERFORMANCE OBJECTIVES

Unloaded Toboggan

Critical Standard: Demonstrate safe and efficient transport of the toboggan to the scene.

Essential criteria:

1. Selects appropriate route considering skier traffic, obstacles, trail merging, terrain, and slope conditions.
2. Operates at efficient, safe, and controlled yet urgent speed without stopping or stalling.
3. Communicates with skiing public as needed.
4. Ability to perform transitions, sideslips, wedge and traverses when terrain and conditions dictate.
5. Controls descent and direction through active steering while minimizing toboggan slipping
6. Manages changes in terrain and slope conditions through active flexion and extension of ankles, knees and hips while keeping the toboggan in the direction of travel.
7. Approach to accident scene that minimizes risk.
8. Interacts with patrollers to properly position and secure the toboggan easily and efficiently anticipating passenger injury and the exit.
9. Demonstrates emergency stop if asked.

Loaded Toboggan Front

Critical Standard: Demonstrate safe and efficient control of the toboggan while monitoring the patient and rear operator.

Essential criteria:

1. Maintains awareness of surroundings: looks uphill prior to starting, assesses slope and conditions, and anticipates route selection.
2. Selects appropriate route considering skier traffic, obstacles, trail merging, terrain, and snow conditions.
3. Communicates with the skiing public, passenger and rear operator as needed.
4. Controls descent and direction through active steering while minimizing toboggan slipping.
5. Steady and consistent speed using effective wedge, sideslip, transitions skills when terrain and slope conditions dictate.
6. If chain brake is used, demonstrates ability to utilize the chain brake effectively to maintain consistent speed with minimal stopping or stalling.
7. Demonstrates emergency stop if asked
8. Must maintain control and contact with the toboggan at all times.

Loaded Toboggan Rear

Critical Standard: Demonstrate safe and effective management of the tail rope while using appropriate skills and maneuvers while maintaining optimal position to brake or emergency stop the toboggan.

Essential criteria:

1. Maintains awareness of surroundings – looks uphill prior to starting, assesses slope conditions, anticipates route selection.
2. Does not impede the steering and descent of the toboggan. Anticipates the front operator's actions.
3. Communicates with the skiing public, passenger and front operator as needed.
4. Manages changes in terrain and slope conditions through active flexion and extension of the ankles, knees and hips.
5. Effective use of skills (wedge, sideslip, transitions and falling leaf) to control speed and braking when terrain and conditions dictate.
6. Minimizes toboggan slipping during traverses through appropriate rope tension and alignment to the toboggan.
7. Maintains adequate/appropriate distance and alignment to the toboggan while managing the rope.
8. Demonstrates emergency stop if asked.



SOUTHERN DIVISION SENIOR OET PERFORMANCE OBJECTIVES

NSP Central Senior alpine/snowboard/telemark skills videos

<https://www.youtube.com/@centraldivision-nationalsk4688>

Evaluation Scoring

(-) score: Essential criteria do not appear, or are beginning to appear but not with consistency at the required level

(=) score: Essential criteria appear frequently, at the required level

(+) score: Essential criteria appear consistently above the required level

PSIA 5 fundamentals of Skiing

1. Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis.
2. Control the pressure from ski to ski and direct pressure toward the outside ski.
3. Control edge angles through a combination of angulation and inclination.
4. Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
5. Regulate the magnitude of pressure created through the ski/snow interaction.

AASI 6 fundamentals of Snowboarding

1. Control the relationship of the center of mass to the base of support to direct pressure along the length of the board.
2. Control the relationship of the center of mass to the base of support to direct pressure across the width of the board.
3. Regulate the magnitude of pressure created through the board/surface interaction.
4. Control the board's tilt through a combination of inclination and angulation.
5. Control the board's pivot through flexion/extension and rotation of the body.
6. Control the twist (torsional flex) of the board through flexion/extension and rotation.

PSIA 6 fundamentals of Telemark Skiing

1. Control the fore/ aft relationship of the center of mass to the base of support to manage pressure along the length of the skis.
2. Control the size, intensity, and timing of the lead change.
3. Control edge angles through a combination of inclination and angulation.
4. Control the lateral relationship of the center of mass to the base of support to manage pressure from ski to ski.
5. Regulate the amount of pressure created through ski/snow interaction.
6. Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body.