

OET Ski & Toboggan Lesson Plan

Day 1 – Intro and Evaluation

Goals:

1. Introductions of people – patrollers, key management staff
2. Safety First (Fun Second)
3. Free skiing (boarding) runs – skill level assessment
4. Introduce BERP concept
5. Short, Medium, Long radius carved turns

Introduction (standing talking)

1. Introduce self and all candidates to each other, get each to tell their background
2. Introduce other Oak management/staff
3. “You are all here because we think you’re good enough in skiing/snowboarding to become certified National Ski Patrollers. What we will be teaching you over the next several weeks I guarantee you will help you become significantly better skiers and snowboarders. In the beginning, we will be focusing on some basic skills and building up our legs so that we’ll be comfortable and confident in handling a rescue toboggan.”
4. First Rule: Safety First! - your safety, other people on the hill and the patient’s safety. If you EVER feel like you aren’t comfortable in doing an exercise, drill or tackle a particular run – DON’T DO IT. NO big deal.
5. Everyone is starting out with different levels of background, skills and experiences. We’ll build on those together so that everyone will be able to get through it. That’s our commitment to you!
6. Second Rule: Have fun! Although handling a toboggan with a patient is serious business, a lot of the skills, drills and exercises are designed so that we make learning fun. Really, that’s why we’re all here skiing.....to have fun, right?

First Run: Free Skiing Sacandaga

- Warmup run – easy pace
- Break up into top, middle and bottom section
- Whatever turns you feel like
- Instructor leads off and stops to observe the candidates (15 second break in between)
- Positive feedback to each candidate

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Second Run: Free Skiing Kunjamuck

- Moderate run – pick up the pace with each section
- Whatever turns you feel like
- Instructor leads off and stops to observe the candidates (15 second break in between)
- Positive feedback to each candidate
- “How did that feel for everybody?” - check candidate’s comfort with pace
- Instructor makes mental notes of strengths and areas to work on

Third Run: Free Skiing Ryans Run

- Stop with group at top of headwall.
- Whatever turns you feel like – groomed or crud
- Instructor leads off and stops below headway to observe the candidates (15 second break)
- Positive feedback to each candidate
- “How did that feel for everybody?” - check candidate’s comfort with pace
- Instructor makes mental notes of strengths and areas to work on

Introduce BERP (at top or bottom of chairlift, depending on the weather)

- “Everything in skiing and snowboarding and toboggan handling comes down to BERP”
- BERP : Balance = combination of Edging + Rotation + Pressure
- Stance (standing still) : feet shoulder width apart, roll you skis/board on edge and back
- Stance (standing still): **press** forward in your boot – **feel** the tongue hard on your shin

Fourth Run: Sacandaga Long Radius Turns – Follow The Leader

- Define Long, Medium Short carved turns
 - o Short= width of 1 groomer track
 - o Medium= width of 2 groomer tracks
 - o Long= width of 3+ groomer tracks (full trail)
 - o Short Swing = hop turn, smeared turn
- Long Radius turns -- slowly and completely
- Linked together
- Instructor leads off...class attempts to follow same tracks
- **Goal: Feel** the pressure and edge on the outside ski
- “Does everybody feel it?” “What does it feel like?”

Fifth Run: Kunjamuck – Medium Radius Turns – Follow the Leader

- Medium Radius turns – slightly faster - still focus on completing the turn
- Linked together
- Instructor leads off....class attempts to follow the tracks (15 second break)
- **Goal: Feel** the same edge and pressure we did with long turns
- How did that feel? Harder? Why?

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Sixth Run: Ryans Run – Short Radius Turns – Follow the Leader

- Top, headwall, bottom sections
- Linked together
- Instructor leads off....class attempts to follow the tracks (15 second break)
- **Goal: Feel** the same edge and pressure we did with long turns
- How did that feel? Harder? Why?

Balance of the Day: Free Skiing

- **Think about Balance, Edging, Rotation and Pressure in your skiing/riding**
- Instructor works one-on-one with less advanced students as necessary