

## OET SKI & TOBOGGAN Lesson Plan

### Day 3 – Snowplow & Sideslip – TEAMWORK

#### Goals:

1. Review Days 1 and 2
2. 2-person teamwork – coordinated synchronized skiing/boarding

#### Introduction (Top of the Hill)

- Any questions from last time? Did you get a chance to practice any of it? How was it?
- What is the First Rule? (safety) What is the Second Rule? (have fun)
- What is BERP?
- How do we control speed?
- What does S&T stand for? (Ski & Toboggan or Snowplow & Toboggan or Stand & Talk!)

#### First Run – Warm-up on Kunjamuck

- First half, just free ski and enjoy
- Second half, focus on short, medium, long carved turns and short swing turns

#### Second Run – Ryans Run Review

- Snowplow, sideslip and transition
- Instructor leads, students follow (15 second separation)
- Three or 4 stops to allow for comments/feedback/questions

#### Third Run – Sacandaga Bamboo

- Simulates direct connection between handles and toboggan
- Any speed changes by either person is immediately felt
- Goal: SMOOTH .....Why?
- Snowplow and stop, switch. Multiple times all the way to the bottom
- **Lead person determines the route** – rear person must follow/adapt
- Comments/questions?

#### Fourth Run – Kunjamuck Bamboo

- Sideslip and stop, switch. Multiple times.
- Half way down, introduce transitions
- Transitions:
  - o Coordinated but not simultaneous .... Why?
  - o Verbal Communication is vital
  - o Real world simulation!!!
  - o Goal: Straight down the fall line, smooth, proper speed
- Comments/Questions? A LOT tougher when another person is involved!

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#### Fifth Run – Sacandaga Rope-A-Goat (a.k.a. Dope on a Rope)

- Simulates tailroping a toboggan
- Demonstrate how to hold a tailrope
- Demonstrate how to belay out and bring back in loops
- Tailroper tracks to the side of the lead
- Tailrope tension: Taut but not tight (not slowing down the lead)
- Goal: No floppy ropes and no sore bellies
- **Lead person determines the route** – tailroper must follow/adapt!
- Snowplow, stop and switch entire trail. Lead person should play with good and bad routes
- Comments/Questions?

#### Sixth Run - Kunjamuck Rope-A-Goat

- Sideslip, stop, switch ends. Stop half way
- Bottom half, sideslip/snowplow/transitions
- Goal: No floppy ropes and no sore bellies
- Communication and teamwork!
- Comments/Questions?
- Getting progressively more complex, right? Now you know why the snowplow, sideslip and transitions need to be solid and second nature! **“Feel, don’t think!”** No worries.....it will come!

#### Seventh Run – Sacandaga - Switch Partners

- Switch partners and chose bamboo or rope exercise
- Meet at the bottom

#### Wrap-up

- What did you think about today? What was hardest for you? What was most helpful? Which did you find tougher – front or back? Why? What can the front person do to make the tailroper’s job easier? What happened when you changed partners? Do you think we get thrown into a different mix of Patroller partners when we are called to transport a patient? (You bet!) Patient should get exactly the same ride no matter who is on the front or back! Easy to say....tough to do! How do we do it? Practice.....lots of practice.....practice with all different kinds of Patrollers in all kinds of conditions.
- Continue to make another **two** rope or bamboo runs with a partner (same or different) today
- Make sure to ask some of the other Patrollers you see on the hill to make a bamboo or rope run with you – it will be good experience for you and a good refresher for them!
- Are we having fun yet? Next time we’ll get out the toboggans!