

Toboggan Check-Off and Refresher v.17

Ski/Snowboard Maneuvers

Moderate to Difficult Terrain

Short, Med, Long Radius turns
*whilst demonstrating effective balance,
edging, rotation and pressure*

Wedge

Sideslip

Falling Leaf

Transition

Power stop

Moguls and/or Steeps

demonstrating stability and control

Equipment carry on varied Terrain

Unloaded Toboggan

(Varied Terrain)

*demonstrate whilst approaching a
simulated incident site*

Straight run

Turning

Sideslipping

Power stop

Position at site

Toboggan Safety Check, Locations, Storing Procedure and Local Protocol

Loaded Toboggan (Front)

Moderate to Difficult Terrain

Route selection

Straight running

Sideslipping

(Forwards, Backwards, Straight)

Wedge

Transition

Traverse

Braking techniques

Communication (IP and Tail)

Loaded Toboggan (Rear)

Moderate to Difficult Terrain

Proper rope handling

Fall line

Traverse

Sideslipping

(Forwards, Backwards, Straight)

Wedge

Braking techniques

Communication (IP and Front)