

**Compiled Scores**

Name	Comments	Overall Score
		S T
		S T
		S T
		S T
		S T
		S T



**Eastern Division  
Senior  
S & T  
Evaluation**

***SCORE CARD***

**Group:** .....

**Location:** .....

**Date:** .....

**T/E's Name:** .....

# Empty Toboggan

*Terrain: More to most difficult, smooth and moguled*

## Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Selects appropriate route
7. Uses short swing turns as appropriate
8. Demonstrates use of skill maneuvers as appropriate
9. Performs effective emergency stop if asked
10. Ensures minimal slipping or bouncing of the toboggan
11. TELEMARK turns may be used, but not required

## Critical Standard:

Does the candidate safely and efficiently control the Empty Toboggan to the accident site?

<i>Slope:</i>	<i>Date:</i>
<i>Conditions:</i>	

## Empty Toboggan

										Score	Name
1	2	3	4	5	6	7	8	9	10		
<i>Comments:</i>											
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<i>Comments:</i>											
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<i>Comments:</i>											
1	2	3	4	5	6	7	8	9	10		
<i>Comments:</i>											

# Front -- Loaded Toboggan

*Terrain: More to most difficult, smooth and moguled*

## Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Selects appropriate route
7. Controls decent without abrupt starts and stops by either chain brake usage, skill maneuvers, or both
8. Demonstrates use of skill maneuvers as appropriate with at least two transitions
9. Effective communication (verbal and non-verbal) with patient and Tail Rope
10. SNOWBOARDERS can face up hill when positioned toe side

## Critical Standard:

Does the candidate safely and efficiently control the toboggan while monitoring the patient?

<i>Slope:</i>	<i>Date:</i>
<i>Conditions:</i>	

## Front -- Loaded Toboggan

										Score	Name
1	2	3	4	5	6	7	8	9	10		
<i>Comments:</i>											
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<i>Comments:</i>											
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<i>Comments:</i>											
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<i>Comments:</i>											
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<i>Comments:</i>											

# Tail Rope -- Loaded Toboggan

*Terrain: More to most difficult, smooth and moguled*

## Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Strives for optimal and safest position behind the toboggan
7. Effectively manages the rope
8. Demonstrates use of skill maneuvers without interruption to the front operator, including at least two transitions
9. Anticipates the front operator's direction changes and maneuvers
10. Assists with braking activity -- either planned or for an emergency stop
11. SNOWBOARDERS should maintain heel side through entire demonstration -- no transitions required

## Critical Standard:

Does the candidate safely and effectively manage the tail rope, using appropriate skill maneuvers, while maintaining optimal position for braking or an emergency stop?

<i>Slope:</i>	<i>Date:</i>
<i>Conditions:</i>	

## Tail Rope -- Loaded Toboggan

										Score	Name
1	2	3	4	5	6	7	8	9	10		
<i>Comments:</i>											
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<i>Comments:</i>											
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<i>Comments:</i>											
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<i>Comments:</i>											
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<i>Comments:</i>											

# Snowplow Skill

*Terrain: More difficult, smooth and moguled*

## Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Demonstrates snowplow confined to a narrow corridor
7. Demonstrates consistent speed in all direction changes and terrain changes
8. Stops in a snowplow position (skiing specific) or with a "hockey stop" maneuver at the end of the course
9. SNOWBOARDERS shall ride heel side through entire demonstration

## Critical Standard:

Does the candidate maintain effective movement by slipping the edge(s) without raiing during terrain changes and performs a controlled stop at the end?

<i>Slope:</i>	<i>Date:</i>
<i>Conditions:</i>	

## Snowplow Skill

										Score	Name
1	2	3	4	5	6	7	8	9	10		
<i>Comments:</i>											
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<i>Comments:</i>											
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<i>Comments:</i>											
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<i>Comments:</i>											
1	2	3	4	5	6	7	8	9	10		
<i>Comments:</i>											

# Sideslip Skill

*Terrain: Most difficult, smooth and moguled*

## Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Demonstrates a transition maneuver to change direction
7. Demonstrates consistent speed in all direction changes and terrain changes
8. SNOWBOARDERS must show both heel and toe side skill

## Critical Standard:

Does the candidate maintain effective movement by slipping the edge(s) in either direction without traversing, and performs effective kick/jump turns?

<i>Slope:</i>	<i>Date:</i>
<i>Conditions:</i>	

## Sideslip Skill

										Score	Name
1	2	3	4	5	6	7	8	9	10		
<i>Comments:</i>											
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<i>Comments:</i>											
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<i>Comments:</i>											
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<i>Comments:</i>											

# Transition Skill

*Terrain: Most difficult, smooth and more difficult moguled*

## Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Maintains a fall line "corridor" decent
7. Demonstrates consistent speed during all direction changes and terrain changes
8. Changes direction using a braking edge maneuver (not by turning)
9. SNOWBOARDERS shall demonstrates consistent speed during direction changes, going from one braking edge to the other while spinning the board

## Critical Standard:

Does the candidate maintain effective movement with firm braking edge(s) on the snow (at all times) while changing direction and not deviating from the "fall line" corridor?

<i>Slope:</i>	<i>Date:</i>
<i>Conditions:</i>	

## Transition Skill

										Score	Name
1	2	3	4	5	6	7	8	9	10		
<i>Comments:</i>											
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<i>Comments:</i>											
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<i>Comments:</i>											
1	2	3	4	5	6	7	8	9	10		
<i>Comments:</i>											

# Equipment Carry

*Terrain: More to most difficult*

## Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Confidently demonstrates control
7. Confidently demonstrates linked turns or skill maneuvers
8. Demonstrates adaptability to terrain changes
9. Equipment held or wrapped securely
10. Demonstrates awareness for trail merges and skiing public

## Critical Standard:

Does the candidate demonstrate confidence and ability in changing snow surfaces and terrain with a variety of turns and skill maneuvers?

<i>Slope:</i>	<i>Date:</i>
<i>Conditions:</i>	

## Equipment Carry

										Score	Name
1	2	3	4	5	6	7	8	9	10		
<i>Comments:</i>											
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<i>Comments:</i>											

# Ski/Ride Ability *(Moguled Terrain, Crud, Icy Conditions)* Terrain: Most difficult, smooth moguled

## Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Confidently demonstrates control
7. Confidently demonstrates linked turns or skill maneuvers
8. Demonstrates adaptability to terrain changes
9. Performs trail check and can verbalize terrain suitability for skiing public
10. Fluid TELEMARK turns with trailing foot heel lift and adequate foot separation with no parallel skiing components. Hop TELEMARK turns may be used in some snow conditions. Shows appropriate use of single pole plants - occasional double pole plants allowed only in moguls.

## Critical Standard:

Does the candidate demonstrate confidence in varying snow surfaces and terrain with a variety of turns and skill maneuvers ?

Slope:	Date:
Conditions:	

## Ski/Ride Ability

										Score	Name
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Comments:											

# Short Radius Turns

*Terrain: Most difficult, smooth and more difficult moguled*

## Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Links turns with consistent size and rounded shape, measuring no greater than approximately 15 feet
7. Carves turns with minimal skidding and no traversing
8. Demonstrates adaptability to terrain changes and moguls
9. Maintains fall line decent
10. Fluid TELEMARK turns with trailing foot heel lift and adequate foot separation with no parallel skiing components. No lifting of skis off the snow. Shows appropriate use of single pole plants - occasional double pole plants allowed only in moguls.
11. SNOWBOARDERS riding "Switch" demonstrate a higher skill level

## Critical Standard:

Does the candidate link turns with consistent size and shape measuring no greater than 15 feet with minimal skidding?

<i>Slope:</i>	<i>Date:</i>
<i>Conditions:</i>	

## Short Radius Turns

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<i>Comments:</i>											

# Medium Radius Turns

*Terrain: Most difficult, smooth and more difficult moguled*

## Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Links turns with consistent size and rounded shape measuring between 15 and 30 feet
7. Carves turns with minimal skidding and no traversing
8. Demonstrates adaptability to terrain changes and moguls
9. Fluid TELEMARK turns with trailing foot heel lift and adequate foot separation with no parallel skiing components. No lifting of skis off the snow. Shows appropriate use of single pole plants - occasional double pole plants allowed only in moguls.
10. SNOWBOARDERS riding "Switch" demonstrate a higher skill level

## Critical Standard:

Does the candidate link turns with consistent size and shape between 15 and 30 feet with minimal skidding?

<i>Slope:</i>	<i>Date:</i>
<i>Conditions:</i>	

## Medium Radius Turns

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<i>Comments:</i>											

# Long Radius Turns

*Terrain: More difficult, smooth*

## Performance Objectives:

1. Maintains BALANCE, ski or rides with stability
2. Demonstrates effective use of EDGES
3. Uses ROTARY movements to steer skis or the board at the appropriate point of the turn or skill maneuver
4. Applies effective PRESSURE throughout the turn or skill maneuver
5. Maintains awareness for safe SPEED and consistency as appropriate for people, terrain and conditions
6. Links turns with consistent size and rounded shape, measuring more then 30 feet
7. Carves turns with minimal skidding and no traversing
8. Demonstrates adaptability to terrain changes
9. Fluid TELEMARK turns with trailing foot heel lift and adequate foot separation with no parallel skiing components. No lifting of skis off the snow. Shows appropriate use of pole plants -- no double pole plants.
10. SNOWBOARDERS riding "Switch" demonstrate a higher skill level

## Critical Standard:

Does the candidate link turns with consistent size and shape measuring greater then 30 feet with minimal skidding and no traversing?

<i>Slope:</i>	<i>Date:</i>
<i>Conditions:</i>	

## Long Radius Turns

										Score	Name
1	2	3	4	5	6	7	8	9	10		
<i>Comments:</i>											
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