

Central Division Skills Summary	
Toboggan Fundamentals Summary	
Fundamentals	Lead: Hands on handles slightly in front of the body, approximately hip level Maintain a balanced and centered stance between handles Tail: Hold tail rope using both hands in front of body, waist to mid thigh level Boarders remain predominately on heel edge Tail rope with tail loop: Only one hand in loop at a time Downhill hand closest to toboggan and used to control tail rope Tail rope in fall line with maximum of one coil (recommended)
Route	Select route to aid tail to maintain stability & prevent slipping sideways
Results	Ride completed with a smooth and continuous pace Transitions performed with simultaneous edge change for skis Transitions performed with torsional flex technique for snowboard Traverse with minimal side slip thru edge control Turn, transition and traverse at a consistent pace
Communication & Monitoring	Maintain communication with lead/tail and accident site Actively monitor patient and uphill traffic conditions
Braking	Ensure that 'reserve braking rule' is in place at all times Provide primary braking to aid in sustaining pace and control Correct use of chain brake as necessary Execute controlled emergency stop

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Skiing Fundamentals Summary	
Fundamentals	Control the relationship of the Center of Mass (COM) to the Base of Support (BOS) to direct pressure along the length of the ski Control pressure ski to ski with pressure directed toward outside ski Control edge angles through inclination and angulation Control rotary (turning/pivoting/steering) with leg rotation separate from a stable upper body Regulate the magnitude of pressure created thru ski/snow interaction Control the size, duration, intensity rate and timing of the lead change to manage fore/aft stability (telemark)
Snowboarding Fundamentals Summary	
Fundamentals	Control the relationship of the Center of Mass (COM) to the Base of Support (BOS) to direct pressure along the length of the board. Control the relationship of the Center of Mass (COM) to the Base of Support (BOS) to direct pressure along the width of the board. Regulate the magnitude of pressure created through the board/surface interaction. Control the board's tilt through a combination of inclination and angulation. Control the board's pivot through flexion/extension and rotation of the body. Control the twist (torsional flex) of the board through flexion/extension and rotation.
Telemark Fundamentals Summary	
Fundamentals	Control the size, intensity, and timing of the Lead Change Control the fore/aft relationship of the Center of Mass to the base of support to manage pressure along the length of the skis. Control the lateral relationship of the COM to the base of support to manage pressure from ski to ski. Control edge angles through a combination of angulation and inclination. Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body. Regulate the amount of pressure created through ski/snow interaction.

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