

OET Trainer Evaluator Handbook

Senior Eval Criteria

V1.0 2021



Complete Manual at
PatollerSchool.org

Trainer Evaluator Teaching Performance Guidelines

- Clearly states objectives
- Finds Suitable terrain for teaching and evaluating Senior level
- Demonstrates, understands and can apply performance objectives using P.I.S.E. & A.D.A.P.T.
- Demonstrates the ability to detect errors and provide appropriate correction
- Ability to develop positive learning environment
- Demonstrates understanding of scoring system
- Ability to deliver scores appropriately

Skiing Fundamentals

- ✓ Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis/board
- ✓ Control pressure from ski to ski and direct pressure toward the outside ski
- ✓ Control edge angles through a combination of inclination and angulation
- ✓ Control the skis' rotation with leg rotation, separate from the upper body
- ✓ Regulate the magnitude of pressure created through ski/snow interaction

Telemark fundamentals

- ✓ Lead Change: control the size, duration, intensity, rate and timing of the lead change to manage fore/aft stability
- ✓ Control lateral relationship of the C.O.M. to the B.O.S. to manage pressure from ski to ski
- ✓ Control the skis rotation with leg rotation separate from the upper body

Snowboarding fundamentals

- ✓ Control the relationship of the C.O.M. to the B.O.S. to direct pressure along the length of the board
- ✓ Control the relationship of the C.O.M. to the base of support to direct pressure along the width of the board
- ✓ Control the magnitude of pressure created through the board/surface interaction
- ✓ Control the board's pivot through flexion/extension and rotation of the body
- ✓ Control the board's tilt through a combination of inclination and angulation
- ✓ Control torsional flex of the board using flexion/extension and rotation of the body

Performance standards for all skiing / riding turns

- Performance is as carved as possible given terrain, conditions, and equipment design
- Consistent tempo is maintained throughout the run
- Edges are engaged early and throughout the turn
- Skis are generally parallel with similar edge angles
- Speed is controlled throughout the run with turn shape
- Center of Mass remains over the base of support. Fore/aft pressure control is managed through proportional flexion and extension of all joints
- The torso remains stable and disciplined

Short
Radius

Location: Most Difficult Groomed Slope

Size: Approx. 15' or "One Groomer Track" wide

- Appropriate adjustments to inclination and angulation are made to accommodate turn size

Medium
Radius

Location: More to Most Difficult Groomed Slope
Size: Between 15' and 30' or *"Two Groomer Track"* wide

Long
Radius

- Turn shapes are arcs, not linked traverses
- Skis leave mostly clean "railroad tracks"

Location: More Difficult Groomed Slope
Size: Greater than 30' or *"Three Groomer tracks"* wide

Evaluates ability to assess terrain and perform a trail check on unknown conditions

Crud Run
Ski ability

- Linked turns, demonstrating the ability to adapt to changing snow and terrain
- Speed is controlled and maintained
- Shape of the turn is made with base of support turning more than the upper body
- Contact with snow is maintained through progressive flexion and extension of ankles, knees, and hips
- Upper body remains stable with little effect from lower-body movements

Location: Most Difficult Moguled Slope

Training and Feedback Drill for *Trainer Evaluators*

Pivot
Slip

- Sideslip while maintaining a narrow fall line corridor.
- Upper body remains stable in fall line
- Pivot point is under the center of the skier / boarder midline
- Snow contact is maintained through flexion and extension of ankles, knees, and hips
- Consistent speed is controlled by “slip and grip”
- Tips & tails rotate simultaneously

Location: More to Most Difficult Groomed Slope

Training & Feedback Drill for *Seniors*

Hockey Stop

- Pelvis is part of the upper body
- Pivot the legs (hips) separate from the upper body
- Demonstrate the ability to manage “slip and grip” of the edges through a combination of inclination and angulation
- Remain within a fall line corridor
- Skis / shins / femurs remain parallel
- Tips & tails rotate simultaneously

Location: More to Most Difficult Groomed Slope



Tail Rope

- Strives for the optimal and safest position behind the toboggan
- Effectively manages the rope
- Demonstrates the use of skill maneuvers without interruption to the front operator. Anticipates the front operator's direction changes and maneuvers. Assists with braking activity
- Snowboarders should predominantly maintain a heel side orientation through the entire demonstration, transitions are not required or recommended

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

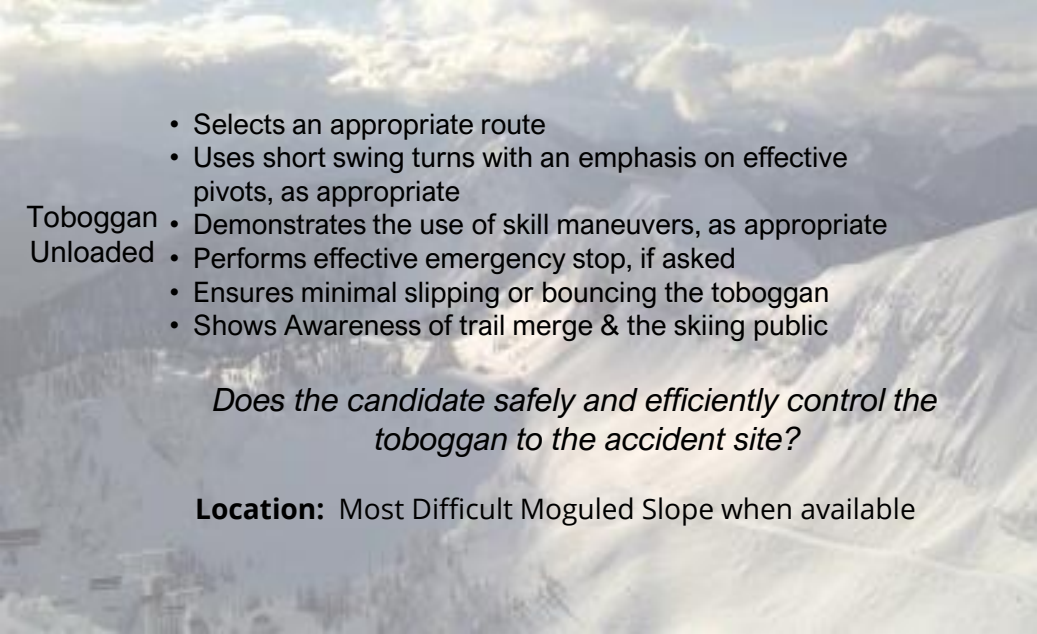
- Selects appropriate route
- Controls descent without abrupt starts and stops by either chain brake, skill maneuvers, or both
- Demonstrates the use of skill maneuvers as appropriate
- Effective communication (verbal and non-verbal) with patient

Toboggan and Tail Roper

- Loaded • Snowboarders can face uphill or downhill, looking in the direction they are traveling

Does the candidate safely and effectively control the loaded toboggan while monitoring the patient?

Location: Most Difficult Moguled Slope when available

- 
- Selects an appropriate route
 - Uses short swing turns with an emphasis on effective pivots, as appropriate
- Toboggan Unloaded
- Demonstrates the use of skill maneuvers, as appropriate
 - Performs effective emergency stop, if asked
 - Ensures minimal slipping or bouncing the toboggan
 - Shows Awareness of trail merge & the skiing public

Does the candidate safely and efficiently control the toboggan to the accident site?

Location: Most Difficult Moguled Slope when available

Skills
Transition

- Maintain narrow fall line descent
- Changes direction from a side slip on one side to a side slip on the other, maintaining a fall line descent and consistent speed

Does the candidate maintain consistent speed while maintaining contact with the snow while as the direction change occurs with minimal deviation from the “fall line” corridor?

- Static direction change carried out by lifting and rotating one ski and then the other ski to match ending facing the opposite direction with minimum fall line movement

- Skills • An alternate change of direction may be performed by a quick
Kick Turn “wedge and match” maneuver with minimum fall line movement
- Snowboarders may perform a “Jump Turn” or “ATM 180” with minimum fall line movement

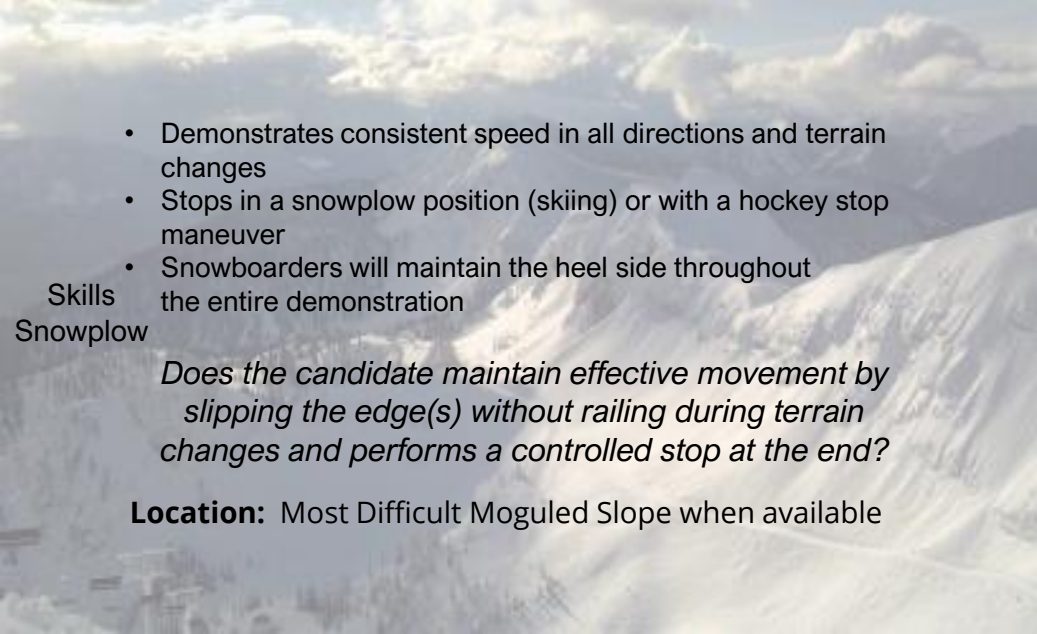
Location: More to Most Difficult Moguled and Smooth Slope

- Demonstrates effective use of edges
 - Demonstrates consistent speed
- Skills • Snowboarders must show both heel and toe side skills
- Sideslip *Does the candidate maintain effective movement by slipping the edge(s) in either direction without traversing?*

Location: Most Difficult Moguled Slope when available

- Adapts to terrain changes
 - Equipment held securely
 - Maintains awareness of trail merges and skiing public
 - Demonstrates control
- Skills •
- Equipment •
- Carry •
- Does the candidate demonstrate confidence and ability in changing snow surfaces and terrain with a variety of turns and skill maneuvers?*

Location: More to Most Difficult Moguled and Smooth Slope

- 
- Demonstrates consistent speed in all directions and terrain changes
 - Stops in a snowplow position (skiing) or with a hockey stop maneuver
 - Snowboarders will maintain the heel side throughout the entire demonstration

Skills

Snowplow

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

Location: Most Difficult Moguled Slope when available

Scoring & Abbreviations

- NP** Essential elements were not observed or **not present**
- BA** Essential elements are **beginning to appear**
- NC** Essential elements appear, but **not with consistency**

- FQ** Essential elements appear ***Frequently*** at a satisfactory level
- CS** Essential elements appear ***Consistently*** above required level
- CT** Essential elements appear ***Continuously***, at a superior level