

NSP Certified Program Toboggan Skills Evaluation

Candidate			
Location			
Date			
1. Appropriate route selection, safe departure, and when necessary demonstrates effective recovery techniques 2. Remains in the fall line unless traversing or completing direction changes 3. Utilizes edges, toboggan, and chain to provide safe, expedient, controlled & consistent speed 4. Maintains center of mass over base of support. 5. Maintains a smooth and comfortable ride. Keeps sled in the troughs or up sides of moguls 6. Ski or snowboard edges are the primary braking technique with chain as back up. 7. Lifts and twist sled to obtain maximum leverage. 8. Controls speed by using appropriate turns and sideslipping, for terrain and snow conditions 9. If performed, executes transitions with stability and control, minimal upper body movement, facing down the fall line			
Unloaded Toboggan, Approach	+	=	-
Loaded Toboggan, Skills Course	+	=	-
Loaded Toboggan, Moguled Terrain	+	=	-
Overall Score	+	=	-
Evaluator			