

NATIONAL CERTIFIED MANUAL

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SECTION I

A. PROGRAM OBJECTIVES

1. To provide a level from which professional patrollers can participate in the NSPS.
2. To provide a competency level within the NSPS from which volunteers can participate directly, when needed, in the activities of the professional.
3. To promote a good working relationship between the ski patrol and area management.
4. To encourage a high level of proficiency in both professional and volunteer patrollers through training and testing of both Certified and other patrollers.
5. To promote a level of active patrolling in which there is no compromise with excellence in skiing, first aid techniques, patrol management, administration, and leadership; and to utilize these talents to promote safety in the sport of skiing.
6. To encourage and promote direct relationships and interchange of techniques and information between professional and volunteer patrollers.

B. DEFINITION OF CANDIDATE

1. A candidate should have lengthy and extensive experience in all areas of patrolling and developed competence in patrol management skills required by his/her division.
2. A candidate should be active in and willing to continue that activity in the training and testing of patrollers, while displaying a level of expertise much higher than normal.
3. A candidate possesses a positive and constructive attitude toward the skiing public, Professional Ski Patrol, National Ski Patrol System, and Area Management.

C. CANDIDATE PREREQUISITES

There are three channels through which a patroller may become Certified:

1. NSPS Volunteer
2. NSPS Professional
3. Professional Ski Patrol Assoc. Reciprocity (see pg. 3)

1. NSPS Volunteer Patroller

- a. At least five calendar years of patrolling experience as a patroller or higher classification with a minimum of 150 days accumulated during that period.
- b. American Red Cross Advanced First Aid and current CPR card and Emergency Care certification or equivalent. (DOT/EMT considered equivalent). Training at a higher level is desired (e.g. CPR, First Aid Instructor, etc.), and NSPS Winter First Aid.
- c. Substantial contributions to the sport of skiing.
- d. Must have two letters of recommendation from two Certified Patrollers. They are to attest to skills, level of participation and attitude.
- e. Successfully held positions of leadership in the NSPS or community and be active in the training and testing of patrollers in his/her patrol, region or division.
- f. Must hold and NSPS Senior classification.

2. NSPS Professional Patroller

Requirements, same for NSPS volunteer except:

- a. NSPS registered in any active classification.
- b. 90 days in 2 years instead of 150 days in 5 years.
- c. Minimum age of 21 years.

3. PSPA Professional Patroller - Reciprocity

Same as NSPS Professional with the additional requirement of:

- a. Will be required to become NSPS registered upon acceptance.
- b. Must provide evidence of PSPA membership in good standing by letter from a PSPA elected officer.

D. TESTING

1. Written, oral and practical testing of skills at a high level in First Aid, Skiing, Toboggan Handling and Hill Safety to standards established in the National Certification Manual.
2. Interview with the Division Certification Committee.
3. For a PSPA Professional Patroller, whose test scores meet or exceed those required for NSPS certification, testing (but not the interview) is waived.

4. Transfer may be made from one Division to another directly if requirements of the second Division are the same as the first Division. If there are additional requirements in the second Division, the patroller must meet these requirements within a year, or be dropped to senior rating. The Division Certification Committee may extend this time period with a maximum extension of two (2) years.
5. Certification is good for a three (3) year period. In order to uphold the standards for the Certified Patroller, a re-certification test must be taken and passed within the year your card expires.

E. INSTRUCTIONS TO APPLICANTS

1. Applications to the Division Certified Advisor must be postmarked no later than January 1 of the test season to be guaranteed processing that season.
2. All requested information and spaces must be filled in. Any discrepancies or missing information must be fully explained by letter to the Committee and enclosed with the application.
3. Personal endorsements must be given by signature where requested. If you are the holder of one of these positions, you must supply a letter of recommendation from the next highest officer, i.e. If you are a Section Chief, get a letter of recommendation from you Regional Director.
4. Please print very clearly or type your application.
5. Please send in the original, do not use or send a copy.
6. Letters of recommendation are to be included with the application.
7. Send all completed information to the Division Certified Advisors.
8. After review by the Credentials Committee, you will be notified of acceptance or denial as a Certified Candidate.
9. After acceptance, a Candidate may then attend a Ski & Toboggan Pretest. This test must be successfully completed to allow the Candidate to take the formal Ski & Toboggan exam.
10. The Ski & Toboggan, First Aid and Patrol Procedures Exams are all given in the March/April time frame on a Friday, Saturday and Sunday. The date and place will be announced to all Candidates.

S E C T I O N II

CERTIFIED PATROLLER TEST OUTLINE

The skills and procedures listed in this outline have been prepared by the Certification Committee. Candidates expecting to participate in this examination program must be proficient in these skills. This list is offered as a guide to professional patrollers and those exceptional volunteer patrollers with long experience. The format of the standardized exam is as follows:

Part I Ski and Toboggan Examination

Part II First Aid Examination

Part III Interview

Part IV Additional Division Standards

The skills listed here are those in which proficiency will be required. It should be noted, however, that the overall attitude of the candidate will also be observed. The exam is constructed in such a way that experienced and competent professional patrollers, as well as experienced volunteer patrollers with long service, should pass it. It is strongly recommended that anyone considering the Certified Program should discuss it with a current member. It is an achievable goal, but you must commit yourself to the training and practice required.

The degree of difficulty and expectation of proficiency is higher than that of the Senior Program. There are additional tests and requirements beyond the Senior Program. The intention is that upon successful completion of the Certified program, a candidate has proven their superior capabilities and knowledge in all phases of patrolling.

P A R T I

SKI AND TOBOGGAN EXAMINATION

Introduction:

The purpose of the skiing proficiency and toboggan handling exam is to assure that each Candidate possess the highest level of competency and ability. During the test, each Candidate must demonstrate an advanced degree of stability, control and strength under the most difficult snow conditions and on a steep moguled slope.

Phase I - Skiing Exam

The candidate will be required to perform the following in the skiing portion of the exam:

1. Crud Skiing
2. Mogul Skiing
3. Free Skiing
4. Skiing Skills (one or more of the following)
 - a. Steep Skiing
 - b. Snow Plow Course
 - c. Side Slip Course with Kickturns
 - d. Equipment Carry

1. Crud Skiing

Will consist of less than "Ideal" snow conditions. It may consist of unpacked snow, powder, clumpy snow or other difficult snow conditions present at the time of the test. The Candidate should be able to handle his/herself in a stable, aggressive manner with style and confidence. He/she should before the run eliminate problems with his/her equipment or clothing so they will not hinder his/her performance. A candidate should be able to handle any conditions that he/she may encounter.

2. Mogul Skiing

Will be held on a steep moguled slope. The candidate should ski this run under complete control with style and confidence. You may ski it slow or fast. The candidate should look good, to instill confidence to the skiing public in his ability, in himself, and his control. Show the examiner what you know about skiing the bumps.

3. Free Skiing

Will be on an expert trail. It will consist of a non-stop run. Ski this run as you would normally ski on your day off. Show the examiners that you can turn them left and right, around and through. Have a good time!

4. Skiing Skills

Will consist of one or more of the following, depending upon the mountain and conditions of the day.

- a. Steep Skiing - Means exactly what it implies. Skiing a very steep slope with stability and aggressiveness.
- b. Snow Plow Course - Will consist of a series of left and right snow plow turns, straight fall line snow plow and at one point in the course the Candidate will be required, while in the fall line corridor, to do a series of transitions going from the snow plow to side slip left to

snow plow to side slip right, etc.

- c. Side Slip - Kickturns - Will be held on a steep, moguled slope. It will consist of a series of left and right traverse gates, straight fall line gates and at least two gates for kickturns, one to the left and one to the right.

When a kickturn is to be performed the skier should be at a complete stop, ski poles placed uphill of the skis. The downhill ski is first turned followed by the other, letting the shoulders rotate and poles follow.

The side slip should be performed at a moderate speed, in a smooth fluent manner, showing edge control. A patroller must be able to side slip in order to handle a toboggan.

- d. Equipment Carry - Will consist of carrying either slalom poles or signs down a steep moguled trail. The Candidate should show his/her ability to ski equipment in a stable manner. There will be no set position in which they are to be carried. They may be carried in the easiest, most comfortable position.

The Candidate may also be required to identify any slope hazards such as unmarked obstacles, equipment that does not belong on the slope, slope maintenance problems, etc. He/she should respond in a courteous, confident, professional manner in any situation requiring assistance to the skiing public.

Note: In the skiing portion of the test the examiner may at any time have the Candidate perform an emergency stop with a whistle command. This would be done if the examiner questions the Candidate's control of the situation.

Phase II - Toboggan Exam

The candidate will be required to perform the following in the toboggan portion of the exam and will be graded on the proficiency with which it is performed. The Candidate may utilize any technique and accessory equipment deemed reasonable and safe.

1. UNLOADED TOBOGGAN

- a. Running
- b. Approach
- c. Anchoring
- d. Emergency stop

2. LOADED TOBOGGAN

- a. Route selection
- b. Control, Stability, Smooth ride
- c. Communications

3. LOADED SKILLS (one or more)

- a. Traverse
- b. Changing snow maneuvers
- c. Crossing flats

1. UNLOADED TOBOGGAN

This position will be on a fairly steep moguled slope.

a. Running

The Candidate must run the toboggan to the accident in an expedient and controlled manner at a moderate speed. He must display mental alertness, proper route selection and good attitude.

b. Approach

Approach the accident at a moderate speed. Position sled according to the injured skiers position (head to front of sled). Do not allow sled to touch injured skier and do not let sled slip sideways.

c. Anchoring

The sled is to be securely anchored with the Candidates skis preferably with one ski at front of sled and against uphill handle, other ski against rear-side of sled. Both skis should be driven as deeply as possible into the snow.

d. Emergency Stop

In the toboggan test the examiners may at any time have the Candidate perform an emergency stop with a whistle command. This would be done if the examiner questions the Candidates control of the sled in the situation.

2. LOADED TOBOGGAN

This position will be held on a steep moguled slope.

a. Route Selection

Route selection should be preferably down the edge of the slope, not through the moguls, smallest mogules if necessary to ski them. Keep sled in fall line as much as possible. Little or no sidehilling of sled.

b. Control, Stability, Smooth Ride

Smooth and consistent speed. No jerkiness or continual stopping and starting. Sideslip or snowplow when necessary or appropriate. Smooth turns and keep skis mostly parallel. Always in complete control and constantly aware of the surroundings and the skiing public.

c. Communications

Communicate with the injured skier as applicable.

3. **LOADED TOBOGGAN SKILLS**

a. Snow Plow and slide Slip

Will be held on a moguled slope in which the Candidate would normally snow plow a loaded toboggan. Candidates will be required to toboggan through a series of left and right traverse gates and a fall line corridor - once into the corridor, the Candidate is required to start in a snow plow fall line, changing into a side slip to the right, back to a snow plow and then to a sideslip to the left. Repeating as many times as deemed necessary. Candidates should be in control at all times, showing stability and smoothness with consistent speed.

b. Traverse with Loaded Toboggan

Will be held on a moderately steep slope. The Candidate will be required to take his/her toboggan from one side of the hill to the other on a diagonal route. The candidate should choose a good route, staying in constant control having no loss of fin or sideways slipping of the toboggan.

c. Crossing Flats with Loaded Toboggan

Will be held on flat terrain in which the Candidate will have to skate with the toboggan. He/she should keep the toboggan in the fall line position with no sideways whipping motion or jerkiness.

The Candidate should remember that one or more factors will be taken into consideration in his/her overall evaluation. To deserve certification the Candidate must think and act in a professional manner. His/her equipment, clothing, attitude, and conduct on and off the slope will be observed throughout the exam.

Grading - Will be done on a 1-10 scale, with 8 as a passing grade. The Candidate must obtain an average of not less than 8 in the skiing exam and an average of 8 in the toboggan exam. If the Candidate fails any portion of the skiing or toboggan exam he/she will be required to take the entire skiing or toboggan exam, the following year or within **3 years** of the date of the original exam. After a 3 year period, he/she must retake the complete exam. The scoring is done by a minimum of three examiners. The grading is measured as follows:

Score:

- 5- Patroller - possesses knowledge of his/her areas equipment and can ski anywhere at their area with control.
- 6- Minimum Senior - Can ski and handle a toboggan at any area.
- 7- Senior - Skis and handles a toboggan with confidence and solid form and technique.
- 8- Minimum Certified - Handles all terrain with confidence and style.
- 9- Outstanding Certified - Above average Certified. Shows outstanding style, technique and confidence.
- 10- Superior Certified - Perfection on skis with no obvious flaws in technique or style.

NOTE: Candidates will be required to bring their **OWN TOBOGGANS AND LIFT ATTACHMENTS** unless other arrangements are made with the Certified Chairman. If a candidate is unable to pair up with another Candidate with a toboggan, he/she will be fined \$5.00 to use the Host Areas toboggan if applicable or will be unable to take the toboggan portion of the exam.

P A R T II

FIRST AID EXAMINATION

INTRODUCTION

The purpose of this examination is to ascertain the level of proficiency of the Candidate in First Aid in its broadest sense. There are five phases of the examination; each has a primary purpose, although there is considerable overlap. The order of events will be determined by the Certified First Aid chairman based upon the logistics of the exam.

First Aid is more than the application of splints, bandages, etc.; it involves insight and understanding that come only with experience and continual study. The Certified Patroller is expected to have such understanding and to possess the insight to handle emergencies in a skillful and mature manner. Candidates are expected to be able to function equally well as a leader or helper. The Certified Program is designed to determine the degree to which the candidate possesses those characteristics.

Candidates are evaluated on a 1 -10 scale similar to the Senor Program for the practical problems. the written exams are scored 1-100 with a minimum score of 80 required to pass. The CPR section is scored on a pass/fail basis. The following is a description of the numerical ratings:

Score:

- 5- Basic patroller - working knowledge of first aid and can handle most situations.
- 6- Minimum Senior - demonstrates above average knowledge of first aid and performs with confidence.
- 7- Above Average Senior - an individual that shows leadership and the ability to handle any situation with control.
- 8- Minimum Certified - High level of confidence and control and can manage any situation with confidence.
- 9- Certified - additionally shows creativity and high level of confidence in handling situations.
- 10- Outstanding Certified - manages an accident situation with no visible flaws and shows high level of confidence and leadership.

Reference material for the Certified Program is 1. The American Red Cross Advanced First Aid Manual, 2. National Ski Patrol Winter First Aid Manual, 3. NSPS Patrollers Manual, 4. American Academy of Orthopedic Surgeons EMT Manual.

Questions and problems may be taken from any of these documents. The emphasis of the exam is geared for the experienced Red Cross Advanced First Aider, not EMT, however EMT training may be utilized. Candidates are expected to utilize accepted first aid procedures, but it is recognized that there are many ways to accomplish this. Candidates may use techniques above the level of Red Cross Advanced first Aid, providing that it is accepted protocol at their home

area.

A Candidate may pass any of the five phases and only has to retake those sections failed. All of the sections must be passed within three years, or they must retake the entire test.

Phase I - Practical Problems

The practical test is designed to evaluate the Candidate's ability to handle skiing and other accidents, including his/her ability to give and take directions, organize bystanders, and consider the total situation. This may be done by the use of Moulage (simulated injuries) in a casualty situation. Any injuries or first aid emergencies may be used. The problems will usually be held on a ski trail, but can be located anywhere at an area. The candidate is expected to be dressed in normal patrol attire with ski boots and skis. You will be required to ski to the simulated accident and follow the accepted procedures for hill emergencies. The examiners will be looking at the following aspects as applicable for a given situation:

- Patroller introducing him/herself
- Asking permission to help
- Primary and secondary survey
- Diagnosis
- Assessment of situation
- Priority setting
- Monitoring vital signs
- Management of the accident scene
- Removal of equipment
- Treatment of injuries
- Shock treatment
- Crowd control
- Handling the victim
- Total time to handle the accident
- Sled position
- Movement of the patient
- Leadership
- Clarity of instructions
- Communications
- Effective use of helpers and bystanders
- Organization and attitude

Candidates will have three problems, working with one or two other patrollers. Each Candidate will be the first patroller on the scene for one of the problems and be additionally graded on their ability to assess the scene and organize the problem management.

A Candidate must receive a score of 8 or better on their problem as a leader, and also have an average score of 8 for the three problems.

Candidates are expected to bring their own patrol pack filled with the standard supplies as well as any extra materials they may normally use in patrolling. Only equipment that will fit in the Candidates pack will be allowed. At the simulated accidents, sleds will be provided with the customary equipment such as backboards, Apperleg splints, cardboard, blankets and padding.

Phase II - Bystander Problem

This phase of the test will normally be held on the slope. The purpose is to assess the ability of the patroller to act as a teacher as well as a leader by instructing untrained bystanders in first aid procedures during a problem. The bystanders are members of the skiing public and as such know no first aid, and must be directed in every aspect of the problem. The problems are such that several people are needed to handle the situation.

The same format will be used as in the practical problems. The candidate will be measured not only on the overall management of the problem, but the effective use of the bystanders. There will be one problem, with a score of 8 required to pass.

Phase III - Written Objective Exam

This phase is an objective examination. It will assess your knowledge in all areas of First Aid. Although not every topic may be covered on a given test, it is designed to determine your overall knowledge. The test is designed for a better than average Senior. Material may be referenced from the following manuals: Red Cross Advanced F.A. , NSPS Winter F.A. Manual, NSPS Patrollers Manual and American Academy of Orthopedic Surgeons EMT Manual.

The test will consist of True/False, Multiple choice, Matching and fill in questions. The test will generally take an hour to complete.

A score of 80% is required to pass.

Phase IV - Essay Exam

The fourth phase is a written Essay Exam on two subjects from a selection of four. You will be given one hour to complete the two essays. This test assesses the Candidates ability to organize their thoughts and present them in writing in a logical manner. A score of 80% is required to pass. The topics can vary widely, such as Situational Problems, First Aid topics and philosophical discussions. an example might be as follows:

1. Describe "urgently needed first aid".
2. You have been asked to establish an In Service First Aid training program for patrollers. What are the problems you foresee? How would you set it up?

Phase V - CPR

In this phase your physical skills in CPR and Obstructed Airway Management will be evaluated. You may be tested in One, Two person and Infant CPR, Conscious and Unconscious Victim Obstructed Airway. The skills will be graded on a pass/fail basis. Candidates will be given time to practice prior to the test, but the Candidate should come prepared to display their knowledge and application of the skills the first time in the testing situation. American Red Cross and American Heart Association standards will be used for the evaluation.

A Candidate is expected to perform all maneuvers in the same order and manner prescribed by ARC and AHA. Skipping steps or incorrect sequence of events constitutes a failure. Since CPR is a basic requirement of all NSP Patrollers, a Certified candidate is expected to perform the process without hesitation or mistakes.

P A R T III

INTERVIEW

This phase will be conducted under the format of a management type interview of a patroller applying for the position of a Patrol Director at a ski area. As a Candidate for the Certified program, you are expected to be well rounded and knowledgeable in all patrol and related operations. While it is recognized that a Certified Patroller does not have to be in a Management or Patrol Director position, it is expected that he/she have knowledge and be capable of holding such positions. It is strongly recommended that patrollers visit areas other than their own.

In applying for the position, you will be expected to budget, staff and equip the patrol. You will also be expected to locate the equipment on the mountain, organize your personnel and coordinate anything else relating to patrol work at the area. As part of a patrollers basic training he/she should be exposed to such operations. Certainly a Certified Candidate should have acquired a broad range of knowledge. It is strongly recommended that a candidate discuss such operations with his/her Patrol Director or area management.

Therefore, the questions that will be asked of you during your interview may include questions from the topics listed below:

Personal History
Background
Reasons or applying for the position
Reasons or wanting to be Certified
Patrol Policies and Procedures
Personnel (Professional vs Volunteer)
Equipment
Snow Report
Check in Time (Pro vs Vol)
Sweep and Check out
Search and Rescue
Management Relations
Communications
Public Relations
Ski Safety
Patrol Image
Appearance - Clothing, Insignia and Grooming
Conduct - Skiing, Sled Handling, Aid Room,
Ski Area Realations
Relations with the skiing public
Relations with other Ski Patrols and Organizations
Cutting Lines
Lifts - Maintenance, Evacuation, Operation
Trail hazards and marking
Traffic and crowd control
Knots
Vehicle uses
Patrol room procedures
Inter-Department Relations - Ski School, Lift Operators,
Groomers and Snow Makers, Office and Adminstrative Staff,
Maintenance

PART IV

DIVISIONAL REQUIREMENTS

Due to various geographical locations there may be additional standards imposed by Divisions for their minimum standards. They may include the following:

Avalanche
Explosives
Legal
Lift Evacuation

Any Division adopting standards over and above the ones listed in this manual, must document them and have them approved by the National Certified Coordinator

P A R T V

MAINTAINING STATUS AS A CERTIFIED PATROLLER

A Patroller who has **ATTAINED** the rank of Certified will be required to maintain that ranking by re-certifying. He/she must meet the following minimum requirements:

1. Participate at one test clinic for at least two full days every (3) three years.
2. Maintain a certified level of toboggan handling and skiing skills.