

## NMR ALPINE (FORMERLY BASIC) SKI/SNOWBOARD PERFORMANCE EVALUATION

**Date:** \_\_\_\_\_ **Location:** \_\_\_\_\_

**Evaluator:** \_\_\_\_\_

**Performance Objectives:**

B - Dynamically balanced stance, adjusts to terrain changes. Maintains side-to-side and fore-aft balance.

E - Effective edging with some skidding allowed. Edge engagement exhibited in turns.

R - Effectively guides both feet through the entire turn. Initiates turn from the feet up.

P - Fluid lateral movement of body mass into new turn direction. Effective use of flexion/extension to maintain contact with snow/moguls.

**Performance Scale:**

(=) Meets Objectives (-) Fails Objectives

**Terrain:** More Difficult Smooth

**Critical Standard:** For Long, Medium, Short radius turns, does the candidate demonstrate smooth, consistent turns appropriate to terrain?

	Candidate 1	Candidate 2	Candidate 3	Candidate 4	NOTES
<b>NAME:</b>					
<b>SHORT RADIUS</b>					
<b>MEDIUM RADIUS</b>					
<b>LONG RADIUS</b>					
<b>URNS: PASS/FAIL</b>					

## NMR ALPINE (FORMERLY BASIC) SKI/SNOWBOARD PERFORMANCE EVALUATION

**Date:** \_\_\_\_\_ **Location:** \_\_\_\_\_ **Evaluator:** \_\_\_\_\_

**Performance Objectives:**

1. Continually adjusts to changing snow an dterrain conditions.
2. Demonstrates versatility in edging and rotary skills.
3. Controls speed and turn size throughout the run.
4. Effective use of flexion/extension to maintain snow contact.

**Performance Scale:**

(=) Meets Objectives (-) Fails Objectives

**Terrain:** More Difficult Ungroomed

**Critical Standard:** Does the candidate show controlled and balanced skiing/snowboarding skills?

Candidate 1	Candidate 2	Candidate 3	Candidate 4	NOTES

**NAME:**

**UNGROOMED  
CONDITIONS**

**UNGROOMED:  
PASS/FAIL**

Candidate 1	Candidate 2	Candidate 3	Candidate 4	NOTES

**ALL SKI/BOARD  
SKILLS:  
PASS/FAIL**

# NMR ALPINE (FORMERLY BASIC) TOBOGGAN PERFORMANCE EVALUATION

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Evaluator: \_\_\_\_\_

## UNLOADED TOBOGGAN LEAD - ELEMENT #1 of 3

**Performance Objectives:**

1. Appropriate route selection and approach to scene.
2. Safe, expedient, controlled and consistent speed.
3. Turns for effective Risk Management.
4. Balanced, stable body position.
5. Effective transitions.
6. Minimal slipping and bouncing of toboggan.
7. Performs controlled emergency stop if asked.
8. Effective recovery technique if needed.
9. Explain methods to secure toboggan.

**Performance Scale:**

(=) Meets Objectives (-) Fails Objectives

**Terrain:** More Difficult Smooth

**Critical Standard:** Does the candidate safely and effectively control the toboggan to the point-of-need?

Candidate 1	Candidate 2	Candidate 3	Candidate 4	NOTES

NAME:

**UNLOADED  
TOBOGGAN  
LEAD:**

## FINAL SCORE

Candidate 1	Candidate 2	Candidate 3	Candidate 4	NOTES

**ALL TOBOGGAN  
ELEMENTS (1,2,3):**

**MUST PASS ALL TO PASS EVALUATION**

*p/2 Rev 2015-02-15*

**LOADED TOBOGGAN LEAD - ELEMENT #2 of 3**

**Performance Objectives:**

1. Appropriate route selection and safe departure.
2. Safe, expedient, consistent speed. Controlled direction.
3. Strive for smooth, comfortable ride.
4. Balanced, stable body position.
5. Brake toboggan as needed; demo use of chain brake.
6. Effective communication with tail operator.
7. Executes transitions with stability and control.
8. Controls edges during traverse to minimize side-slip.

**Performance Scale:**

(=) Meets Objectives (-) Fails Objectives

**Terrain:** More Difficult Smooth

**Critical Standard:** Is the toboggan run smooth, controlled, effective and safe?

Candidate 1	Candidate 2	Candidate 3	Candidate 4	NOTES

**NAME:**

**LOADED TOBOGGAN LEAD:**

**LOADED TOBOGGAN REAR (TAILROPE) - ELEMENT #3 of 3**

**Performance Objectives:**

1. Controls rope in the fall line from a stable position.
2. Safe, expedient, controlled and consistent speed management.
3. Brakes toboggan as needed with effective edging/pressure.
4. Smooth, controlled transitions; controls rear of toboggan.
5. Coordinates change of direction with lead operator.
6. Adapts to terrain and condition changes.
7. Maintains safe distance from toboggan.
8. Monitors condition of rider, team and surrounding traffic.
9. Executes emergency stop as directed by evaluation group.

**Performance Scale:**

(=) Meets Objectives (-) Fails Objectives

**Terrain:** More Difficult Smooth

**Critical Standard:** Does the rear operator safely and effectively control the toboggan as needed?

Candidate 1	Candidate 2	Candidate 3	Candidate 4	NOTES

**NAME:**

**LOADED TOBOGGAN REAR (TAILROPE):**