



Southern Idaho Region

Senior Program

2011-2012 Ski Season

SOUTHERN IDAHO REGION

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Calendar of Events for 2011-2012 Season

- Jan. 1, 2012 Senior Candidate Applications due to Ken Laubacher, Southern Idaho Region Ski and Toboggan Advisor
- Jan. 1, 2012 Written essay answers to scenarios due to Robin Ulrich, Southern Idaho Region OEC Advisor
- Jan. 7-8, 2012 First senior clinic, Brundage Mountain, OEC held on Saturday, S & T held on Sunday
- Feb. 4-5, 2012 Second senior clinic, Anthony Lakes Resort, S & T held on Saturday, OEC held on Sunday
- Mar. 10-11, 2012 Southern Idaho Region Eddie Orbea Senior Examination, hosted by Bogus Basin Ski Patrol

Senior Program Overview

The Southern Idaho Region Senior Program, like the National Ski Patrol (NSP) Senior Programs of other Regions, is designed for members who aspire to perform at the upper levels of skiing or snowboarding, emergency care proficiency, and other skills used while patrolling. You might ask yourself why senior candidates each year train through seemingly endless OEC scenarios, why senior candidates push themselves to develop skills and confidence to run toboggans on the most difficult terrain available, or why senior instructors find new ways to challenge, drive, cajole, and demand greater performance from senior candidates. The Senior Program may help patrollers with a variety of incident management skills, will lead to self improvement in a set of core components, may make patrollers eligible to hold certain elected positions and leadership roles, and may lead to area-specific benefits. The Senior Program consists of core and elective requirements that must be completed within three years. It is designed for alpine, nordic, and auxiliary patrollers with appropriate variations in requirements for each. Overall, the program is designed to:

1. Encourage all NSP members to participate in the senior program.
2. Expand and improve member's patrolling knowledge and skill through a national program of training and evaluation,
3. Provide members with the opportunity to be better prepared to serve the skiing public,
4. Improve the image of members and of the NSP,
5. Provide a method for members to obtain personal improvement and achievement through definable goals,
6. Prepare members for leadership positions in the NSP.

Training is an essential part of the program. Senior candidates are expected to spend a significant amount of time reviewing senior criteria and using the required knowledge and skills to practice scenarios on challenging, senior-level terrain under various conditions in the patrolling environment. It is unrealistic and inadvisable to participate in any evaluation and expect to pass without training.

The Senior Program for the Southern Idaho Region culminates each year in March with the Southern Idaho Region Eddie Orbea Senior Evaluation. Eddie Orbea was a member of the National Ski Patrol for nearly sixty years, a long-time patroller at Bogus Basin, and was one of the

first regional directors. He developed a love of skiing while serving in the 10th Mountain Division and was a Purple Heart recipient. He continued his love of skiing by helping others enjoy the sport and the outdoor environment, starting other patrols in the Region, and developing some of the tools and techniques still used by patrollers. He was a First Aid instructor with the Red Cross, is credited with saving a life, and donated hundreds of hours as a Red Cross volunteer. We honor his dedication and service each year through the Senior Program.

Reference for the following material, with exception of the annual calendar of events, comes directly from *The Ski Patroller's Manual, 14th Edition* (Chapter 18), and the NSP Policies and Procedures (2011-2012 edition) and any subsequent updates.

Qualifications. NSP members may enroll in the senior program at any time after advancing beyond candidate status and after obtaining their NSP patrol representative's recommendation. There is no minimum age or experience requirement. Eligibility for the senior program is based on NSP member classification. See Policies and Procedures for clarification on eligibility across disciplines.

Senior Program Requirements. The Senior Program consists of core and elective requirements that differ by discipline. The following is a list of requirements for senior candidates by discipline:

1. Alpine (ski/snowboard) senior

- a. Senior Emergency Management
- b. Senior Alpine Toboggan
- c. Alpine Skiing or Snowboarding
- d. Three electives from senior elective list

2. Nordic senior

- a. Senior Emergency Management
- b. Toboggan Construction and Handling
- c. Nordic Skiing and Endurance
- d. Mountain Travel and Rescue 2 course
- e. Two additional electives from senior elective list

3. Auxiliary senior

- a. Senior Emergency Management
- b. Aid Room Management
- c. Four additional electives from senior elective list

The **Senior Emergency Management** Module (EMM) consists of field-relevant exercises to develop skills in the objectives of decision making, problem management, and leadership. The **Senior Alpine Skiing/ Snowboarding** module consists of long-, medium- and short-radius turns, skiing/snowboarding unpacked snow or icy conditions, and equipment carry exercises that require edging, weight transfer, and upper and lower body movements. The objective is to help patrollers become better alpine skiers/snowboarders and toboggan handlers. The **Senior Alpine Toboggan** handling component covers the mechanics and components of various rescue toboggans as well as the operation of loaded and unloaded toboggans from the front and the tail in a variety of conditions on more difficult and most difficult slopes. Toboggan handling criteria will vary with the multiplicity of equipment used across the country. The **Aid Room Management Module** is a core component for senior auxiliary, and currently is in development.

Senior electives consist of the following educational and leadership courses:

1. Instructor Development
2. Mountain Travel and Rescue Fundamentals or Mountain Travel and Rescue 1
3. Mountain Travel and Rescue 2 course (required for senior nordic candidates)
4. Avalanche Fundamentals and Rescue or Level I Avalanche
5. Level II Avalanche
6. Powderfall
7. National Avalanche School didactic sessions
8. National Avalanche School field sessions
9. Skiing Enhancement Seminar
10. Ski Trainer's Workshop
11. Toboggan Enhancement Seminar
12. Mountain and Avalanche Awareness course
13. OEC Enhancement Seminar (two modules equal one Senior elective)
14. Patroller Enrichment Seminar
15. NSP leadership module, course, or equivalent course approved by the board of directors
16. NSP instructor status (any discipline)

17. NSP instructor trainer appointment (any discipline)
18. Professional Ski Instructors of America (PSIA) Certified Level II
19. PSIA Certified Level III
20. BLS CPR instructor or instructor trainer certification (American Heart Association, American Red Cross, National Safety Council, American Safety and Health Institute, or Medic First Aid)
21. AED Instructor Course (AHA, ARC, NSC, ASHI, or Medic First Aid)

Senior Candidate Application Procedure. A patroller will submit 1) a Senior Candidate Application with Patrol Director signature and date and 2) written OEC scenarios to the designated senior program administrators. *In the Southern Idaho Region, the Senior Candidate Application must be received by the Ski and Toboggan Advisor (Ken Laubacher) by January 1, 2012; and the written essay answers to OEC scenarios must be received by the OEC Advisor (Robin Ulrich) by January 1, 2012. See the first page for advisor addresses.*

The Senior Candidate Application form appears in this handbook. SIR administrators request the use of this revised form rather than the senior application forms available from NSP. The critical information on this form must be the patroller's name and NSP ID number, the discipline of interest (Alpine, Nordic, or Auxiliary) and then the list of completed prerequisite education and leadership courses with in the block labeled "COMPLETED ELECTIVES". It is especially helpful to provide course name, date, instructor of record, and course number. Electronic copies of this form may be submitted directly from the patrol director.

To prepare adequately for the EMM evaluation, each candidate must write essay answers to two scenario problems and write one new senior OEC scenario problem. Select any two of the nine written scenario exercises from the test bank of written OEC scenarios in *The Ski Patroller's Manual, 14th Edition*, (Appendix G: Senior OEC Exercises, page 184 to 187). A third written scenario of similar difficulty (degree of difficulty + 5 or higher) must also be written. Included in this handbook is a **Scenario Scoring Matrix** designed to help derive the degree of difficulty of any scenario. Given the general information available in each of the scenarios, complete the scenario objectives for decision making, problem management, and leadership.

Senior Candidate Training. Training is the essential part of the senior program. Training is the responsibility of the senior candidate, with the assistance of the local patrol. Appendices E to H of *The Ski Patroller's Manual, 14th Edition* include study and training exercises for alpine, nordic, OEC, and auxiliary components of the Senior Program. Training and preparation in core skills usually takes at least one full season. Senior candidates are expected to spend time individually or at the patrol, section, and/or region level reviewing senior criteria and using the required knowledge and skills to practice scenarios on challenging, senior-level terrain. *The Southern Idaho Region holds two Senior Clinics each season; the purpose of these clinics is to demonstrate expectations of EMM, skiing maneuvers and terrain, and toboggan handling maneuvers and routes that may be part of the final examination. During these clinics, senior candidates will receive constructive and corrective feedback on their performance. These clinics are optional; however, it is unrealistic and inadvisable to expect to pass the senior examination without participating in at least one senior clinic. Dates of the clinics are set at the Fall Regional Meeting. Attendance at the Southern Idaho Region Eddie Orbea Senior Examination is dependent upon the successful completion of all the prerequisites.*

Reclassification. It is the patrol director's responsibility to submit to the national office a change of classification form when a member has completed all the senior requirements. Personnel at the national office then verify the request for a classification change against instructor course records.

Emergency Management Module (EMM)

The EMM consists of field-relevant exercises to develop skills in the objectives of decision making, problem management, and leadership. Format for this module at the senior examination consists of the following:

1. Candidates will be assigned to a group of three, most likely consisting of candidates from different areas. Each group will have and Advocate. The Advocate will act as a cheerleader, mentor, and impartial judge.
2. Time will be allotted to review sled packs and equipment.
3. Candidates will have one practice scenario with judges, advocates, and injured patients.
4. Candidates will lead and participate in multi-patient, multi-injury scenarios (Degree of difficulty 5 or higher) under strict time constraints.
5. Judging will be by three trained and highly qualified judges, using a numerical scoring form as shown in the attached **Senior EMM Evaluation Form**.

Alpine Ski Module

The **Senior Alpine Skiing/Snowboarding** module consists of long-, medium- and short-radius turns, skiing/snowboarding unpacked snow or icy conditions, and equipment carry exercises that require edging, weight transfer, and upper and lower body movements. The objective is to help patrollers become better alpine skiers/snowboarders and toboggan handlers. Each candidate will demonstrate Senior level competency as outlined on page 129 to 133 of *The Ski Patroller's Manual, 14th Edition*. Terrain will be more to most difficult for the day, smooth, moguled, or varied for the day. Format for this module at the senior examination consists of the following:

1. Candidates must be physically prepared (warmed up and ready) at the time of the examination.
2. Three judges will evaluate each skier/snowboarder based on the critical standard for all tests: **Does the skier/snowboarder safely and efficiently control the descent as needed?**
3. Candidates will be given informal but direct feedback immediately after completing the skiing module.
4. Scoring is Pass/Fail using the criteria shown in the attached **Senior Skiing Performance Evaluation Form**. A failure in any single component of the skiing/snowboarding module will result in an invitation to return the next year and repeat the entire skiing/snowboarding module.

Alpine Toboggan Module

The **Senior Alpine Toboggan** module consists of both loaded and unloaded toboggans in a variety of terrain and snow conditions. Candidates must be physically prepared (warmed up and ready) at the time of the examination. Format for this module at the senior examination consists of the following:

1. Candidates will be grouped into teams of two, usually with no two patrollers from the same area assigned to the same team.
2. Candidates must work together as a team but are evaluated separately.
3. Time will be allotted to check toboggan equipment.
4. Cascade 100, 350, Clipper and Akja toboggans will be used. Toboggan positions evaluated will include unloaded, loaded front and loaded rear with both two handle and four handle types of toboggans.
5. Three judges will evaluate each toboggan handler based on the critical the critical standard for all tests: **Does the toboggan operator safely and effectively control the descent of the toboggan as needed?**
6. Candidates will be given informal but direct feedback immediately after completing the skiing module.
7. Scoring is Pass/Fail based on the attached **Senior Toboggan Performance Evaluation Form**. A failure in any single component of the alpine toboggan module will result in an invitation to return the next year and repeat the entire alpine toboggan module.

Scenario Scoring Matrix

(Based on the Outdoor Emergency Care, 4th Edition)

Directions: Assign points in three categories (injury/illness, environment, and personnel) where appropriate to determine the degree of difficulty for the scenario.

Points	Injury or Illness	
0	<ul style="list-style-type: none"> • medical condition (no influence on situation) • medications (no influence) • superficial frostbite 	<ul style="list-style-type: none"> • minor soft tissue closed • burn (superficial)
1	<ul style="list-style-type: none"> • minor soft tissue injury with bleeding • moderate bleeding • minor sprain/strain/contusion • medical condition (minor influence) • mild altered mental state 	<ul style="list-style-type: none"> • contusion of head without loss of responsiveness • moderate to severe frostbite • burn (partial- or full-thickness)—small or to non-critical areas

- 2
 - eye injury
 - minor fracture, e.g., finger, clavicle
 - closed extremity fracture or dislocation
 - severe sprain/strain that limits mobility
 - major bleeding, e.g., arterial/large vein
 - extremity amputation (except finger or toe)
 - partial- or full-thickness burns (extensive or to critical areas)
- medical condition (major influence, e.g., hypoglycemia, seizures, pregnancy, hypothermia)
 - head injury with loss of consciousness or altered responsiveness less than 1 minute
 - behavioral crisis

- 3
 - shock (hypotensive)
 - open or severely angulated extremity fractures
 - femur fracture (traction splint)
- neck, back, pelvis fractures (backboard immobilization)
 - fracture or dislocation with circulatory, respiratory, motor, or sensory deficit

- 4
 - unresponsive patient
- any life-threatening situation, e.g., stroke, heart attack, severe respiratory distress, acute abdomen, etc.

Environment

- 0
 - site does not add difficulty
- 1
 - difficult extrication or rescue
 - disentanglement
- extreme slope or off trail
 - rescuer/bystanders in danger
- 2
 - combination of any of the above

Personnel

- 0
 - single patient
- trained help
- 1
 - more than one patient
 - untrained assistants
 - disoriented patient
- obnoxious or hysterical patient/bystander
 - language/communication barrier
- 2
 - physical danger to self/others

**SOUTHERN IDAHO REGION
SENIOR EMM EVALUATION FORM**

Leader	Date: March 10, 2012
Asst. #1	Station #
Asst. #2	Start Time:
Comments Leader	Finish Time:
	Total time:
	Comments Asst. #1&2

DECISION MAKING 30 PTS

Scene Safety	3	Transportation decisions	5	
Recognition of chief complaints	3	Timely call for EMS transport	3	
Identify MOI	3	Contact management or parent as needed	3	
Prioritize patients (triage)	6	Action planning (anticipation)	4	
		points		

PROBLEM MANAGEMENT 40 PTS

ABC's	5	LOR / AVPU	5	
Urgent care (Bleeding\Illness)	5	SAMPLE	5	

O2 & Respiratory care	5		Reassess as needed	5	
Vitals	5		BSI (change between patients)	5	
		points			

LEADERSHIP/COMMUNICATION 30 PTS

Introduce self & seek permission	3		Immobilization & Prep for Transport	3	
Recognize all patients	3		Ability to direct	5	
Equipment call	3		Foster team interaction	3	
Use of patrollers / bystanders	3		Confidence	3	
Use of equipment (improvisation)	3		Coordination w/ Patrol/ EMS/Management	3	
		points			

Total Points 80+ to pass	
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Patients compromised or Harmed	NO	Yes	if yes
problem failed			

PASS YES NO

SOUTHERN IDAHO REGION SENIOR SKIING PERFORMANCE EVALUATION

Candidate Name: _____ NSP Member Number: _____

Evaluation Location: _____ Date: _____

A: LONG RADIUS TURNS
Terrain: More Difficult, Smooth

Evaluation Criteria

1. Consistent size and rounded shape of turn (length greater than 40 feet)
2. Parallel turns
3. Consistent, controlled speed
4. Ability to carve turns
5. Ability to skid turns
6. Balance
7. Stability
8. Fluid vertical motion
9. Appearance of ease and control
10. Turns are connected arcs without traverses
11. Quite upper body

C: SHORT RADIUS TURNS
Terrain: More Difficult, Smooth to Moguled

Evaluation Criteria

1. Consistent size and rounded shape of turn (length about 15 feet)
2. Parallel turns
3. Consistent, controlled speed
4. Carved turns with little skidding
5. Upper body faces downhill in fall-line turns
6. Balance
7. Stability
8. Lower body in almost continuous motion while upper body remains relatively quiet
9. Weight transfer to outside ski
10. Use of edges and pressure to complete turns
11. Control over direction changes
12. Adaptability to terrain changes

E: EQUIPMENT CARRY
Terrain: More to Most Difficult, Varied Surface

Evaluation Criteria

1. Balance
2. Stability
3. Control
4. Rounded, parallel, linked turns
5. Consistent, moderate speed
6. Limited sideslipping on steep or moguled terrain
7. Equipment held securely

B: MEDIUM RADIUS TURNS
Terrain: More Difficult, Smooth to Moguled

Evaluation Criteria

1. Consistent size and rounded shape of turn (length about 40 feet)
2. Parallel turns
3. Consistent, controlled speed
4. Weight transfer to outside ski
5. Ability to carve and skid turns
6. Balance
7. Stability
8. Fluid vertical motion
9. Turns are connected arcs without traverses
10. Smooth absorption of moguls (between turns)
11. Adaptability to terrain changes

D: UNPACKED SNOW OR ICY CONDITIONS
Terrain: More, Varied Surface

Evaluation Criteria

- Balance
- Stability
- Control
- Rounded, linked parallel turns
- Moderate, constant, safe speed
- Ease and confidence

Critical Standard for all tests:

Does skier safely and efficiently control the descent as needed?

A: Long Radius (Pass Fail)

B: Medium Radius (Pass Fail)

C: Short Radius (Pass Fail)

D: Unpacked, icy (Pass Fail)

E: Equipment carry (Pass Fail)

Comments:

Judges:

SOUTHERN IDAHO REGION SENIOR TOBOGGAN PERFORMANCE EVALUATION

Candidate Name:	NSP Member Number:
Evaluation Location:	Date:

**A: UNLOADED AKJA
Judges:**

Terrain: More to Most Difficult, Smooth and Moguled

Evaluation Criteria

1. Select appropriate route
2. Operates at efficient, safe, controlled speed
3. Performs smooth, parallel turns
4. Maintains balanced, stable body position
5. Performs transitions, sideslips, and traverses, as needed
6. Ensures minimal slipping and bouncing of toboggan
7. Performs emergency stop, if asked
8. Demonstrates effective recovery technique

**Critical Standard for all tests:
Does operator safely and effectively control the toboggan as needed?**

A: Unloaded Akja (Pass Fail)

B: Cas. 100, Front (Pass Fail)

C: Cas. 100, Rear (Pass Fail)

D: Cas. 350, Front (Pass Fail)

E: Cas. 350, Rear (Pass Fail)

Comments:

**B: LOADED Cascade 100 FRONT
Judges:**

Terrain: More to Most Difficult, Smooth and Moguled

Evaluation Criteria

1. Select appropriate route
2. Controls speed and skis safely and expediently
3. Provides smooth, safe, and comfortable ride for patient
4. Skis in balanced, stable position
5. Controls decent
6. Controls direction
7. Brakes toboggan as needed
8. Communicates as necessary with patient and rear operator
9. Demonstrates effective wedge, sideslips, and transitions, as needed
10. Avoids slipping during traverses

C: LOADED Cas. 100 Tailrope

Evaluation Criteria

1. Traverses left and right with minimal slipping of the toboggan
2. Assists with braking as needed
3. Brakes toboggan effectively with edge and pressure movements
4. Controls speed using wedge, sideslip, and transition
5. Makes smooth and controlled turns and transitions
6. Coordinates changes of direction with front operator
7. Generally sideslips in same direction as front operator
8. Maintains rear of toboggan in stable position
9. Controls rope with hand or belay position
10. Adapts to terrain and conditions changes
11. Skis with stability and control
12. Monitors condition of patient
13. Maintains safe distance from toboggan

**D: LOADED Cascade 350 FRONT
Judges:**

Terrain: More to Most Difficult, Smooth and Moguled

Evaluation Criteria

1. Select appropriate route
2. Controls speed and skis safely and expediently
3. Provides smooth, safe, and comfortable ride for patient
4. Skis in balanced, stable position
5. Controls decent
6. Controls direction
7. Brakes toboggan as needed
8. Communicates as necessary with patient and rear operator
9. Demonstrates effective wedge, sideslips, and transitions, as needed
10. Avoids slipping during traverses

E: LOADED Cas. 350 Rear Handles

Evaluation Criteria

1. Traverses left and right with minimal slipping of the toboggan
2. Assists with braking as needed
3. Brakes toboggan effectively with edge and pressure movements
4. Controls speed using wedge, sideslip, and transition
5. Makes smooth and controlled turns and transitions
6. Coordinates changes of direction with front operator
7. Generally sideslips in same direction as front operator
8. Maintains rear of toboggan in stable position
9. Controls rope with hand or belay position
10. Adapts to terrain and conditions changes
11. Skis with stability and control
12. Monitors condition of patient
13. Maintains safe distance from toboggan

SENIOR CANDIDATE APPLICATION

Date of Senior Candidate Application _____

PATROLLER INFORMATION

Name	NSP ID #
Address	Phone #:
	Email address:
Patrol	Years of Patrolling Experience

Senior Candidate (Signature) _____ Date _____

Senior Alpine Senior Nordic Senior Auxiliary

COMPLETED ELECTIVES

This certifies that the above-named candidate has demonstrated all the basic ski patroller or auxiliary skills and has sufficient knowledge, skills, and experience to participate in the national Senior Program.

Patrol Director (Signature) _____ Date _____