

MEDICINE BOW NORDIC SKI PATROL SKILL CHECKLIST FOR NORDIC BASIC SKI AND TOBOGGAN TEST

Note: Candidates should ski with experienced patrollers and demonstrate skills as opportunities arise in the appropriate settings. Some candidates may want to use these outings to practice skills, get pointers, etc. There are many good designs for improvised toboggans. We encourage creativity!

Maneuver	Preferred Setting	Comment	Date & Initials
Track skills			
Diagonal stride	Groomed track	Waxable skis preferred	
Double poling	Groomed track	With and without kick	
Skating	Groomed track	V1 is enough for basic test	
Step turns	Groomed track	Mild downhill	
Skate turns	Groomed track	Nearly level terrain	
Downhill skills			
Wedge glide and stop	Ski area	Groomed intermediate slope	
Wedge turns	Ski area	Groomed intermediate slope	
Stem turns	Ski area	Groomed intermediate slope	
Sideslip	Ski area	Groomed intermediate slope	
Falling leaf	Ski area	Groomed intermediate slope	
Parallel turns	Ski area	Groomed beginner slope	
Telemark turns	Ski area	Groomed intermediate slope	
Backcountry skills			
Traversing	Backcountry	Up and down 25° slope	
Herringbone	Backcountry	Up and down 25° slope	
Sidestep	Backcountry	Up and down 25° slope	
Kick turn	Backcountry	Both sides, on 25° slope	
Ascent with climbing skins	Backcountry	On 25° slope, switchbacks allowed	
Tour	Backcountry	10 km with day pack	
Toboggan skills			
Improvised toboggan	Backcountry	Using skis, poles, items in pack	
Lowering belay (extra credit)	Backcountry	Including anchor building, any toboggan	
Raising system (extra credit)	Backcountry	Z-pulley + anchor, any toboggan	
Traversing (lead + tailrope)	Backcountry	Improvised or standard toboggan	
Descending (lead + tailrope)	Backcountry	Improvised or standard toboggan	

Candidate Name _____