

TRAINING OBJECTIVES – ARMY Bobsleigh

The Athlete must be able to:

TO No	PERFORMANCE	CONDITIONS	SUCCESS CRITERIA	TO ACHIEVED			
				Date	Athlete Signature	Date	Instructor Signature
1	Maintain all equipment to a safe standard, and demonstrate safe sliding practices at all times	Any training and/or track location	Correctly, safely and law with track rules and regulations				

ENABLING OBJECTIVES

To achieve the TO the athlete must be able to:

EO/ KLP	PERFORMANCE	CONDITIONS	SUCCESS CRITERIA	EO / KLP ACHIEVED			
				Date	Athlete Signature	Date	Instructor Signature
EO 1	Carry out track walk - analysis						
KLP 1.1	Demonstrate understanding of track and ice dynamics, memorise the track layout and state actions on each corner	Any training and/or track location	Without significant error, state actions on each corner and demonstrate a comprehensive understanding of the track layout, dynamics of the sled on ice, turns, corrective actions on error and crash. This should include start and rake area understanding. Note: Coached track walk to be completed daily				
EO 2	Carry out sled safety checks						

EO/ KLP	PERFORMANCE	CONDITIONS	SUCCESS CRITERIA	EO / KLP ACHIEVED			
				Date	Athlete Signature	Date	Instructor Signature
KLP 2.1	Identify constituent parts of the sled	Any training and/or track location	Without error, Identify the chassis, cowling, articulation, bales, runner guards, runners, scabbards, driving mechanism, drivers handle, brakes, brake-handles and position of all nuts/bolts and fasteners				
KLP 2.2	Identify and apply pilot and brake-person's sliding positions	Any training and/or track location	Without error, pilot and brake-person to demonstrate correct sitting positions, and adjust until the optimum safe sliding position is achieved.				
KLP 2.3	State and demonstrate daily check requirements	Any training and/or track location	Without error, identifying all nuts/bolts and fasteners to be checked, including driving mechanism, external checks of body work, brakes and runners				
KLP 2.4	Manual handling of bobsleds	Any training and/or track location	Without error, use correct techniques to move, turn, lift to stand and load on and off the transport, cameon or storage facility. Note: loading and storage supervised and directed by stores manager				
EO 3	Don safety equipment						

EO/ KLP	PERFORMANCE	CONDITIONS	SUCCESS CRITERIA	EO / KLP ACHIEVED			
				Date	Athlete Signature	Date	Instructor Signature
KLP 3.1	Identify required safety equipment and clothing for sliding	Any training and/or track location	Without error, to include helmet, fastening clips, Kevlar burns vest, gloves, baselayer, visor, suit and ice spikes				
KLP 3.2	Prepare a visor for sliding	Any training and/or track location	Correctly fit pinlock to pilots visors. As a minimum, pilots to demonstrate pre slide warming procedures.				
KLP 3.3	Correctly don a helmet and visor	Any training and/or track location	Correctly fit helmet, safely fastening chin strap and securing visor. Note: Checked before each slide by safety staff				
KLP 3.4	State condition checks to be carried out on helmet, burns vest and clothing	Any training and/or track location	Without error, checking condition of helmet and visor for dents, scratches and defects. Integrity check of burns vest.				
EO 4	Conduct start procedures						
KLP 4.1	Complete a start from the ladies/ damen (training) start.	Any training and/or track location	Without error, correct position and hold by pilot and brake-person Note: Aided by the safety staff				

EO/ KLP	PERFORMANCE	CONDITIONS	SUCCESS CRITERIA	EO / KLP ACHIEVED			
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KLP 4.2	Safely demonstrate safe pre-slide and start procedures.	Any training and/or track location	Without error, check pilots D-rings, handle, security of kit and check safety equipment. Demonstrate awareness and adherence of the traffic light system Note: supervised by safety staff				
KLP 4.3	Demonstrate transition from the push start position to the sliding position on a static sled	Any training and/or track location	Without error, apply correct push technique and ending in correct sliding position Note: To be carried out off-track with runner guards applied				
KLP 4.4	Demonstrate transition from the push start position to the sliding position on the ice Note: Coaches and athlete discretion, determined by appropriate progression.	Any training and/or track location	Without error, demonstrate a walk/ running start, safely transitioning into the sled, ending in the correct sliding position. Note: No power start necessary				
EO 5	Safely complete a lauf						
KLP 5.1	Complete a run of the track from ladies/ damen (training) start	Any training and/or track location	Without significant error				

EO/ KLP	PERFORMANCE	CONDITIONS	SUCCESS CRITERIA	EO / KLP ACHIEVED			
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KLP 5.2	State and demonstrate correct steering methods	Any training and/or track location	Without error, hands, feet, head and body position steering for following racing lines and for corrective actions				
KLP 5.3	Complete progression of the track to Bob start (where appropriate)	Any training and/or track location	Without significant error				
EO 6	Safely egress from the track						
KLP 6.1	State correct egress procedures	Any training and/or track location	Without error, emphasising importance of not allowing the sled to run backwards				
KLP 6.2	Demonstrate correct braking procedures	Any training and/or track location	Without error, apply brakes in the braking area only, and competently bringing the sled to a complete stop Note: To be familiar with the finish line, communication between pilot and brake-person, braking area and disembarkation procedures.				
KLP 6.3	State correct procedures in the event of a crash as an athlete	Any training and/or track location	Without error, emphasising safety considerations to ice hazards, avoid a long drop or being hit by sled Note: where possible, remain in the sled until it comes to a complete stop				

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KLP 6.4	State correct procedures in the event of a crash as a Safety Official/observer	Any training and/or track location	Without error, emphasis on First Aid, raising the alarm and locations of comms / medical assistance				
KLP 6.5	State procedures for retrieving a crashed sled	Any training and/or track location	Must state that a moving sled is never to be touched or stopped Note: Scabbards to be brought to the crashed sled before turning onto runners				
EO 7	Carry out post-sliding maintenance						
KLP 7.1	State correct post-sliding sled maintenance procedures	Any training and/or track location	Without error, identifying procedures for cleaning and removal of ice				
KLP 7.2	Demonstrate basic runner/steel-work procedures	Any training and/or track location	Without error using correct grade of sandpaper Note: basic cleaning and polishing without changing steel shape				

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KLP 7.3	Demonstrate post-sliding safety checks	Any training and/or track location	Without error, check exterior of sleds for wear/damage, driving mechanism, brakes, nuts/bolts and fasteners, including a check of all personal safety equipment, paying close attention to helmet and visor Note: As per pre-sliding safety checks				