

TRAINING OBJECTIVES – ARMY SKELETON

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 sled safety checks						
KLP 1.1	Identify constituent parts of the sled	Any training and/or track location	Without error, Identify the front of the sled, belly pan, saddle, runners, runner blades and knee plates				
KLP 1.2	State and demonstrate daily check requirements	Any training and/or track location	Without error, identify saddle secure, runner bolts fitted, runner setting bolts and locking nuts/grub screws present.				
KLP 1.3	Manual handling of Skeleton sleds	Any training and/or track location	Without error, demonstrate safe carrying a sled over a short distance and how to lift over a short height				

EO/ KLP	PERFORMANCE	CONDITIONS	SUCCESS CRITERIA	EO / KLP ACHIEVED			
				Date	Athlete Signature	Date	Instructor Signature
KLP 1.4	Storage of a Skeleton sled	Any training and/or track location	Without error, demonstrate the safe storage of a sled in a store or packing in a vehicle				
EO 2	Don safety equipment						
KLP 2.1	Identify required safety equipment and clothing for sliding	Any training and/or track location	Without error, to include helmet, gloves, spikes and padding where required				
KLP 2.2	Correctly wear a helmet	Any training and/or track location	Without error, correctly don a helmet with chin strap correct fitted				
KLP 2.3	State condition checks to be carried out on helmet and clothing	Any training and/or track location	Without error, check condition of helmet, visor and chin strap for dents, scratches and defects				
KLP 2.4	State condition checks to be carried out on spikes	Any training and/or track location	Without error, checking condition of helmet and visor for dents, scratches and defects				
KLP 2.5	State condition checks to be carried out on clothing	Any training and/or track location	Without error, check that all clothing is fit for sliding and there are no loose items that could fall into the track				
EO 3	Conduct a Skeleton start						
KLP 3.1	Setting up for sliding	Any training and/or track location	Without error, safely carry sled to start position and lay sled onto the ice				

EO/ KLP	PERFORMANCE	CONDITIONS	SUCCESS CRITERIA	EO / KLP ACHIEVED			
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KLP 3.2	Complete a start from a static position	Any training and/or track location	Correct sliding position with head and shoulders down and hands in correct position as identified when balanced Note: Aided by the start coach				
KLP 3.3	Safely conduct a start under track Start Protocol	Any training and/or track location	Without error, complete a start under track protocol				
KLP 3.4	Safely demonstrate a Skeleton start walking	Any training and/or track location	Without error, load onto a skeleton sled from a walking start Note: From start track where possible				
KLP 3.5	Safely demonstrate a Skeleton start walking	Any training and/or track location	Without error, load onto a skeleton sled from a jogging (50%) start Note: From start track where possible				
KLP 3.6	Safely demonstrate a running Skeleton start	Any training and/or track location	Without error, load onto a skeleton sled from a sprint start Note: From start track where possible				
EO 4	Safely complete a Skeleton lauf						

EO/ KLP	PERFORMANCE	CONDITIONS	SUCCESS CRITERIA	EO / KLP ACHIEVED			
				Date	Athlete Signature	Date	Instructor Signature
KLP 4.1	Complete a run of the track from novice starting position (if applicable)	Any training and/or track location	Without significant error, demonstrating good body position and understanding of track position				
KLP 4.2	Complete a run of the track from Damen starting position	Any training and/or track location	Without significant error, demonstrating good body position and understanding of track position				
KLP 4.3	State and demonstrate correct steering methods	Any training and/or track location	Without error, steering and corrective action				
KLP 4.4	Complete a run of the track from Bob start	Any training and/or track location	Without significant error, demonstrating good body position and understanding of track position				
EO 5	Safely egress from the track						
KLP 5.1	State correct egress procedures	Any training and/or track location	Without error, emphasising importance of not letting go of the sled and, where applicable, applying spike to stop the sled from sliding backwards				
KLP 5.2	Demonstrate correct stopping procedures	Any training and/or track location	Without error				
KLP 5.3	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				

EO/ KLP	PERFORMANCE	CONDITIONS	SUCCESS CRITERIA	EO / KLP ACHIEVED			
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KLP 5.4	State correct procedures in the event of a crash of a Safety Official	Any training and/or track location	Without error, emphasis on First Aid, raising the alarm and locations of comms / medical assistance				
KLP 5.5	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				
EO 6	Carry out post-sliding maintenance						
KLP 6.1	State correct post-sliding sled maintenance procedures	Any training and/or track location	Without error, identifying procedures for cleaning and clearing excess water from sled				
KLP 6.2	Demonstrate basic runner polishing	Any training and/or track location	Without error using correct grade of sandpaper Note: basic cleaning and polishing without damaging runner blades				
KLP 6.3	Demonstrate post-sliding safety checks	Any training and/or track location	Without error Note: As per pre-sliding safety checks				