

TRAINING OBJECTIVES – ARMY LUGE

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 bridge, handles, shell, kuffons and position of all nuts/bolts and fasteners				
KLP 1.2	State acceptable 'toe' dimensions and demonstrate measurement	Any training and/or track location	Without error, correctly identify measuring positions				
KLP 1.3	State and demonstrate daily check requirements	Any training and/or track location	Without error, identifying all nuts/bolts and fasteners to be checked, the shell and a check of steels				
KLP 1.4	Manual handling of luge sleds	Any training and/or track location	Without error, care of all hazards				
EO 2	Don safety equipment						

EO/ KLP	PERFORMANCE	CONDITIONS	SUCCESS CRITERIA	EO / KLP ACHIEVED			
				Date	Athlete Signature	Date	Instructor Signature
KLP 2.1	Identify required safety equipment and clothing for sliding	Any training and/or track location	Without error, to include helmet, armour, gloves, baselayer, visor, suit and booties				
KLP 2.2	Prepare a visor for sliding	Any training and/or track location	Use correct amount and appropriate type of fluid (containing Glycerol/glycerin)				
KLP 2.3	Correctly don a helmet and visor	Any training and/or track location	Correctly position visor on helmet so as secure Note: Carried out wearing sliding gloves away from track				
KLP 2.4	State condition checks to be carried out on helmet and clothing	Any training and/or track location	Without error, checking condition of helmet and visor for dents, scratches and defects				
EO 3	Conduct a luge start						
KLP 3.1	Complete a start from the sliding position	Any training and/or track location	Correct sliding position with head and shoulders back Note: Aided by the start coach				
KLP 3.2	Safely demonstrate a luge start from the handles	Any training and/or track location	Without error, no requirement for a 'power start' Note: From start track where possible				

EO/ KLP	PERFORMANCE	CONDITIONS	SUCCESS CRITERIA	EO / KLP ACHIEVED			
				Date	Athlete Signature	Date	Instructor Signature
KLP 3.3	Demonstrate transition from the start position to the sliding position on a static sled	Any training and/or track location	Without error, no lateral movement and ending in correct sliding position Note: To be carried out off-track with runner guards applied				
KLP 3.4	Demonstrate transition from the start position to the sliding position on the ice	Any training and/or track location	Without error, no lateral movement and ending in correct sliding position Note: From start track where possible				
EO 4	Safely complete a luge lauf						
KLP 4.1	Complete a run of the track from novice starting position	Any training and/or track location	Without significant error				
KLP 4.2	State and demonstrate correct steering methods	Any training and/or track location	Without error, hands, feet and body position steering for following racing lines and for corrective actions				
KLP 4.3	Complete progression of the track to ladies start (where appropriate)	Any training and/or track location	Without significant error				
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 allowing the sled to run backwards				

EO/ KLP	PERFORMANCE	CONDITIONS	SUCCESS CRITERIA	EO / KLP ACHIEVED			
				Date	Athlete Signature	Date	Instructor Signature
KLP 5.2	Demonstrate correct stopping procedures	Any training and/or track location	Without error Note: To be carried out away from track with runner guards applied				
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				
KLP 5.4	State correct procedures in the event of a crash as 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 acetone application				
KLP 6.2	Demonstrate basic 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				
KLP 6.3	Demonstrate post-sliding safety checks	Any training and/or track location	Without error Note: As per pre-sliding safety checks				