

## Ramp Supervisors Course

### Course Summary

#### **Scope**

This qualification applies to supervising skiers and snowboarders using dry ramps on artificial surfaces including indoor snow whilst training manoeuvres previously learnt.

It does not qualify the holder to coach new manoeuvres nor does it qualify the individual to act as a general ski instructor.

#### **Pre Requisites**

Aspirant Ramp Supervisors must:-

- Be over 18 years of age\*<sup>1</sup>
- Hold a current First Aid Certificate obtained by a minimum of 12 hours (or two days) which contains content related to the outdoors and is renewed every three years.
- Be a paid up member of the coaching scheme of a British Home Nation Governing Body
- Be one of the following:- a qualified ski or snowboard instructor  
or the holder of the One Star Freestyle Aerials Award  
or a BGF trampoline coach  
or deemed a suitable person by the course tutor

#### **Assessment**

Assessment will be by means of observation by the course tutor of candidates during a practical session and by means of a written test conducted at the end of the course.

The underlying criteria for assessment will be the candidates ability to safely & competently supervise ramp training sessions.

Course Author

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<sup>1</sup> Aspirant Ramp Supervisors in their 17<sup>th</sup> year will be permitted to attend the course and be assessed but will not receive their licenses until they have reached their 18<sup>th</sup> birthday.

**Course Content**

Duties of a Ramp Supervisor  
FIS Code of Conduct  
ESC Policy on Aerials  
Establishment of written down Safe Practice and issues raised  
Logging of Sessions  
Safe placement of Ramp  
Setting out of practice area  
Closing down of Ramp at end of session  
The three rules of jumping  
Warm up  
Equipment & clothing  
“Jump Open” and “Jump Closed” Signs.  
Length of Practice Sessions  
Frequency of Practice sessions  
Monitoring of emotional and physical states of participants  
Discipline  
Documentation & Protocols  
Accident Procedures

Practical session  
Written Test

## Duties of Ramp Supervisors

- The Ramp Supervisor's main task is to provide a safe practice area for experienced Freestylers to practice what they can already do.
- The Ramp Supervisor is responsible for the overall safety of the jumping session. This responsibility extends to the participants in the jumping session, other slope users and spectators.
- The Ramp supervisor is responsible for ensuring that the ramp and associated take off and landing areas are set out safely and marked appropriately. If appropriate this should be in conjunction with the slope safety patrol.
- The Ramp supervisor must ensure that the ramp is secure.
- The Ramp supervisor must ensure that the current ESC rules for Aerialists are obeyed by all participants. Specifically these are:-
  - No inverted manoeuvres may be performed<sup>2</sup>
  - All aerialists must wear an approved helmet
  - All aerialists must wear appropriate clothing
- The Ramp Supervisor must ensure that the FIS Rules of conduct are adhered to.
- The Ramp supervisor must have prior knowledge of all of the participants jumping capabilities which can be obtained by reading the participants aerials log sheets.
- During the session the Ramp Supervisor must control the jumps using the "Ramp Open" & "Ramp Closed" signals to regulate the jumpers.
- The Ramp supervisor should log all activity at the end of the session including signing aerialists log sheets and a session log sheet.
- At the end of the session the Ramp Supervisor must ensure that the ramp area is closed down in accordance with the slope's agreed procedures.
- In the case of portable ramps these must be removed from the slope and securely locked in a manner which prevents their unauthorised use.
- The Ramp Supervisor must not leave the ramp unattended either on the slope or to the side of the slope unless it is secured in a position where unauthorised use can not take place.

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<sup>2</sup> An exception to this rule may be granted on indoor snow slopes where the landing hill has been chopped and specific authorisation for the performance of inverted manoeuvres has been given in writing by the Home Nation Freestyle Committee.

It is recommended that the Ramp Supervisor stands by the side of the ramp for maximum vantage.

## **FIS Code of Conduct**

- 1. Respect for others**  
Be aware of all skiers around you and do not endanger them.
- 2. Control of Speed and Ski-ing**  
Only ski within the limits of your ability and be sure you can always stop safely.
- 3. Choice of Route**  
Pick your route carefully and be prepared to handle changing situations with skiers and the slope itself.
- 4. Overtaking**  
Always allow space for others to make their turns and remember that skiers ahead of you have right of way.
- 5. Starting or entering the piste**  
Look up and down the run and ensure there is enough space to avoid other skiers paths.
- 6. Stopping on the Piste**  
Always stop at the side of the piste away from narrow places, blind corners or sudden drops, after a fall move quickly to the side.
- 7. Climbing or descending on foot.**  
If this is necessary keep to the side near piste markers.
- 8. Respect for signs and markings.**  
ALWAYS obey signs, they provide vital information for YOU and YOUR safety on the slopes.
- 9 & 10 Assistance at accidents and identification.**  
Understand accident procedures and be prepared to help.  
Witnesses must provide names and addresses.

## **ESC Policy on Aerials**

- The performing of inverted manoeuvres on artificial surfaces (unless otherwise specifically authorised for indoor snow slopes) is prohibited.
- The recommended method of learning to perform inverted manoeuvres is
  - Learn the manoeuvre on a trampoline.
  - Follow up by training the manoeuvre on a Water Ramp.
  - Progress to training the manoeuvre on snow
  - Qualify the jump for competition under the relevant FIS protocol
    - At all times the training must be under the supervision of an appropriately qualified coach.
- All aerialists must wear an approved helmet whilst jumping.
- All participants in aerials sessions must wear the clothing deemed appropriate for the surface concerned.
- Ramp supervisors are authorised only to supervise the training of manoeuvres already learned. They are not authorised to teach new manoeuvres unless additionally qualified as Aerials Coaches.

## **Logging of Sessions**

All Ramp Sessions must be logged on the sheets shown in Appendix 1 (participants) and Appendix 2 (Ramp Session).

They must log all jumps / tricks and this must be signed off by a suitably qualified person.

The purpose of this is to enable aerialists to make appropriate progression in the sport. Aerialists must carry their personal log sheets with them when attending ramp sessions and these must be inspected by Ramp Supervisors at the commencement of the session to establish which manoeuvres may be trained during the session.

**Ramp Placement, Setting out the area and closing down the ramp at the end of the session.**

The correct placement of the ramp and the associated take off and landing areas is a vital component in ensuring the safety of the jumpers and other persons on the slope.

This task can not be undertaken in isolation and it is vital that before the first ramp session is conducted consultation takes place with all interested parties as to where the Ramp and other areas are to be sited.

Before setting out to set up the ramp and the associated areas gather together all the necessary equipment / aids such as cones, signs, water spray etc.

If the slope is open for your own safety be aware of the other slope users and if possible obtain the assistance of another person to act as your safety look out whilst you are in the process of setting up.

Set out the training area using cones etc.

Secure the ramp in place

Wire down the leading edge of the mat on the ramp to the main slope mat.

Check the ramp for damage, worn mat etc and if necessary make the appropriate repairs.

Check inrun and landing area matting for loose bits, mud or other hazards.

Check ramp is secure

After the session return all cones etc to storage and return ramp to it's secure storage place making sure that it is impossible for unauthorised use to occur. If the Ramp can not be removed for any reason ensure that the appropriate steps to ensure that it can not be used are taken.

## **The Three Rules of Jumping**

1. Always check out the Ramp & Landing
2. Always have a spotter
3. Start low & slow, build up height & Speed

## **Warm Up**

It is essential that participants warm up thoroughly before starting the training session. Failure to warm up may cause damage to the body tissues.

Jumpers should have several runs just skiing (not jumping) on the main slope , to enable them to “switch on” and feel how the slope is running.

Speed check by the side of the ramp to establish a starting point.

Speed check runs and small jumps by the side of ramp.

On the Ramp

Squash (absorb) ramp.

“Straight Leg” jumps to find neutral lift of ramp.

“Pop” straight jump. (No shapes). Repeat until stable.

## **Equipment & Clothing**

All jumpers must wear an approved helmet.

All jumpers must wear suitable clothing which fully covers body trunk, legs, arms and hands.

The reason for this is to ensure that in the event of a fall cuts and bruises are kept to a minimum.

## **“Jump Open” and “Jump Closed” signs**

The conduct of the session is achieved through the use of internationally recognised “Jump Open” and “Jump closed” signs. Which are shown to the waiting jumpers. In the absence of the Ramp supervisor displaying a sign the “Jump Closed” sign is deemed to be displayed by default.

### The “Jump Open” sign.

This sign is made by holding both arms aloft with the elbows parted to display a sign reminiscent of an “O”.

This sign is used to signify that it is safe to jump. It must only be displayed when the ramp supervisor has ascertained that the landing area is clear of the previous jumper and any other potential hazards.

### The Jump Closed sign.

This sign is made by crossing the arms to display a sign reminiscent of an “X” whilst holding them above the head.

Jumpers **MUST NOT** proceed when the “Jump Closed” sign is displayed (or no sign is displayed). In the event of the sign being displayed once a jumper has set off it will indicate that an unexpected hazard has occurred and the jumper must abort their run.

### **Length and Frequency of Practice sessions.**

The length of the practice session depends on the number of jumpers as a general rule it should not be longer than two hours and should be less if there are only a small number of participants. (see also notes on monitoring participants)

The frequency of training sessions will be influenced by a number of factors (ie availability of facilities / supervisors / coaches etc. The desirable frequency will also depend on the physical build & age of the jumpers. If kept to a minimum the possibilities of over use injury will be reduced.

### **Monitoring Participants.**

Ramp supervisors have a duty to monitor the physical and emotional state of participants constantly during jumping sessions.

Ramp Supervisors need to be aware of anxiety and arousal as both of these can cause problems. Similarly illness, fatigue and the results of injury (including that sustained prior to the jumping session) can also cause problems.

It is a fundamental right and duty of all Ramp Supervisors and Aerials Coaches to require any participant to desist from training if the physical or emotional state of the participants is such that they consider that their participation is likely to be detrimental to the health and safety of the participants themselves or other slope users.

## **Discipline**

The Ramp Supervisor is responsible for the discipline of the session. This is a vital component in the fulfilment of their role in ensuring the safety of the participants and other in the vicinity of the jumping session.

You must ensure that all participants are aware that you are in charge and that you control the session with a firm hand. If you say stop then everybody stops.

Do not be pressured into allowing participants to do untried manoeuvres or allowing “just one more go”.

## **Accident and First Aid Procedures**

### **In the event of an accident.**

- Close Ramp until casualty is evacuated
- Check practice area including Ramp for possible causes of the accident.
- Note exactly what occurred and your subsequent actions as soon as possible
- Re-start session if you feel it appropriate to do so but be aware of anxiety of other participants
- Consider re-warm up if delay in re-starting and or high anxiety of other participants
- Ensure that slope procedures regarding reporting have been complied with at the earliest possible opportunity.

### **First Aid Procedures**

It is essential that the Ramp Supervisor is totally conversant with the First Aid procedures in force at the facility prior to the commencement of the session. In particular the Ramp Supervisor must be in a position to summon the assistance of the facility's appointed First Aider quickly and be fully aware of the current recommended procedures for dealing with the types of injury (especially spinal injuries) likely to be encountered in a jumping session.

## LOG BOOK FOR SKI AERIALISTS

Name.....Date of Birth.....

Manoeuvre	Date First Performed	Date Qualified to Train on Water Ramp	Date Qualified to Train on Snow (50 good jumps)	Date Qualified to Compete on Snow (3 in a row to feet)	Signature of Coach
<b><i>Basic Uprights</i></b>					
Straight jump			NA	NA	
Spread Eagle			NA	NA	
Twister			NA	NA	
Daffy			NA	NA	
Cossack			NA	NA	
Mule Kick			NA	NA	
Zudnik			NA	NA	
Back Scratcher			NA	NA	
<b><i>Multiple uprights and Helicopters</i></b>					
Helicopter			NA	NA	
Double upright			NA	NA	
Triple upright			NA	NA	
<b><i>Forward Somersault</i></b>					
Front tuck					
<b><i>Backward Somersault</i></b>					
Back tuck					
Back layout					
<b><i>Double Somersaults without twist</i></b>					
Lay tuck					
<b><i>Double Somersaults with twist</i></b>					
Lay Full					
Full Full					
Half half					
<b><i>Triple Somersaults</i></b>					
<b><i>New Skool</i></b>					

**LOG OF TRAINING SESSIONS**

<b>Date</b>	<b>Place of Training</b>	<b>Jump trained</b>	<b>Number of Times</b>	<b>Signature of Supervisor</b>

**RAMP SESSION REPORT**

Date..... Name of Supervisor.....

Weather.....Wind speed.....

Time Ramp Opened.....

**Ramp Safety Checks - before jumping**

Ramp Structure.....

Condition of In-Run (Sprinkler system and matting).....

Condition of Landing Area (Sprinkler system and matting).....

Jump closed at.....

**AERIALISTS**

Name of Aerialist					
Log book checked					
Jump qualification level for training					
Jump 1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
Log booked signed					

**AERIALISTS**

Name of Aerialist					
Log book checked					
Jump qualification level for training					
Jump 1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
Log booked signed					

**AERIALISTS**

Name of Aerialist					
Log book checked					
Jump qualification level for training					
Jump 1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
Log booked signed					

Aerials Ramp Supervisor's Course

<b>One Star Award</b>	<b>Two Star Award</b>	<b>Three Star Award</b>
<b>Manoeuvres</b>	<b>Manoeuvres</b>	<b>Manoeuvres</b>
<i>Water Ramp</i>	<i>Water Ramp</i> <i>Snow or Plastic</i>	<i>Water Ramp</i>
Straight Jump	Zudnick                                      Spread Eagle	Front Tuck – Must be Water qualified
Spread Eagle	Back Scratcher                              Twister	Back Tuck or Back Layout – Must be Water qualified
Twister	Helicopter                                      Daffy	A triple upright
Daffy	Front Tuck	
Cossack	A double combination upright	
Mule Kick		

Aerials Ramp Supervisor's Course

<p><b>Competition</b></p> <p>No competition experience necessary for this award</p>	<p><b>Competition</b></p> <p>No competition experience necessary for this award</p>	<p><b>Competition</b></p> <p>Participate in a Water Ramp or Upright Air competition as a registered skier.</p>
<p><b>Awareness</b></p> <p>Show awareness of safety equipment for Water Ramp training Read, learn, and be tested on the Water Ramp Rules of Use.</p>	<p><b>Awareness</b></p> <p>Show and display an understanding of good take-off technique and form in the air</p>	<p><b>Awareness</b></p> <p>Show an understanding of competition procedures</p>
<p><b>One Star Awarded on</b></p>	<p><b>Two Star Awarded on</b></p>	<p><b>Three Star Awarded on</b></p>

Aerials Ramp Supervisor's Course

<b>Four Star Award</b>	<b>Five Star Award</b>	
<p><b>Manoeuvres</b></p> <p><i>Water Ramp</i>                      <i>Snow</i></p> <p>Back Full - Water                      Front Tuck – Snow    Qualified</p> <p>Qualified</p> <p>Lay Tuck - Water                      Back Tuck or Qualified    Back Layout – Snow    Qualified</p>	<p><b>Manoeuvres</b></p> <p><i>Water Ramp</i>                      <i>Snow</i></p> <p>Any twisting double                      Back Full – Snow    qualified</p> <p>Somersault - Water                      qualified</p> <p>Qualified</p> <p>Snow    Lay Tuck – Qualified</p>	<p><b>Notes –</b>  <b>All manoeuvres should be performed consistently, at will, with correct technique, good form and safe landing.</b></p> <p><b>To water qualify any somersault, it must be performed 50 times to feet. This move may then be performed on snow.</b></p> <p><b>To snow qualify any somersault, it should be performed on snow, 3 times in a row with good take-off, form and landing. It may then be competed on snow.</b></p>
<p><b>Competition</b></p> <p>Participate in aerials a competition on snow as a registered skier</p>	<p><b>Competition</b></p> <p>Participate in a C Level Competition on snow</p>	
<p><b>Awareness</b></p> <p>Show an awareness of scoring and tariff for aerials competition</p>	<p><b>Awareness</b></p> <p>Gain a Water Ramp Supervisor Qualification</p>	
<p><b>Four Star Awarded on</b></p>	<p><b>Five Star Awarded on</b></p>	



***PLEASE NOTE***

**INVERTED AERIAL MANOEUVRES SHOULD NEVER BE ATTEMPTED ON PLASTIC. ALL INVERTED MANOEUVRES SHOULD BE LEARNT ON A WATER RAMP, AND TRANSFERRED TO SNOW ONLY WHEN QUALIFIED TO DO SO BY AN ESC REGISTERED COACH OF THE APPROPRIATE LEVEL.**

## **Risk Assessment for Aerials**

This information is not available in an electronic form.

This information appears in the Water Ramp Supervisors Course and ASFSPC(Aerials) course documentation.