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Gatekeeper Training for SLALOM, PART 1

1. Introduction
2. Slalom Course Description
3. Slalom Gate Passage running time: 13:30 minutes

<https://www.youtube.com/watch?v=WtWZ-XfvQV8>

Gatekeeper Training for GS, PART 1

1. Introduction
2. GS Course Description
3. GS Gate Passage running time: 9:37 minutes

<https://www.youtube.com/watch?v=fgpZfjS37ik>

Gatekeeper Training for GS & SLALOM, PART 2

This is part 2 of the metro ski league gatekeeper training video, valid for both GS and slalom.

1. gatekeeper role when a ski racer misses a gate
2. The "overtake" rule
3. Interference rules
4. safety

<https://www.youtube.com/watch?v=O2g-Ac6Fxu0>

Gatekeeper Training for SLALOM, PART 3

1. Gatekeeper cards explained for Slalom running time: 13:52 minutes

<https://www.youtube.com/watch?v=digRgeYrYmM>

Gatekeeper Training for GS, PART 3

1. Gatekeeper cards explained for GS running time: 10:36 minutes

<https://www.youtube.com/watch?v=VK7w2e5lkdw>

Gatekeeper Training for GS & Slalom, PART 4

1. What to do with your gatekeeper cards at the end of each run
2. Course Maintenance
2. Conclusion/wrap up running time: 13:28 minutes

https://www.youtube.com/watch?v=9QQj_B9an7U