



## NZSIA SKI

### Free Ski Introduction Course Outline

The NZSIA qualifications are recognised internationally as some of the best in the world. The NZSIA Examining Team comprise the most talented Ski Trainers in New Zealand and it is our job to make sure you as the candidates have the best possible shot at successfully completing this course.

We aim to provide a fun, friendly educational environment that is non-threatening. If you have any problems with another candidate or your examiner don't hesitate to contact me.

The following information is important, keep it handy during your course.

What you need to bring everyday:

- Your skis and boots. These should be well maintained and tuned. Have these kept off the mountain for the three days in case of a change in ski area due to weather.
- Warm, waterproof clothing including helmet and gloves. You'll be outside for the days for up to 6 hours.
- Sunglasses/goggles and sun cream.
- A packed lunch or lunch money.
- Money for lift tickets. Some participants may be eligible for discounted lift tickets during courses. Please inform the Ski Course Manager if lift tickets are required.
- A notebook & pencil to take down notes/important points.

My cell phone number is 027 249 1765 and is for **URGENT** calls only please.

Good luck.

Stephanie Brown

NZSIA Ski Course Manager

#### **Administration Matters**

All matters concerning registration, payments etc should be referred to the admin office. NZSIA exam process has been developed to ensure that each candidate is assessed in as fair and equitable manner. We appreciate feedback and you are encouraged to complete the evaluation forms provided on line after each course.

If you wish to personally discuss your results or any other matter relating to the course please contact the Ski Course Manager or write to NZSIA at the address below.

Email: [admin@nzsia.org](mailto:admin@nzsia.org)

Post: NZSIA, P.O. Box 2283, Wakatipu.

Phone: 03 4511534

Fax: 03 4511536

## **Daily Procedure**

The days start at 9am when we meet at the designated meeting area at the bottom of the mountain. Meeting locations are as follows:

Coronet Peak - Outside on the café Deck near the clock

Remarkables- Outside main building uphill side on snow to the left side of the deck

Cardrona –Outside on the uphill side of the archway

Treble Cone - Base of the six-man chairlift

Mt.Hutt - Outside on snow beside the café deck near the ski racks

Turoa - Outside Café at base area near the ski racks

Whakapapa - Outside Café at base area near the ski racks

## **Closed Days**

If the mountain is closed gather at the designated meeting point at 9:00am. An alternative arrangement of another mountain in the region will be organised. Due to closed or delayed start days, the guidelines may be adjusted to create the best result for the situation.

Please have your equipment off the mountain in case another mountain is used. Meeting locations are as follows:

Queenstown - The Station building (corner of Camp St and Shotover St)

Wanaka - Cardrona town office cnr Helwick and Dunmore St

Methven - Mt Hutt town office

Turoa - Ohakune Club 71 Goldfinch St Ohakune

Whakapapa - National Park School

## **Administration Matters**

All matters concerning registration, payments etc should be referred to the admin office.

Email: [admin@nzsia.org](mailto:admin@nzsia.org)

Phone: 03 451153

Fax: 03 4511536

Post: NZSIA, P.O. Box 2283, Wakatipu.

## **Safety Policy**

NZSIA/SBINZ exams will require you to ski/ride on a variety of terrain and conditions and complete specific tasks on snow. If at any time you feel unsafe or at risk of injury you should tell your trainer that you wish to opt out of the particular task. Depending on the situation this may affect the results of your examination.

Course participants should be aware of and follow the Snow Responsibility Code at all times: <http://www.mountainsafety.org.nz/Safety-Tips/Snow-Code-for-Snowsports.asp>

**Privacy Policy** <http://www.nzsia.org/privacy> In addition, we may at times use photos or videos taken during our courses for training, marketing or social media use. Please inform your course trainer if you do not want images of yourself used in this way.

## **Lift Tickets**

Some participants may be eligible to apply for discounted lift tickets during courses. Please inform the Course Manager if lift tickets are required.

# NZSIA Ski

## Free Ski Introduction - Course Outline

The focus of this one-day course is an introduction to Free skiing for ski instructors. Free Ski Introduction is open to NZSIA Level 1 Certified Ski Instructors (or foreign Equivalent from ISIA member country ) who are Full or Associate members of the NZSIA. This course will introduce the variety of the skills needed in pipe and park situations

**Helmets are required for this event**

**Twin Tip skis are recommended but not required for this event**

- This course will focus on safety procedures habits and etiquette required in the terrain parks and natural terrain features.
- The course will cover teaching basic Park and Pipe skills.
- The course will introduce some personal Free Ski skills that are used in the Park and Pipe
- This course starts with an online course that must be completed 48 hours before the start of the on snow day.

### **Course Philosophy**

The course is first & foremost designed to be an educational & inspirational experience. Participants will be introduced to & gain a degree of understanding how to adapt their teaching to natural terrain features, and basic park and pipe features. It is intended to be a fun, interactive & practical experience by work-shopping through information & tools for instructors to better understand and enhance their current teaching methods.

### **The on snow topics that will be covered during the Course**

- Safety is paramount
- Pipe & Park, safety & etiquette
- Position & balance
- Natural terrain and basic terrain features
- Butter moves, flat land tricks, 180s, 360s, ollie's & nollies
- Switch-Wedge Turn, Wedge Parallel, Basic parallel
- Basic jumps
- Introductory rail features

### **Terrain:**

Easy green terrain as well as small natural features and introductory level (small) terrain park and half pipe or natural transition skiing (depending on availability)

## **Assessment areas**

- Switch basic parallel Flatland spins both ways
- Tip and tail butters
- Basic Jump
- Old School tricks
- Transitional Features in the Pipe or natural side walls
- 50/50 on introductory rail features
- Progression building for Free Ski using the Static –Active –Complex –Whole Model. This will be done in a round robin format where each candidate individually builds on a Free Skiing progression that has been put to the group by the Examiner
- Knowledge and application of park safety and etiquette will be continually assessed throughout the day and via the Online course then this is to be completed 48 hours before the beginning of Day One on snow.  
A minimum score of 60% is required to pass the online course

### **On Line Course**

This is an open book assessment.

To complete the on line E-learning course log onto the NZSIA website. At <http://www.nzsia.org/member/> Then, login enter username and password. If you're unsure of username and/or password, click on forgotten username/password. Once in profile page click on Ski E-learning. You will then need to re-enter username and password to access E-learning.

## **Certification Scoring Criteria**

### **The Free Ski Introduction will be internally assessed by your examiner during the day**

The assessment for this course is made up of -online Course, Safety, Free Skiing and Teaching components as listed above. Candidates must pass all assessment areas. Results will be delivered in the format below.

- *"Meets the Standard "* - Teaching and Free Skiing both demonstrate understanding and competency in all of the key criteria to a level that would be acceptable in a lesson for Free Skiing.
- *"Does Not Meet the Standard"* – Either Teaching and or Free skiing did not demonstrate sufficient understanding and/or competency in all of the key criteria and therefore would not be acceptable for teaching a Lesson for Free Skiing.