

Fundamentals Ski Levels - Sheet1

Core Fundamentals	Instructor information, Learning outcome	Skill acquisition
Ski level one core skills		
I can safely carry my equipment and know how it works	<ol style="list-style-type: none"> 1. Able to pick up and carry their ski equipment 2. Able to name the parts of the ski and bindings 3. Can explain how their bindings work 4. Have awareness of clothing and protective gear 	<ul style="list-style-type: none"> • Co-ordination • Equipment knowledge • Independence
I can put on and take off my skis	<ol style="list-style-type: none"> 1. Able to get snow off bottom of their boots 2. Can line up boots in the bindings and put skis on 3. Can release the bindings to take skis off (using any age appropriate method eg. Hands/ Poles / Boots) 	<ul style="list-style-type: none"> • Co-ordination • Basic Balance – centred athletic position • Independence
I can move around on my skis in a balanced position	<ol style="list-style-type: none"> 1. Able to say in basic terms what a balanced position is 2. Able to balance & move around on flat terrain with one ski on, pushing with the other foot 3. Able to stand & walk in a balanced position with both skis on 4. Able to do a straight run in a balanced position 	<ul style="list-style-type: none"> • Flatland mobility • Stance & balance: <ul style="list-style-type: none"> - Fore/aft: Centred stance whilst moving - Lateral: Even weight on each foot
I can side step and/or duck walk.	<ol style="list-style-type: none"> 1. Able to side step &/or duck walk on the flat 2. Able to side step up a gentle slope, maintaining parallel skis across the fall line without skis slipping sideways <p style="text-align: center;">AND/OR</p> <p>Able to duck walk up a gentle slope without slipping backwards or stepping on own skis</p>	<ul style="list-style-type: none"> • Lateral – <ul style="list-style-type: none"> Duck walk: legs wider than hip width apart & skis on edge Side Step: Legs inclined to hill and skis on edge • Rotational – Legs turned outwards so skis are closer at the back & wider apart at the front
I can change the size of my wedge.	<ol style="list-style-type: none"> 1. Understand & able to create a wedge shape with their skis on the flat 2. Starts with a straight run & able to create a wedge, unaided, whilst sliding down a gentle slope 	<ul style="list-style-type: none"> • Lateral – stance is widened so skis gain edge angle on the snow • Rotational – legs turn in opposing directions • Co-ordination of movements <ul style="list-style-type: none"> - Fore/aft: maintain centred stance whilst blending above movements together
I can control my speed and stop using a wedge.	<ol style="list-style-type: none"> 1. Able to maintain a relatively consistent sized wedge whilst sliding down a slope (gliding wedge) 2. Can adjust the size of their wedge whilst sliding down a slope 3. Can make a slightly larger wedge to come to a stop when asked 	<ul style="list-style-type: none"> • Speed control through wedge shape • Steering angles created • Co-ordination of movements: <ul style="list-style-type: none"> - Lateral adjustments in stance width & therefore resulting edge angle - Rotational adjustments in range of leg rotation
I can ride the Beginner lift and get on and off safely.	<ol style="list-style-type: none"> 1. Able to get on & off beginner lift unaided (how this is done will be determined by type of lift, age, ability & conditions) 2. Knows what to do if they fall off 3. Knows where to meet if they get separated from the group 	<ul style="list-style-type: none"> • Safely use appropriate lift equipment • Fore aft • Independence
I can get myself up if I fall over.	<ol style="list-style-type: none"> 1. Knows at least one way to get up 2. Able to get up without taking skis off (Technique may be determined by the age, ability & co-ordination of the child) 	<ul style="list-style-type: none"> • Co-ordination • Fore aft &/or lateral balance • Independence
Ski level two core skills		
I can ski in a balanced position.	<ol style="list-style-type: none"> 1. Able to maintain a centred position fore aft whilst turning in a wedge 	<ul style="list-style-type: none"> • Co-ordination of movements- focus fore/aft
I can keep my arms in a good position to help me balance.	<ol style="list-style-type: none"> 1. Knows where the arms should be held whilst skiing 2. Can ski showing how the arms should be held in front of the body for at least 10 turns (in a gliding wedge and whilst turning) 	<ul style="list-style-type: none"> • Stance and balance
I can change direction by turning my wedge.	<ol style="list-style-type: none"> 1. Able to turn both legs in the same direction to link shallow wedge turns 2. Maintain relatively the same size wedge as they turn in both directions 	<ul style="list-style-type: none"> • Steering • Obstacle avoidance • Rotational – both legs turn a small amount in the same direction at the same time
I can control my speed through turning.	<ol style="list-style-type: none"> 1. Able to turn legs for a longer duration so the turns are round and come across the fall line 2. Able to link one turn into the next and maintain relatively the same speed of travel 	<ul style="list-style-type: none"> • Rotational – duration of the legs turning is increased • Speed control through turn shape
I can turn to a stop in both directions.	<ol style="list-style-type: none"> 1. Able to turn skis across the hill (and possibly back uphill) until coming to a stop in both directions. 	<ul style="list-style-type: none"> • Speed control
I can do a hop whilst skiing.	<ol style="list-style-type: none"> 1. Able to do get both skis to come off the snow at the same time and back on the snow at the same time. 2. Can take off and land centred whilst doing the hop 3. Can do hops when turning both ways in the completion of a turn 	<ul style="list-style-type: none"> • Co-ordination of movements • Fore aft adjustments
I can link my turns on green runs.	<ol style="list-style-type: none"> 1. Able to link turns with good speed control on green runs (not just the beginner hill, but others also if available) 2. Able to balance on outside ski in the second half of the turn 3. Can do some vertical movement to flex at the end of the turn and extend at the start 	<ul style="list-style-type: none"> • Lateral – balance to outside ski • Vertical – blending with lateral movements to give rhythm and flow. Aid adjustments to maintain a centred stance
I know how to ride the lift (chair lift or T-bar)	<ol style="list-style-type: none"> 1. Understand how to safely load – ski on and offload the lift 2. Can do the above, with help from instructor if required due to age, size etc. 	<ul style="list-style-type: none"> • Safely use appropriate lift equipment
Ski level three core skills		
I know which ski is my outside ski on each turn.	<ol style="list-style-type: none"> 1. Able to identify the outside ski on each turn unaided (verbally, touch or point to). This can be done stationary 2. Can do the above whilst linking turns 	<ul style="list-style-type: none"> • Lateral – Knowledge of outside ski.
I can balance on my outside ski when turning.	<ol style="list-style-type: none"> 1. Able to show lateral balance on the outside ski whilst turning. Ideally this is done by turning legs under a stable upper body, but depends on physical development of child 2. Balance on outside ski should occur before the fall line 	<ul style="list-style-type: none"> • Co-ordination of movements - Lateral: timing - Rotational: lateral created through separation but not necessary
I can steer my skis parallel at the end of my turns.	<ol style="list-style-type: none"> 1. Able to balance on outside ski before the fall line 2. Inside ski is steered to parallel at the end of their turns 	<ul style="list-style-type: none"> • Wedge Parallel Turns • Lateral movement: <ul style="list-style-type: none"> - Balanced on outside ski - Inside ski lighter and flatter (less edge than outside ski) • Rotational: <ul style="list-style-type: none"> - Inside ski steered to parallel
I can control my speed by making round turns on green runs and easy blues.	<ol style="list-style-type: none"> 1. Able to adjust speed by making round or shallower turns to maintain consistent speed according to the terrain 2. Turns should be wedge parallel turns on green and easy blues 	<ul style="list-style-type: none"> • Terrain awareness • Rotational <ul style="list-style-type: none"> - adjusts range & duration for speed control - inside ski steered to parallel on more terrain
I know how to change my turns to slow down and get around other people.	<ol style="list-style-type: none"> 1. Able to adjust speed by making rounder or shallower turns to control speed 2. Able to adjust turns to ski around other people and obstacles 	<ul style="list-style-type: none"> • Decision making • Spatial awareness whilst skiing • Rotational & lateral – rate, range, duration, intensity & timing
I can keep my arms in the correct position in front of my body.	<ol style="list-style-type: none"> 1. Knows and can ski showing arms held in front of the body at about belly button height 2. Can link turns with arms held in above position for at least 1 full run (whilst doing wedge parallel turns) 	<ul style="list-style-type: none"> • Stance and balance

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I can glide backwards in a wedge on a beginner run	<ol style="list-style-type: none"> 1. Able to go backwards looking over shoulder for safety going straight on a small slope 2. Able to make a backwards gliding wedge and control speed with the wedge. <p>NOTE: Bring awareness to blind spots</p>	<ul style="list-style-type: none"> • Basic switch • Visual awareness • Fore/aft – opposite to skiing forwards • Rotational - opposite to skiing forwards
I know park safety etiquette and can 50/50 a box	<ol style="list-style-type: none"> 1. Knows basic park etiquette: <ul style="list-style-type: none"> - Pre-ride, re-ride, freeride - Wait your turn - Ensure feature is clear - Call (eg "dropping") before going - Keep moving through park- don't stop after a feature 2. Able to ski with flat skis in a straight run over an easy flat ride on box 	<ul style="list-style-type: none"> • Park safety • Stance and balance • Fore/aft – adjust with friction from box
Ski level four core skills	Instructor information, Learning outcome	
I can link turns and control my speed on blue runs.	<ol style="list-style-type: none"> 1. Able to adjust the size of turns to manage speed and direction on blue terrain 2. Able to adjust the shape of the turn between shallow or rounder to maintain speed as terrain changes on blue terrain 3. Above can be done in a minimum of advanced wedge parallel turns 	<ul style="list-style-type: none"> • Co-ordination of movements - Able to adjust D.I.R.R.T. • Terrain reading and adaptation
I can ski with parallel skis all the time on green and easy blues.	<ol style="list-style-type: none"> 1. Able to keep skis parallel throughout each turn on easy and intermediate terrain 2. Able to read terrain and adjust turn shape accordingly to ensure speed will allow for parallel skis 	<ul style="list-style-type: none"> • Terrain reading and adaptation • Parallel Turns: <ul style="list-style-type: none"> Lateral <ul style="list-style-type: none"> - Both skis flattening at same time at initiation - Balance transferred to outside ski early in the turn - Skis gain edge angle early in the turn Rotational <ul style="list-style-type: none"> - Both legs, and therefore skis, rotate at the relatively the same rate to remain parallel
I can ski with my skis mostly parallel on medium blues.	<ol style="list-style-type: none"> 1. Able to keep skis parallel in most turns on medium blue terrain (some sneaky wedge parallels ok!) 	<ul style="list-style-type: none"> • Terrain adaptation • Rotational - Increased duration of turning to control speed - Both skis turning at same rate
I know how to ski some easy off trail terrain and absorb bumps.	<ol style="list-style-type: none"> 1. Able to ski at appropriate speed to control speed but still linking turns 2. Able to use appropriate flexion and extension in ankles/knees/hips to absorb bumps 3. Able to maintain relatively centred whilst skiing easy off piste &/or going over bumps 	<ul style="list-style-type: none"> • Terrain reading and adaptation • Snow condition reading and adaptation • Vertical and fore/aft movement - Pressure management by flexing/extending - Adjusting joints to maintain balance
I can ski with poles	<ol style="list-style-type: none"> 1. Knows how to and can put on pole straps correctly 2. Able to hold poles with arms held in front of the body for at least 1 run 3. Can explain what to do with poles when getting on and off a lift 4. Possibly carry poles on/off the lift themselves but only if developmentally appropriate 	<ul style="list-style-type: none"> • Stance and balance • Safety with poles (strap and lifts) • Awareness of poles
I can sideslip on each side.	<ol style="list-style-type: none"> 1. Able to release both edge at the same time and sideslip straight down the hill for at least 2m on each side. Corridor of a little wider than ski length 2. Able to engage both edges to stop on each side 	<ul style="list-style-type: none"> • Co-ordination of movements: <ul style="list-style-type: none"> Lateral: releasing and engaging of edges Fore/aft: Centred to slide in a corridor Rotational: separation (age appropriate)
I can ski backwards in a wedge and make small changes of direction.	<ol style="list-style-type: none"> 1. Able to turn skis using rotational movements through the legs to change directions 2. Looks over shoulders for safety 3. Able to avoid obstacles 	<ul style="list-style-type: none"> • Switch turns
I can do a small jump on a natural and/or manmade feature.	<ol style="list-style-type: none"> 1. Able to do straight air jump over a small natural or manmade feature – any size so long as both skis leave the ground 2. Take off and landing are relatively centred 3. Joints flex when landing to absorb the landing 	<ul style="list-style-type: none"> • Confidence in the air • Pressure management
Ski level five core skills	Instructor information, Learning outcome	Skill acquisition
I can link small, medium and large turns sizes.	<ol style="list-style-type: none"> 1. Can link small turns (less than groomer width wide) 2. Can link medium turns (width depends on child's size – could be between 2-4 groomer widths) 3. Can link long turns (width depends on child's size- could be between 3-5 groomer widths) 4. Knows which turns are appropriate for different terrain when asked eg. Smaller turns for steeper 5. Changes the turn size when appropriate to the terrain 	<ul style="list-style-type: none"> • Terrain reading and adaptation • Decision making • D.I.R.R.T. in all 4 movements
I have started to learn to pole touch and carry them myself on the lift.	<ol style="list-style-type: none"> 1. Wears pole straps correctly at all times 2. Swings the pole on the correct side, using wrist and forearm 3. Touches the pole at the correct time (as the skis are flattening on the snow) 4. Arms stay in front of body after the pole has touched 	<ul style="list-style-type: none"> • Poles Touch • Timing • Rhythm and flow • Stability
I can use turn size to control my speed on easy black runs.	<ol style="list-style-type: none"> 1. Able to adapt turn size to control speed on steeper terrain turn 2. Links turns and balances towards outside ski to cope with increase in forces on steeper terrain 3. Skis are mostly parallel or mostly parallel whilst turning 	<ul style="list-style-type: none"> • Terrain reading and adaptation • Decision making • D.I.R.R.T. in all 4 movements • Confidence • Pressure control
I can ski parallel on all blue and groomed black runs.	<ol style="list-style-type: none"> 1. Able to keep skis parallel whilst linking turns 2. Uses appropriate turn size for terrain 3. Shows good speed control and adjusts accordingly 	<ul style="list-style-type: none"> • D.I.R.R.T. in all 4 movements
I can ski off trail making turns on blue and some black runs.	<ol style="list-style-type: none"> 1. Able to use appropriate turns in a balanced position 2. Absorbs bumps/terrain/snow condition changes in off piste blue and easy black terrain 	<ul style="list-style-type: none"> • D.I.R.R.T. in all 4 movements • Pressure control • Confidence
I can do hockey stops on both sides.	<ol style="list-style-type: none"> 1. Able to pivot and edge skis to a rapid stop on both sides 2. Skis remain parallel whilst doing the hockey stop 3. Shows appropriate use of vertical movement to manage the quick build up of pressure 4. Understands safety in regards to safe stopping distances 5. Can spray snow in the air! 	<ul style="list-style-type: none"> • Quick stopping • D.I.R.R.T. in all 4 movements (especially Rate in rotational movement) • Pressure control
I can do flatland 180's in both directions.	<ol style="list-style-type: none"> 1. Able to pivot skis 180 in both directions on the snow 2. Skis remain parallel whilst pivoting on both sides 	<ul style="list-style-type: none"> • Learning to spin
I can link turns in switch (wedge parallel) on green terrain.	<ol style="list-style-type: none"> 1. Able to turn switch on green and easy blue runs 2. Skis become parallel during the turn in each direction (before or after the fall line) 3. Changes vision over shoulder each turn 	<ul style="list-style-type: none"> • Wedge parallel switch turns
Ski level six core skills	Instructor information, Learning outcome	Skill acquisition
I can ski parallel on all black runs (on and off piste)	<ol style="list-style-type: none"> 1. Able to ski most if not all the mountain with skis parallel 2. Above is on and off piste 3. Must be in control at all times and adjust to the terrain and snow conditions at the time 	<ul style="list-style-type: none"> • Confidence • Advanced ski skills – good grasp of D.I.R.R.T. in all 4 movements
I use a pole touch with ease.	<ol style="list-style-type: none"> 1. Pole touch is well timed and rhythmical 2. Pole touch is present at all times (when appropriate) 3. Arms remain in front of body at all times, including after each touch 	<ul style="list-style-type: none"> • Pole touch as a timing tool

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<p>I can adjust my turns to suit terrain and snow conditions on all runs.</p>	<ol style="list-style-type: none"> 1. Adjusts the size of their turns to suit any terrain without prompting 2. Adjusts the size of their turns to suit any snow condition without prompting 3. Able to adjust vertical movement to deal with terrain changes eg.moguls 	<ul style="list-style-type: none"> • Mastered all of the following: <ul style="list-style-type: none"> - Terrain adaptation - Decision making - D.I.R.R.T. in all 4 movements - Confidence - Pressure control
<p>I understand and can make good line choices when skiing off piste runs.</p>	<ol style="list-style-type: none"> 1. Able to identify hazards or hazardous areas in the off piste 2. Can explain/show where a good line to ski would be and explain why 3. Can ski the line choice adjusting turns to ski in control, absorbing changes in the terrain 4. Knows and can adjust if line choice is poor, conditions change or are different than expected 	<ul style="list-style-type: none"> • Line choice • Decision making • Safety with obstacles
<p>I can make carved turns on groomed blue runs.</p>	<ol style="list-style-type: none"> 1. Able to stay in balance laterally and fore/aft whilst rolling legs to leave 2 parallel tracks 2. Tracks should be linked with minimal time where the ski tracks are not lines on the snow (transition) 3. Need to link at least 1 left and right turn together 	<ul style="list-style-type: none"> • Edging – intro to carving
<p>I can make some railroad turns on easy/flat terrain</p>	<ol style="list-style-type: none"> 1. Able to perform a carved turn on a blue run- this could be a J turn or a full turn depending on the child's age/development 2. Look for 2 lines in the snow- at least at the end of the turn (the bottom of the J) 	<ul style="list-style-type: none"> • Ability to carve
<p>I can do a jump and land centred over a small park jump.</p>	<ol style="list-style-type: none"> 1. Able to do a trick over a park jump – any size so long as both skis leave the ground. 2. Any trick is fine (eg. grab, spread eagle etc.) 3. Take off and landing are relatively centred 4. Joints flex when landing to absorb the landing 	<ul style="list-style-type: none"> • Park trick
<p>I can do flat land 360s</p>	<ol style="list-style-type: none"> 1. Able to pivot skis whilst flat on the snow 360 in both directions. 2. Skis remain parallel 3. Understand safety <ul style="list-style-type: none"> -need space, so not a busy area -snow conditions (smooth not slush/powder) 4. Can do it both directions 5. Can do at least 3 linked together 	