



## NZSIA Ski

### Trainer Certification 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 approach me.

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

#### **What you need to bring everyday:**

- All your Ski equipment should be ready and prepared to go.
- Helmets are recommended, NZSIA trainers when working must wear helmets.
- Notebook, way of recording notes.
- Be ready for full days on snow.

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 online 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) Phone: 03 4511534

## Lift Tickets

NZSIA Course participants are eligible for 50% discounted lift tickets during NZSIA Courses in NZ. Course participants names will be on the NZSIA course list at the Ticket Office.

## Daily Procedure

The days start at 9am when we meet at the designated meeting area at the bottom of the mountain. Meet on snow ready to ski -Meeting locations are as follows:

**Coronet Peak** - Outside on the café Deck near the clock

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

**Cardrona** - In front of the archway, uphill side

**Treble Cone** - Base of the six pack

## Closed Days

If the mountains are closed gather at the designated meeting point at 9:00am. An indoor session will be organised and a full day's content covered. Locations are as follows:

**Wanaka** - Cardrona town office cnr of Helwick and Dunmore St

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

If the mountain opens during the day we will try to get up the hill but this is sometimes impossible due to transport issues. Please have your equipment off the mountain in case.

## Fitness, Incidents and Accidents

Our Ski Certifications are intensive courses of skiing and learning.

It is therefore important that you are physically fit and in good condition to be able to take full advantage of the training and education provided and to perform at your best for the whole period.

Hence, if you are/or become physically impaired/injured please bring this to the attention of the Ski Course Manager. A solution at this point will be advised. In the interest of safety and fairness to yourself and others the advice will most likely be to withdraw from the course. If you choose to continue against the advice of the Ski Course Manager there can be no recourse on the NZSIA.

Safety is our number one concern. Please report any incidents/accidents to your examiner or directly to the Ski Course Manager with facts, witnesses, location etc.

## **Safety Policy**

NZSIA exams will require you to ski 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 Safety Code** at all times:

<http://www.nzsia.org/wp-content/uploads/2018/05/ACC-resource-alpine-snow-code-16.pdf>

## **Privacy Policy**

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. For further info - <http://www.nzsia.org/privacy>

## **Attendance Policy**

The learning on an NZSIA course is achieved through participation and interaction.

You will be expected to attend the course in full, including meeting at the correct time in the morning and participating in all activities.

As the daily outline might change due to weather and other unforeseeable considerations you should be prepared to have flexibility as to where and when you need to be.

Not being able to attend the course in full may lead to you not being eligible to successfully pass the qualification.

## **Code of Conduct**

As a member of the NZSIA we expect you to behave in a manner that adheres to the NZSIA Code of Conduct. See here for more info -

<https://www.nzsia.org/wp-content/uploads/2018/05/NZSIA-Code-of-Conduct.pdf>

## Ski Trainer Certification - Workshop Outline

The Ski Trainer Certification is divided into two parts a four-day workshop with a three-day assessment later in the season. The Certification is a pathway that begins with the Ski Trainer Workshop, followed by the shadowing of a Level One Certification, then the Ski Trainer Cert exam.

Instructors wishing to enter the Ski Trainer Certification process need to be fully-certified with NZSIA Ski Level Three or have another country's highest national ski instructor level together with a current ISIA Card.

All candidates will be required to shadow a NZSIA Level One Certification course prior to the exam. Please apply to the Ski Course Manager a minimum of 15 days before the Level One you wish to shadow. Allocation of shadowing opportunities is at the discretion of the Course Manager.

All candidates must hold NZSIA Children's Ski Level Two Certification (or foreign equivalent from an ISIA member country) before sitting the Trainers Certification Exam.

All candidates must hold NZSIA Freeski Level One (or foreign equivalent from an ISIA member country) before sitting the Ski Trainer Certification Exam.

Attending a Three-day Professional Development Camp prior to sitting the exam is recommended.

For qualification courses & exams (except Freeski Level 1) the Ski Division recommends using a Front-Side ski within this range, a radius of 14 - 19 m & under foot width of 67- 84 mm

## Course Philosophy

The aim of the Ski Trainer Cert Workshop is to :

- Develop an understanding of, and personal performance of, NZSIA skiing mechanics
- Use the NZSIA Fundamental Skill Demonstrations, Skill Drills and Progressions to review and analyse efficient use of the movements of skiing.
- Use the Movements of Skiing to develop Ski exam candidates skiing.
- Skier Analysis of Ski candidates and planning for their development.
- Educate candidates how to structure presentations on (but not limited to); "Teaching Skills", "Technical Skills For First Time Skiers" and "Level 1 Candidate Development".
- Practice of presenting "Teaching Skills" and a "Technical Skills" session. These sessions will focus on the accuracy of the information and the practical application of "teaching" compared to "clinics".
- Fundamental Skill Demonstrations training through to an advanced parallel turn.
- Develop an understanding, and an application, of the importance of the Trainers role in building rapport, confidence and a successful learning environment

The Ski Trainer Certification workshop will endeavor to provide candidates with the knowledge and understanding for them to develop towards Ski Trainer Certification standard.

Level 3 Certified Instructor knowledge of the NZSIA Ski Manual, including the NZSIA technique, progressions and pedagogy is assumed.

Please view the NZSIA Progression and Fundamental Skills Demonstrations online at <https://vimeo.com/7735139>

This course is designed to be a practical forum with the clinician facilitating the group. All candidates will be required to make presentations and participate in discussions.

## Ski Trainer Certification - Exam Outline

### Candidates are required to:

1. **Complete** - an educational assignment to be completed 10 days prior to the exam
2. **Teach** - Teaching Skills, Technical Skills, Level 1 Trainee Development, and Skier Analysis and Lesson Planning
3. **Skiing** - which includes skiing on and off-piste
4. **Fundamental Skill Demonstrations** - all areas of the NZSIA Progression
5. **Skill Drills** - see below for in depth descriptions

Outlined below in more detail are the areas that will be covered in the Ski Trainer Cert Exam. These areas have been set up to give the participants the opportunity to show their skills over a range of relevant tasks.

Over the three days of examining five tasks will be assessed, and a written/multimedia assignment must be completed 10 days prior to the exam.

The evaluation will be done using a YES/NO process with the candidates needing to achieve the required standard on all task areas. Feedback will be given to the candidates on skiing and teaching/presentation skills.

**Please Note** - To achieve the standard all Examiners must agree that the candidate has the ability to confidently handle any training assignment they may be given.

### Original Educational Material Assignment

Candidates will submit a written/multimedia assignment as follows:

Minimum of 500 words/or short video/interactive article that is suitable for publication on NZSIA website. Paper/website to be emailed to Ski Course Manager a minimum of 10 days before Ski Trainer Cert Exam.

An original technical or educational skiing topic, e.g. Skiing's four movements, pedagogy, visualization, ski tuning, situational skiing etc.

The objective is to enhance the understanding and education of the intended viewing audience, i.e. NZSIA website readers. Suitable articles will be published on the NZSIA website.

## **Task One - Skiing and Demonstrating**

Purpose of this assessment is to evaluate candidates' ability to:  
Ski using accurate and precise NZSIA technique from never skied before Fundamental Skill Demonstrations to Performance Skiing.

Skiing and Fundamental Skill Demonstrations evaluated throughout the three days using a structured session covering all levels from straight runs, gliding wedge, wedge turns, wedge parallel turns, basic-parallel turns, advanced-parallel turns, dynamic parallel turns, short turns, free runs on and off-piste and skill drills.

The candidate must ski at an expert level, which is a strong, technically accurate and precise skier making dynamic short, medium and long radius turns on all groomed terrain. The candidate must ski all off-piste terrain with speed, confidence and precision making short, medium and long radius turns using ski performance appropriate to the off-piste situation.

In this area the candidate must exhibit accurate mechanics that fit with the NZSIA theories and framework. Both skiing and all demonstrations should look comfortably natural with flow and form apparent.

Skiing skills and all demonstrations will also be evaluated during all other areas of the exam both while presenting and while being a student.

## **Task Two - Workshop on "Teaching Skills"**

Present an example workshop - focus is on Teaching Skills.

Purpose of this assessment is to evaluate candidates knowledge of and ability to teach and train: "Teaching Skills" i.e. the Teaching Model, Progression Building Model, Communication Modes.

This assessment should include an educational workshop on the particular Teaching Skill including a demo using that model.

The technical topic can be any skill from the Level 1 on snow content.

The candidate will choose/negotiate the technical skill to be presented, the examining staff will choose the Teaching Skills Model to be used.

Both the Teaching Skill and Technical Skill will be finalised a minimum of 30 mins before the presentation.

The presentation will last for a minimum of twenty minutes and a maximum of 30 minutes depending on the number of candidates.

Candidates should use their chosen topic/skill, to present in an easily understood and informative manner -

(1) a workshop style presentation, to develop your trainees understanding of how to use the Teaching Model

(2) a workshop style presentation, to develop your trainees understanding of Progression Building

(3) a workshop style presentation, to develop your trainees understanding of Communication Modes

### **Task Three - Technical Skills for Beginner Skiers**

Present a sample progression - focus is on skill development through the NZSIA progression.

Purpose of this assessment is to evaluate candidates ability to teach and train trainees on what Technical Skills are required for beginner skiers.

Include an introduction and summary to set up the sample Technical Skills, demonstrating (1) a technically accurate piece of the NZSIA progression (2) engaging and appropriate teaching skills

A topic will be assigned 30 minutes prior to the presentation.

The presentation will last for a minimum of 45mins depending on the number of candidates.

In this area candidates should present in an easily understood and informative manner.

- 1) a short sample lesson to your trainees - teaching students the skills required for skiers who have never skied before, through to being able to move around on the flat.
- 2) a short sample lesson to your trainees - teaching students the skills required for skiers to progress from mobility exercises on the flat through to a balanced straight run.
- 3) a short sample lesson to your trainees - teaching students the skills required for skiers to develop from a balanced straight run through to a gliding wedge
- 4) a short sample lesson to your trainees - teaching students the skills required for skiers to progress from a gliding wedge through to introductory shallow wedge turns
- 5) a short sample lesson to your trainees - teaching students the skills required for skiers to develop from shallow wedge turns through to round wedge turns
- 6) a short sample lesson to your trainees - teaching students the skills required for skiers to develop from a round wedge turn through to round wedge turns with lateral balance
- 7) a short sample lesson to your trainees - teaching students the skills required for skiers to develop from a round wedge turn with lateral balance through to round wedge turns with vertical movement

### **Task Four - Level 1 Trainee Technical Development**

Purpose of this assessment is to evaluate the candidate's understanding and ability to:

Develop rapport and create a successful Learning Environment, accurately analyse skiing, prioritise movements and what to work on, get the best result for their students goals, apply accurate NZSIA

technique, effectively use Teaching Skills to build structure, and demonstrate an understanding of the learning process.

Candidate's should demonstrate Technical understanding of advanced and expert skiing and training/clinic leading skills.

Candidates will work with a skier(s), whose desire(s)/want(s) is to attain the best possible score for their skiing at the Level One Certification.

Candidates should exhibit the ability to improve the skier(s) and explain the technical reasoning for their decision-making processes.

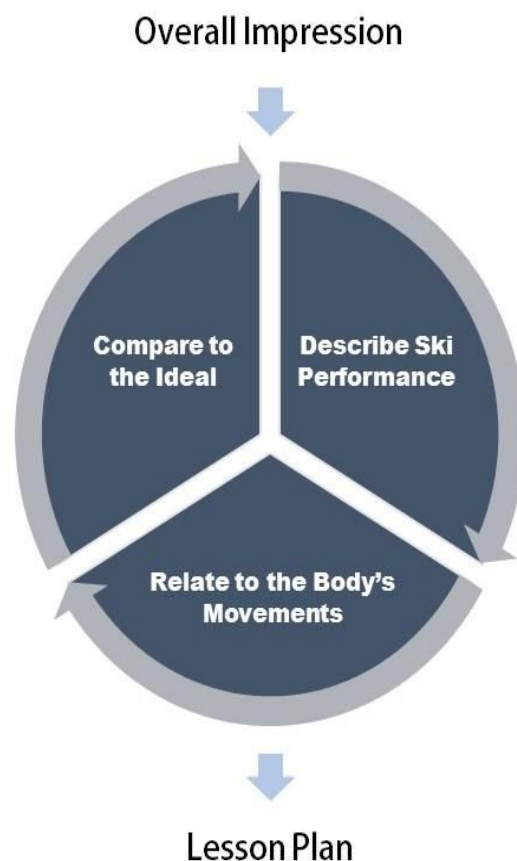
Candidates can expect to be asked for a detailed Analysis of what they saw in their trainee and how that lead to the Lesson Planning process that they went through. This will be done verbally towards the end of the session.

### **Task Five - Skier Analysis Demo**

Candidate's will present a sample analysis of a Level 2 skier from a video. The skier, just like at Level 2, wants to get better.

Purpose of this assessment is to evaluate the candidate's ability to:

1. demonstrate a skier analysis that would be a suitable demo for Level 2 students
2. use this demonstration to allow a trainee to develop and understand Skier Analysis & Lesson Planning





# Ski Trainer Certification Skill Drills

One or more of the following Skill Drills will be assessed as a part of the personal skiing section at the exam.

## Rotational movements are to be highlighted in the following Skill Drills

**Hop Turns / Speiss-** Start with skis across the hill. Continuously hop/jump turning the skis in both directions. The rotational movement must originate from the legs with the upper body remaining stable. The centre of gravity should move progressively down the hill. There should be minimal slipping of the skis downhill or forwards on landing. Use a pole plant and vertical movement to assist.

**Linked pivot slips-** Skis are relatively flat on the snow and pivot around the centre of the foot when turned by the legs. The feet should remain in the fall line therefore the corridor is about the width of the length of skis. The rotation movement should originate from the legs with the upper body remaining stable.

**Javelin turns -** The new inside foot lifted as we initiate the turn. As we balance on the outside ski it is turned underneath to create a crossed position. Continue to balance and steer the outside ski through the control phase.

## Lateral movements are to be highlighted in the following Skill Drills

**Railroad tracks-** Turns on easy terrain where two clean lines are left by the edges of the skis, due to simultaneous rotational and lateral movement of the legs under a stable upper-body.

**One ski-** Turns of varying shape and on different terrain where one ski is constantly held off the ground. This is either the right ski or the left ski for each run.

**White pass turns-** Balance exclusively on the outside ski at turn completion. Make the whole transition on that ski while controlling the movement of the centre of gravity over that foot and steering the leg. Stay balanced on the new inside ski throughout the transition of the turn.

## Timing and Coordination of movements are to be highlighted in the following Skill Drills

**Edge change with flexion / compressions turns-** Turns of varying shape and on different terrain where flexion is used to allow the centre of gravity to pass over the base of support to facilitate edge change movements (turn transition) Extension occurs as the edge angle is controlled (control phase).

**Full range of movement-** A variety of turn types on a variety of terrain where a full range of vertical movement is demonstrated, whilst remaining centred. (Extending through initiation and flexing through control phase)

**Stork Turn -** while being 100% balanced on the outside ski from the initiation, steer the ski throughout each phase, keep tip of the ski in contact with snow. Use angulation to help develop strong lateral

balance, movement fore/aft is required to stay balanced. Demonstrates timing of weight shift and accurate fore/aft and lateral balancing skills