



NZSIA Ski Free Ski Level One 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:

- Your skis and boots. These should be well maintained and tuned. Have these kept off the mountain for the four days in case of a change in ski area due to weather.
- Helmets are mandatory for this course
- Warm waterproof clothing including beanie and gloves. You'll be outside for all three days (if the mountain is open) for up to 6 hours per day.
- 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 Phone: 03 4511534

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.

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:

Cardrona - In front of the archway, uphill side

For information on Overseas Courses click [here](#)

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

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 Responsibility 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. There are elements of continual assessment and elements of specific assessment.

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 some 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 able 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>

Free Ski Level One Course Outline

The Free Ski Level One Certification is held over three days.

The focus of this three-day qualification is to develop teaching of and Free skiing skills for ski instructors.

Free Ski Level One is open to NZSIA Ski Level 2 Certified Ski Instructors (or foreign equivalent from ISIA member country) who are Full or Associate members of the NZSIA.

Candidates must join the NZSIA as an associate member to register for the Level One Exam this can be done on the NZSIA website www.nzsia.org.

Helmets are required for this event

Twin Tip skis are highly recommended for this course.

Course Philosophy

This course will introduce and build on:

- A strong focus on safety procedures, habits and etiquette required in the terrain parks.
- Progressions and skills on how to teach these skills.
- The variety of the skills needed in pipe and park situations.

Candidates are required to:

1. Teach basic Park and Pipe skills.
2. Demonstrate personal Free ski skills that are used in the Park and Pipe.

The on snow topics 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 Basic parallel
- Basic jumps
- Wide beginner boxes, long flat rails

On Line Free Ski E-Learning course to be completed 48 hrs before start of day one. A minimum score of 60% is required to pass the online course

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.

Daily Outline

Day One:

- Teaching Flat land tricks including switch basic parallel.
- Teaching Using natural terrain to develop jumps and skiing using natural transitions
- Application of/progression building teaching model/student assessment.
- Class handling skills, safety and etiquette
- Technical information and demonstrations.
- Skiing - personal free skiing skills development

Day Two

- Jump 180 start switch or forwards
- Old School tricks on Basic jump
- Grabs on Basic jump
- Pipe –(or similar transitional feature) maintain flow and basic aerial change of direction.
- Box or basic rail feature –jump 90degrees and slide box at 90 degrees.
- Application of/progression building teaching model/student assessment.
- Class handling skills, safety etiquette, Technical information and demonstrations.
- Skiing - personal free skiing skills development

Day Three

- 9 Am Teaching assessment – teaching topics done in pairs -30 mins each pair (all candidates will take turns at being students)
- Skiing assessment
-

Results later in the day

Certification Scoring Criteria

The assessment for this course is made up of five components as listed below.

Candidates must pass all components to pass the Free Ski Level One Certification.

- Your free skiing maneuvers are assessed by your examiner during day 3 of the course.

A minimum score of 6 out of 10 is required to pass each free skiing maneuver.

- Teaching Presentations are assessed on day 3. A pass for the teaching section requires a minimum score of 6

Skiing

1. Flat land tricks which must include skiing switch parallel in both directions
2. Basic Jumps which must include a 180 and 2 other basic jump tricks
3. Box or Basic rail– which must include a jump to 90 degrees and slide at 90 degrees on the box or basic rail
4. Pipe or similar transition which must include maintaining flow and basic aerial change of direction

Teaching presentation

5. The teaching assignment will be done in pairs of candidates. Candidates will be assessed on their ability to demonstrate
 - Class handling skills, safety etiquette
 - A strong sense of ownership and ability to manage a group of students in a park environment.
 - Effective use of the Teaching Model
 - Effective progression building with application to the Free Skiing assignment given.
 - Effective use of various communication modes.
 - Accurate Skier analysis of and guided feedback to the members of the group during the presentation
 - Fun and appropriate presentation style

Scoring Format

Range: 1 – 10 Pass: 6 – 10 Not Pass: 1 – 5

- 10 - A performance showing perfect technique and form at the assessed level that would be exemplary to all instructors.
- 9/8/7 - Performances showing varying degrees of improvement on 6, whether they are in technique or form, but neither combined reach 10.
- 6 - A Performance that shows the required technique with satisfactory form that would be acceptable for a clear and comfortable looking demonstration in front of a real class.
- 5 - A Performance that shows the required technique roughly with an unsatisfactory form that would be unacceptable as a clear and comfortable looking demonstration in front of a real class.
- 4/3/2 - Performances showing varying degrees of improvement on 1, whether that be in technique or form, but neither combined reach 5.
- 1 - A Performance showing nothing of the required technique or form, or can do the maneuver no better than one would expect of a student of that level of skiing.
- 0 - Absent.