



## NZSIA Telemark Level One

### Certification Overview:

We aim to provide a fun, friendly educational environment that allows you to learn and develop the skills required to successfully complete the exam.

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

- What you need to bring everyday: Telemark Manual, available on line- we do not have a printed version (not actually needed on the snow) - ensure that you are familiar with the Manual. This will help you to understand the teaching progressions as they are presented.
- Your skis, boots and poles! These should be comfortable, well maintained and tuned. Warm, waterproof clothing including beanie, or helmet and gloves. You'll be outside everyday (if the mountain is open) for up to 6 hours per day. Eye protection (goggles recommended).
- A notebook to take down important points.
- Money for lift tickets. Some participants may be eligible for discounted lift tickets during courses. Please inform the Course Director if lift tickets are required.
- Food and water or lunch money and a snack for out the snow is optional.

### Daily Procedure

The day starts at 8.45am when we meet your trainer/examiner in the mountain café to discuss the course and course expectations. We will make sure you have your lift pass and all you need for the course. Please have your boots on and ready to ski prior to the meeting. You will get a letter from the course director with a meeting point for the first day – the examiner will arrange a meeting point and time or each other day. The day finishes around 4.00pm.

**Closed Days.** If the mountain is closed we will contact you in the morning, so make sure we have your contact number and your phone is turned on - feel free to call us if you are not sure. An alternative venue will be organised and a full day's content covered.

**Fitness.** We spend a nearly all our time on the snow so being Telemark fit is essential! For the level 1 course it is expected that you can link telemark turns on easy intermediate slopes- we do spend time on your technique but this is not a beginner's lesson.



**Safety policy and Incidents/Accidents** NZSIA Telemark courses/exams may require you to ski in a variety of conditions, terrain, and park/pipe features while completing specific tasks. 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 (the code can be found in your manual). Please report any incidents/accidents to your Examiner or directly to the Course Manager with the details, witnesses, location etc.

**Closed days.** If the mountain we are running the course at is closed we will contact you. There are two possible options. One is to have an indoors day and the other is to go to another mountain. It is very important that you take all your gear down the mountain each day – including the day prior to the course. Listen to the snow reports each day – and do not assume the mountain being open or closed, if you are not sure call the examiner or course director.

**Photos/Video** We may at times use photos or videos taken during our courses for training, marketing or social media use. Please inform your trainer if you do not want images of yourself used in this way.

**Administration.** 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 at each course. Completed forms can be returned to either the course director or NZSIA office. If you wish to personally discuss your results or any other matter relating to the course please contact the Course Director or write to NZSIA at the address below.

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

Phone: 03 4511534

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

Course Manager cell number is 027 226 2822 and is for URGENT calls only

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## Telemark Level One - Course Outline

This four day course is designed for those looking to begin instructing telemark skiing, a cross over course for the ISAI stamp or card and for those just wanting to develop their own telemark skiing. It is expected that you will be able to linking basic telemark turns on easy intermediate terrain.

### Day 1

Meet on the mountain ready to ski (you will have been sent a meeting place).

- AM: Telemark stance and fundamentals. Personal skiing development. Introduction to NZ Telemark teaching progression up to the first learner turn.
- PM: Practice teaching learner lesson progression. Video of your on and piste skiing. Video analysis of personal skiing in a class room.

### Day 2

- AM: Candidates teaching learner progression and developing your teaching skills and lesson planning. Introduction to Intermediate turns. Personal skiing development
- PM: Teaching theory/ski video. Movement analysis training at learner level. Personal skiing development and developing and analysing the connections between the planes of movement in Telemark.
- There will be time made on this day for private individual feedback and discussions with the candidates.

### Day 3

- AM: Candidates teaching learner progression. Introduction to Intermediate turns. Personal skiing development
- PM: Teaching theory/ski video. Skier analysis training at learner level. Putting movement into practice – intermediate turns continued.

### Day 4 exam day

- AM: Personal skiing development. Teaching and lesson plan practice  
Skiing on and off piste on intermediate terrain

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## TELEMARK INSTRUCTORS

- PM teaching exam.

Results and feed back to the students will be at a pre arranges time and location at the end of the day.

Please note: the course leader may change the daily content to cater for various circumstances.