



NZSIA Telemark Level Two

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 on 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 2 course it is expected that you can link telemark turns all on piste trails and be reasonably comfortable of steeper intermediate to advance off piste terrain - we do spend time on your technique and you will be coached through progressions that will improve your ability on this terrain.



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

Phone: 03 4511534

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

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

Telemark Level Two

Course Outline

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TELEMARK INSTRUCTORS

This five-day course focuses towards teaching intermediate telemark skiing. It comprises the New Zealand telemark progression, techniques for teaching, communication and telemark skier analysis, as well as demonstration criteria through intermediate turns with pole plants.

Assessment is ongoing, with emphasis on a two-hour lesson with real students, led by the candidates on the final day. The Level Two Certification has a large focus on personal skill development as well as the teaching progression and techniques.

Course Outline

Day 1

- Class handling and snow safety.
- Meet at 8.45am. You will be sent a meeting place, most likely in the resort café to discuss the course and health and safety expectation, you will have had contact with the course director and have information regarding lift pass prior to the course, if not now is when we will sort your pass here. Please be ready to ski at this time.
- On the snow. Introduction to movements of telemark and intermediate to advance telemarker. Video of your personal skiing. Viewing of video and skier analysis in class room.
- Progression refresher
- Movement analysis Personal skiing development

Day 2

- Candidates teaching intermediate in piste
- a refresher of the learner lesson.
- Situational telemark skiing Introduction and planes of movement.
- Jump turns
- Student practice teaching intermediate turns.
- Personal skiing development and course feedback.
- Introduction to edge turns and carving.

Day 3

- Personal skiing development.
- Explore planes of movement.
- Developing on piste technique
- Practice teaching progression with a variety of intermediate telemark topics.
- Individual video and then skier analysis in class room.

Day 4

- Teaching scenarios and problem solving.
- Situational telemark skiing; a full exploration of all planes of movement
- Developing off piste telemark technique.

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TELEMARK INSTRUCTORS

Day 5

- Free skiing, examiners available for discussion and queries
- Group splits for practice teaching sessions/final demo assessment.
- Telemark lessons led by candidates - final assessment.

Much of the course is internally assessed with the final assessment on Day 5. On this day students with some Telemark experience will appear for the lesson. Candidates will take turns leading the lesson.

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