

SBINZ Level Two Written Rider Analysis

CANDIDATE'S NAME _____ EXAMINER _____

Section 1. Stance Inefficiencies

1A. Detect the main inefficiencies with the rider's stance.

** The position of specific body parts*

** If it is present toeside and heelside*

** Any differences on toeside and heelside*

** Any equipment issues*

1B. Correct the rider's stance inefficiencies.

** What task and terrain you would use to correct the above inefficiency*

Section 2. Movement Inefficiencies and Board Performances

2A. Identify inefficient movements that the rider is making and the effect this has on the snowboard.

** The body part(s) causing the issue and how this relates to the FOUR MOVEMENTS*

** Where in the turn (i.e. phase) these movements are occurring*

** If this is present in their toe side turn and/or heelside turn*

** The effect on the board's performance and the rider's ability to achieve the task*

2B. Correct the rider's movement inefficiencies.

** List the activities/tasks you would use, with terrain that is suitable for this level of rider*
