

Alpine Level 1 Ski Instructor



Technical Assessment Criteria

The following criteria are broken down under the headings of **Core Skier Development (CSD)**, **Piste Performance** and **Additional Activities**. It sets out what you as potential level 1 instructors need to "Show" by the end of the course.

CORE SKIER DEVELOPMENT

Show

- straight running using terrain to control speed with both skis flat
- plough gliding at a constant speed with ski tips close
- plough turns, using the shape of the turn to control speed and maintaining a similar size plough shape throughout
- plough parallel turns, matching the inside ski parallel at different phases of the turn (as requested by the trainer), and continuing to steer the skis to the end of the curve, while maintaining an open stance
- basic parallel turns with and without pole plant, maintaining an open stance (similar distance between skis/feet)
- additional activities such as direct and diagonal side slipping (at a constant speed), garlands and swing to the hill
- good posture and balance throughout for all of the above

PISTE PERFORMANCE

Show

- short radius turns using a good blend of the steering elements to produce rounded skidded turns (simultaneous rotation of the skis/feet). Each descent should be rhythmic and flowing with good control of speed
- cleanly carved turns on easy terrain, with tails following the tips
- good posture and balance throughout for the above .



SWITCH/BACKWARDS SKIING - Ability to link a minimum of reverse plough turns down a easy blue piste

- effective posture and balance
- to ensure good vision the upper body will have rotation so turning effort won't be only from the lower body

ADDITIONAL ACTIVITIES

Show

- Stork turns - Showing the ability to pick up the tail of the inside ski by turn completion or earlier of the turn in a basic parallel turn shape
- Gliding on one ski to promote balance
- balancing on one ski while straight running (with other ski lifted). The ski must remain

RESOURCES

- 1) **Irish association of Snowsports Instructors Manual** - iasisnowsports.ie
- 2) **Irish association of Snowsports Instructors outcome standards**- iasisnowsports.ie
- 3) **10 FIS Rules of Conduct for skiers & boarders**