

Alpine Level 1 Ski Instructor



Teaching Assessment Criteria

Alpine Environment

Client level - Up to parallel (introduction to carving & variable terrain)

Teach -CSD progression up to parallel (Educator setting difficulties among the group e.g creating scenarios)

- Demonstrate knowledge on how to develop through the CSD with appropriate progression and effective use of drills and exercises
- Ability to identify and explain the WHY, WHAT, HOW of each chosen drill or exercise

The following criteria are broken down under the headings of **Safety, Enjoyment** and **Learning** (SEL). It sets out what you as potential level 1 instructors need to "Know" by the end of the course and what do you need to "Show" when delivering your session(s).

SAFETY

Know

- the **10 FIS Rules of Conduct** for skiers and boarders
- about accident procedure
- the different types of lifts encountered at artificial slopes and snow domes and how to introduce them

Show

- good group management during session delivered
- the ability to use and teach the FIS rules of conduct as required
- the ability to give clear instructions/directions to assist with management of learners
- awareness of other slope users
- good communication with other instructors delivering sessions as required
- good choice of terrain appropriate to the learners ability level



ENJOYMENT

Know

- how to adapt lessons for adults and children
- a **range of activities** for each stage of **Core Skier Development**

Show

- confident communication that focuses on the whole group and individuals within the group
- the ability to use simple every day language that is not overly technical
- the ability to adapt language to different types of client
- the ability to keep learners moving (MCA)

LEARNING

Know

- what **teaching styles** are and why we use different styles (Mosston & Ashworth)
- what the 3 phases of **skill acquisition** are (Fits & Posner)

Show

- a logical progression of activities
- a session that has a beginning, middle and end
- the ability to use a good mixture of explanation and demonstration
- the ability to give positive and corrective feedback either through telling or questioning

RESOURCES

- 1) **Irish association of Snowsports Instructors Manual** - iasisnowsports.ie
- 2) **10 FIS Rules of Conduct for skiers & boarders**
- 3) **Parallel Dreams Alpine Skiing**, 2007 available from Amazon
- 4) **Ski Instructors Handbook – Teaching Tools and Techniques**, 2012 available as ebook from Amazon, iBooks and print version from Parallel Dreams and Amazon
- 5) **Ski Instructors Assistant** by Derek Tate, 2014 available as a free download from Apple iBooks
- 6) **Ski Instructors Handbook – Technical Skills & Drills**, by Andrew Lockerbie, 2011, available in print from Parallel Dreams and Amazon

Alpine Level 2 Ski Instructor



Technical Assessment Criteria

The following criteria are broken down under the headings of **Core Skier Development (CSD)**, **Piste Performance**, **Bumps** and **Variable Conditions**. It sets out what you, as potential level 2 instructors need to "Show" by the end of the course.

CORE SKIER DEVELOPMENT: on appropriate terrain for each phase

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, diagonal and falling leaf side slipping, garlands and swing to the hill (turn to the hill)
- good posture and balance for all of the above

PISTE PERFORMANCE: on blue piste/terrain

Show

- short turns using a good blend of the steering elements to produce rounded turns using gradual rotation of the skis/feet gripping just after the fall line. Each descent should be rhythmic and flowing with good control of speed (steeper blue terrain)
- cleanly carved long turns leaving clean lines in the snow, with appropriate range and rate of movement in both vertical and lateral planes (i.e., not static)
- demonstrate additional activities such as bracquage on steeper terrain (steep blue or red piste) with good upper and lower body separation (i.e., not travelling forwards)
- good posture and balance for all the above



BUMPS: less than 25 degrees

Show

- continuous linked rhythmic turns (not necessarily in the fall line) matching movements to terrain
- linked turns with traverse showing good absorption of the bumps
- well timed pole plant and effective posture and balance for both of the above

VARIABLE CONDITIONS: up to 25 degrees

Show

- ability to perform in a variety of conditions (e.g. powder, heavy snow, slush and ice)
- rounded flowing turns of varying radii
- turns with a degree of ski performance (curved not skidded)
- effective posture and balance

SWITCH/BACKWARDS SKIING - Ability to link a minimum of reverse plough parallel 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

These activities are an assessed part of the level 2 standards and should be trained before arriving on course.

Show

- braquage (pivoting on the line) on steeper terrain within a narrow corridor (one cat track width, approx. 1.75m), keeping the upper body uninvolved and using active turning of the legs/feet

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**
- 4) **Parallel Dreams Alpine Skiing**, 2007 available from Amazon
- 5) **Ski Instructors Handbook – Teaching Tools and Techniques**, 2012 available as ebook from Amazon, iBooks and print version from Parallel Dreams and Amazon
- 6) **Ski Instructors Assistant** by Derek Tate, 2014 available as a free download from Apple iBooks
- 7) **Ski Instructors Handbook – Technical Skills & Drills**, by Andrew Lockerbie, 2011, available in print from Parallel Dreams and Amazon