

Name: \_\_\_\_\_

Instructor: \_\_\_\_\_

## Level 1

### POSITION AND BALANCE

- Can skate on flat terrain with one foot \_\_\_\_ strapped in
- Can remain standing when sliding straight on green terrain
- Is able to do a small hop with both feet strapped in on flat terrain

### CONTROL

- Can come to a controlled stop on flat terrain
- Can come to a controlled stop on a small incline
- Can side slip on heels
- Can side slip on toes

### TURNING

- Can maneuver around obstacles with one foot strapped in
- Has been introduced to turning with both feet strapped in

### I CAN...

- Tell you 1/10 Alpine Responsibility Code
- Stay with my instructor for the whole lesson without my family
- Attempt to stand up after falling
- Strap in my front foot unassisted
- Follow my instructor and group
- Safely ride the Bronze magic carpet unassisted
- Snowboard at an appropriate speed for the level of the group

 *You are now ready for level \_\_\_\_*

## Level 2

### POSITION AND BALANCE

- Is able to keep weight in the middle of the board
- Uses hands and arms to perform drills when moving
- Can perform multiple hops when sliding downhill

### CONTROL

- Can pendulum on heel unassisted
- Can pendulum on toes unassisted
- Comes to a stop then starts moving without sitting down

### TURNING

- Can complete heelside turn with assistance
- Can complete toeside turn with assistance
- Can complete heelside turn unassisted
- Can complete toeside turn unassisted

### I CAN...

- Tell you 2/10 Alpine Responsibility Code
- Stay with my instructor for the whole lesson without my family
- Follow my instructor and group
- Attempt to stand up immediately after falling
- Strap in both feet unassisted
- Safely ride the Silver magic carpet unassisted
- Snowboard at an appropriate speed for the level of the group

 *You are now ready for level \_\_\_\_*

# Level 3

## POSITION AND BALANCE

- Stable body position when linking turns
- Upper body remains relaxed and controlled when turning
- Keep my hands over the nose and tail of my board

## CONTROL

- Can come to an abrupt stop on green terrain
- Remains balanced when coming to an immediate stop
- Can come to a stop when moving across the hill
- Places snowboard across fall line when stopped on a hill

## TURNING

- Links turns together down Gold/progression carpet
- Uses turn shape to control speed
- Keeps weight in the middle of the snowboard throughout turn
- Can quickly change direction to avoid collision

## I CAN...

- Tell you 4/10 of the Alpine Responsibility Code
- Stay with my instructor for the whole lesson without my family
- Follow my instructor and group
- Get up unassisted after falling down
- Strap in both feet and stand up unassisted
- Safely ride the Gold magic carpet unassisted
- Snowboard at an appropriate speed for the level of the group

*Congratulations! You are now ready for*

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## Additional comments:

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