

Name: _____

Instructor: _____

Level 1

POSITION AND BALANCE

- Can walk on flat terrain with both skis on
- Can remain standing when sliding straight on green terrain
- Is able to do a small hop with skis on and off

CONTROL

- Uses snowplow to control speed
- Can come to a controlled stop on flat terrain
- Can come to a controlled stop on a small incline

TURNING

- Can walk around obstacles on the ground with skis on
- Has been introduced to turning skis while moving

I CAN...

- Tell you 1/10 of the Alpine Responsibility Code
- Stay with my instructor for the whole lesson without my family
- Follow my instructor and group
- Safely ride the Bronze magic carpet unassisted
- Ski 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 skis
- Uses hands and arms to perform drills when moving
- Can perform multiple hops when sliding downhill

CONTROL

- Can adjust size of snowplow when moving
- Uses size of snowplow to control speed
- Edge of skis are used to grip snow

TURNING

- Can make a wide turn to the left
- Can make a wide turn to the right
- Can follow instructors turn shape down a small hill

I CAN...

- Tell you 2/10 of the 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
- Attempt to put on/remove my skis unassisted
- Safely ride the Silver magic carpet unassisted
- Ski 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 snowplow turns
- Upper body remains relaxed and controlled when turning
- Adjust size of snowplow according to speed/terrain

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 skis across fall line when stopped on a hill

TURNING

- Links turns together down Gold/progression carpet
- Uses turn shape to control speed
- Keeps weight on downhill ski 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
- Put on/remove my skis with a little help
- Safely ride the Gold magic carpet unassisted
- Ski at an appropriate speed for the level of the group

You are now ready for level ____

Level 4

POSITION AND BALANCE

- Demonstrates athletic body position
- Lower body is mobile when turning
- Upper and lower body are starting to separate after the fall line
- Skis are parallel when moving across the hill
- Can perform multiple hops when going across the hill

CONTROL

- Attempts to use a hockey stop when stopping
- Places skis across fall line when stopped on a hill
- Can come to a controlled stop on ALL blue terrain
- Can effectively control their speed

TURNING

- Link turns together from top of chairlift
- Can perform short/medium/large radius turns on blue terrain
- Uses ski edge to grip snow during turns
- Skis are parallel by the end of each turn

I CAN...

- Tell you 6/10 of the Alpine Responsibility Code
- Stay with my instructor for the whole lesson without my family
- Follow my instructor and group
- Get up unassisted immediately after falling down
- Put on/remove my skis without help
- Safely ride the Legacy chairlift with my instructor
- Ski at an appropriate speed for the level of the group

Congratulations! You are now ready for
