

Name: _____

Instructor: _____

Level 1

POSITION AND BALANCE

- Stable body position when going straight in green terrain
- Upper body is relaxed and controlled
- Keeps weight in the center of snowboard
- Can perform small hop when sliding

CONTROL

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

TURNING

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

I CAN...

- Tell you 3/10 rules of the Alpine Responsibility Code
- Always stops at a safe point at the side of the hill
- Attempt to stand up immediately after falling
- Strap in both feet unassisted
- Safely ride the 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

- Keep hands over the nose and tail of board
- Maintains relaxed and centered in a mobile position

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
- Can control and vary speed using the Sideslip
- Can control and vary direction using the pendulum
- Flexes lower joints after the fall line when speed/terrain allow

TURNING

- Can complete heelside turn with assistance
- Can complete toeside turn with assistance
- Can complete heelside turn unassisted
- Can complete toeside turn unassisted
- Can link turns together unassisted on green terrain

I CAN...

- Tell you 5/10 rules of the Alpine Responsibility Code
- Always stop at a safe point at the side of the hill
- Get up immediately unassisted after falling down
- Strap in both feet and stand up unassisted
- Ride ALL magic carpets unassisted
- Snowboard at an appropriate speed for the level of the group

 You are now ready for level ____

Level 3

POSITION AND BALANCE

- Demonstrates centered and mobile body position
- Lower body is mobile when turning
- Lower body is leading the turning effort
- Demonstrates good alignment on Green terrain
- Can perform small ollies

CONTROL

- Can come to a controlled stop on ALL blue terrain
- Can effectively control their speed
- Can perform a carved traverse on both edges

TURNING

- Link turns together from top of chairlift
- Can perform large radius turns on blue terrain
- Uses snowboard's edge to grip snow during turns
- Can spray snow to the side of the hill during skidded turns
- Uses the lower body pivot to turn the snowboard

TIMING AND COORDINATION

- Shows rhythm and mobility when snowboarding
- Demonstrates the ability to maintain speed through turn shape & size on green terrain

I CAN...

- Tell you 7/10 rules of the Alpine Responsibility Code
- Always stop at a safe point at the side of the hill
- Get up immediately unassisted after falling down
- Strap in both feet and stand up unassisted
- Safely ride chairlift unassisted (age dependent)
- Snowboard at an appropriate speed for the level of the group

You are now ready for level ____

Level 4

POSITION AND BALANCE

- Demonstrates centered and mobile body position on variable terrain
- Maintain lateral balance through angulation
- Has the ability to use counter rotation when needed
- Maintains good body alignment through riding on all terrain
- Can move their body efficiently to create pressure in the snowboard

CONTROL

- Can use turn shape to control speed
- Is starting to control pressures created by the terrain
- Can change direction quickly

TIMING AND COORDINATION

- Blends together pivoting and edging throughout the turn
- Can assess terrain and choose appropriate actions
- Demonstrates the ability to maintain speed through turn shape & size on blue terrain
- Shows symmetry & rhythm in their snowboarding

TURNING

Can perform:

- Short radius turns on blue terrain
- Medium radius turns on blue terrain
- Large radius turns on blue terrain
- Is able to pivot with the lower body (hips, knee, feet)
- Is starting to use the knees and feet to turn the snowboard
- Can perform rhythmical short turns on all blue terrain
- Can vary the turn shape depending on the terrain
- Uses side cut to control turn shape
- Can perform linked carved turns on green / blue terrain
- Is able to hold their edge through the entire turn
- Is starting to show early edging in carved turns
- Is demonstrating early edging in sliding turns

I CAN...

- Tell you 10/10 rules of the Alpine Responsibility Code
- Always stop at a safe point at the side of the hill
- Get up immediately unassisted after falling down
- Strap in both feet and stand up unassisted
- Safely ride chairlift unassisted (age dependent)
- Snowboard at an appropriate speed for the level of the group

Congratulations! You are now ready for