

Name: _____

Instructor: _____

Level 1

POSITION AND BALANCE

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

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
- Maintains equal pressure on both skis when stopping

TURNING

- Can turn left
- Can turn right
- Can follow instructor's turn shape
- Can direct skis around an obstacle
- Keeps weight on downhill ski

I CAN...

- Tell you 3/10 rules of the Alpine Responsibility Code
- Always stop at a safe point at the side of the hill
- Attempt to stand up immediately after falling
- Attempt to put on/remove my skis unassisted
- Safely ride the 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

- 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 immediate stop on green terrain
- Remains balanced when coming to abrupt 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 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 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
- Put on/remove my skis without assistance
- Ride ALL magic carpets unassisted
- Ski at an appropriate speed for the level of the group

 You are now ready for level ____

Level 3

POSITION AND BALANCE

- Demonstrates athletic body position
- Lower body is mobile when turning
- Upper & 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
- Can spray snow to the side of the hill during skidded turns

TIMING AND COORDINATION

- Pole plant has been introduced
- Shows rhythm and mobility when skiing
- 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
- Put on/remove my skis without assistance
- Safely ride chairlift unassisted (age dependent)
- 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 on variable terrain
- Maintains mobile and balanced position on all terrain
- Maintain lateral balance through angulation
- Upper and lower body show strong separation

CONTROL

- Can come to a controlled stop when using a hockey stop
- Turn shape is always used to control speed

TURNING

- Can perform rhythmical short turns on al blue terrain
- Can vary the turn shape depending on the terrain
- Uses lower body consistently to pivot skis
- Uses sidecut to control turn shape
- Can perform linked carved turns on 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

TIMING AND COORDINATION

- Uses a pole plant to initiate turn
- 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 in their skiing

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 and helps other when they fall
- Put on/remove my skis and helps others with theirs
- Can safely ride all chairlifts unassisted (age dependent)
- Ski at an appropriate speed for the level of the group

ADVANCED SKILLS

- Has been introduced to park etiquette
- Has been introduced to correct take off/landing technique
- Has attempted switch skiing on green terrain
- Can traverse a line of moguls and remain balanced
- Is able to pole plant on backside of mogul
- Can ride on and off a flat box
- Has been introduced to correct halfpipe technique
- Is able to ski from top to bottom with only one ski on
- Is able to ski from top to bottom while skiing switch
- Can perform "Tornado Turns" on blue terrain

Congratulations! You are now ready for
