

# Activity Guide: Level 1 Ski Assessment 2022-2023

Updated: 12-6-22

Applies the Technical Fundamentals to demonstrate specific outcomes in beginner and easier intermediate terrain.

*This guide is a list of activities and example variations that can be performed during an assessment. The variations stated in this guide are examples and other variations may be used at the discretion of the group leader. This guide also serves as a training tool for both candidates and trainers. Each activity has specific skills attached to it and follows a natural progression as those skills evolve from Level 1 to Level 3.*

**Level 1 Activities** All Level 1 activities incorporate edge, rotary and pressure skills and the 5 fundamentals. In the beginner zone the relationship between fore/aft pressure and rotational control is emphasized.

	<b>Assessment Criteria</b>	Integrate two or more of the Technical Fundamentals through all turn phases to achieve prescribed ski performance.	Demonstrate versatility by varying turn shape, turn size, and line through the intermediate zone terrain.	Use individual technical fundamentals as prescribed.
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**Highlighted Activities** Highlighted activities emphasize an instructor's ability to emphasize an individual's ski performance or technical fundamental.

	Activity Description	Basic Blend	Adapted Blend	Highlighted Blend
Carved Uphill Arc	A single turn. Edged skis create the turn. The turn ends facing somewhat uphill.	The skis leave narrow tracks with tails following tips.	Can be performed with adjustments to the direction of the arc: mostly across the hill to more down the hill.	Demonstrate obvious ski and body performance that features edge control with leg tipping.
Guided Uphill Arc	A single turn. Steered skis create the turn. The turn ends facing somewhat uphill.	The skis leave a brushed track with even spray through the entire arc.		Demonstrate obvious ski and body performance that features a turning of the skis with the legs, separate of the upper body.
Straight Run Leapers	Glide with the skis parallel to the fall line. Make a series of hops so the skis leave the snow.	Skis remain parallel to the slope and each other.	Can be performed with adjustments to the rate or frequency of hopping.	Demonstrate obvious ski and body performance that features control of the overall magnitude of pressure.
Skate on Flat Terrain	Balance on one ski. Tip ski to inside edge. Push off and step to outside edge of the other ski.	The whole length of the ski lands on and pushes off the snow at the same time.	Can be performed with adjustments to pace: faster vs. slower skating movements/speeds.	Demonstrate obvious ski and body performance that features controlling pressure from ski to ski and directing pressure towards the outside ski.
Vertical Side Slip	A slip down the hill with skis aimed across the fall line. The skis stay in a consistent corridor straight down the fall line throughout the slip.	The skis remain parallel and the same distance apart. Speed is consistent.	Can be performed with adjustments to the rate of descent: slower sideslip vs. faster sideslip	Demonstrate obvious ski and body performance that features controlling the relationship of the center of mass to the base of support to direct pressure along the length of the ski.

**Basic Applied Activities** Basic Applied activities emphasize skill blending at slower speeds. The distinct combination of pressure, edge and rotary skills for each activity relies on accurate integration of the fundamentals. Accurate blending is needed to adapt an activity to different environmental variables or highlight specific skills/fundamentals within an activity.

	Activity Description	Basic Blend	Adapted Blend	Highlighted Blend
Gliding Straight Run	On groomed snow, travel in a straight line while maintaining flat and parallel skis that stay the same distance apart.	The skis bend from the middle and remain parallel and maintain ski/snow contact.	May be performed in variable snow conditions.	Maintain corresponding angles in the ankle, knees and hip to keep the BoS over the middle of the skis.  Alternate between gliding with parallel skis and gliding with a wedge. Adjustments made with leg rotation.
Wedge Turn	Linked turns on groomed snow. Maintain a consistent size wedge while linking turns. New inside ski flattens as both tips steer into the fall line. Skis turn at the same time and rate.	Maintain converging skis. The wedge size is consistent. Speed is consistent.	Turn shape may be adjusted: round arcs that go down the hill vs. arcs that go across the hill.	Use primarily leg rotation to steer the skis through the turn

Wedge Christie	Linked turns on groomed snow. At turn initiation edges of parallel skis released and open to a small wedge. Both tips steer to the fall line. Outside ski steers faster to fall line to create wedge. From fall line inside ski steers faster to create parallel skis.	Control the rate of rotation in each ski independently and maintain a consistent speed.	The timing of the match may be adjusted to adapt to demonstration based on student ability. The size and shape of the turn is varied to adapt to control speed and adapt to terrain.	The timing of the skis matching is adjusted by steering of the inside leg.			
<b>Advanced Applied Activities</b>	<b>Advanced applied activities require a skier to adapt skill blends to different mountain environments (snow conditions, terrain steepness, or width of skiing corridor) creating optimal ski performance for the situation.</b>						
	<b>Activity Description</b>	<b>Basic Blend</b>	<b>Adapted Blend</b>	<b>Highlighted Blend</b>			
Basic Parallel Medium Radius	Link a series of medium radius turns. Maintain parallel skis through a majority of the turns.	Skis are guided through all 3 turn phases. Both skis are tipped and turned at the same rate and time.	Adjust turn size and shape as directed or as needed to adapt to the environment.	Highlight an application of the fundamentals to the terrain and conditions and activity variations.			
Freeski	Link a series of round turns using preferred speed and turn size. Ski are parallel through most of the turn.	Manage speed and rhythm with intent.					