

Activity Guide: Level 2 Ski Assessment 2022-2023

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Adapts the Technical Fundamentals to demonstrate specific outcomes in beginner, intermediate, and some advanced 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 2 Activities	<i>All activities incorporate edge, rotary and pressure skills and the 5 fundamentals. In the intermediate zone the relationships between fore/aft pressure, rotational and edge control is emphasized.</i>			
	Assessment Criteria	Integrate three or more Technical Fundamentals through all turn phases to achieve prescribed ski performance	Manage turn shape, turn size, and line as needed in beginner through easiest advanced zones.	Manage each of the technical fundamentals as prescribed.
Highlighted Activities	Highlighted activities emphasize an instructors ability to emphasize an individual ski performance or technical fundamental.			
	Activity Description	Basic Blend	Adapted Blend	Highlighted Blend
Leapers	A round turn made with a hop through transition. Skis remain parallel to the slope the whole time and edge change occurs in the air.	Turn transition occurs in the air with minimal change of direction. Turn shape is used to control speed.	Can be performed with adjustments to speed: slower vs faster skiing speed.	Demonstrate obvious ski and body performance that features control of the overall magnitude of pressure.
Thousand Steps	A round turn made while stepping from ski to ski throughout.	Stepping happens during all 3 turn phases.	Can be performed by changing which part of the ski is lifted from the snow: lift just the tail or tip of the skis off the snow	Demonstrate obvious ski and body performance that features controlling pressure from ski to ski.
Carved Outside Ski Turn	A series of turns made with a carving outside ski and a flatter inside ski.	Outside ski leaves a clean arc in the snow through all 3 turn phases.	Can be performed with changes to the turn radius.	Demonstrate obvious ski and body performance that features controlling pressure from ski to ski.
Linked Pivot Slips	A slip down the hill with skis facing across the hill. Skis are then twisted progressively 180° to face the opposite side and held, then repeated. Skis stay in a consistent corridor throughout.	Skis remain parallel during the pivot phase and slipping phase.	Can be performed with adjustments to speed: slower vs faster skiing speed.	Demonstrate obvious ski and body performance that features a turning of the skis with the legs, separate of the upper body.
One-Ski Hops	A straight glide down the hill on one ski. While gliding hop off the snow and land on the same ski. Switch to the other ski and repeat.	Ski remains level to the slope throughout the hop.	Can be performed with changes to the number of hops made before switching to the new ski.	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.
Hockey Stop	Begin in a gliding straight run, pivot the skis 90 degrees, briefly hold a sideslip, then apply a firm edge set to stop.	Skis remain parallel during the pivot and the stopping phase. Edge set is made with matching edge angles.	Can be performed with adjustments to speed: slower vs faster skiing speed.	Demonstrate obvious ski and body performance that features edge control with the lower body.
Stork Turn	A round turn made on the outside ski, tail of the inside ski is lifted throughout while tip is flexed into the snow.	The outside ski is guided through all 3 turn phases.	Can be performed with changes to the turn radius.	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.

Skate to Shape	Begin by skating down the fall line. As speed increases turn shape develops. Skating then stops and shaped turns begin. Turns can be short to medium radius.	Skier continuously moves from edged ski to edged ski until turn shape is created	Timing from ski to ski is adjusted to change turn size and shape	Demonstrate obvious ski and body performance that features controlling pressure from ski to ski.
Crab Wedge	Begin gliding down the fall line with skis in a wedge. Shift weight from outside ski to outside ski, while increasing edge angle of outside ski to move across the slope, skis do not pivot, wedge remains pointed down the fall line.	Skier can continually shift their edge grip from outside ski to outside ski.	Shorten or widen the corridor width.	Demonstrate obvious ski and body performance that features controlling pressure from ski to 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
Wedge Turn	Maintain a converging relationship throughout a series of linked turns.	Maintain converging skis and achieve a simultaneous release. Maintain a consistent width between the boots.	Vary the size of the wedge in relation to managing speed through turn shape and terrain changes.	Use lower edge angles and leg rotation for steering input on flatter slopes Use higher edge angles for to create increase bending of the ski to achieve steering on a steeper slope
Wedge Christie	Release the edges at the same time to begin turn. Outside ski turns faster to the middle of the turn to create wedge. Inside ski turns faster to the end of the turn to create a match.	Create sequential steering with a simultaneous edge release. Width change between boots is minimized	Adjust the amount of edge angle used through turn shape and vary when the skis match.	The timing of the skis matching may be adjusted by the rate and timing of tipping and steering of the inside leg. Angulation is used to create higher edge or lower overall edge angles to adjust to terrain variations
Basic Parallel, Medium Radius	Linked, round turns in a medium radius corridor. Skis tip/turn together and at the same rate.	Maintain parallel skis and achieve a simultaneous release. The width between the boots remains the same throughout the turn.	Can be performed with changes to turn size: medium to small radius.	Highlight an application of the fundamentals to the terrain and conditions and activity variations.
Advanced Applied Activities	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.			
	Activity Description	Basic Blend	Adapted Blend	Highlighted Blend
Short Radius Turns	Linked, round parallel turns made in a short radius corridor.	Maintain parallel skis and achieve a simultaneous edge release. The width between the boots remains the same throughout the turn.	Can be performed with adjustments to speed: slower vs faster skiing speed.	Uses lower edge angles to adapt to flatter terrain. Uses higher edge angles to adapt to steeper terrain.
Moguls	Linked, round parallel turns. Speed is consistent and controlled with turn shape.	Skis remain in contact with the snow and control speed with turn shape.	Control turn size and line to adapt to the conditions and terrain.	Uses flexion and extension to maintain ski snow contact when appropriate.
Parallel Freeski	Linked, round parallel turns. Speed is consistent and controlled with turn shape.	Vary line and control speed with turn shape.	Actively creates different turn sizes and shapes as appropriate to terrain and speed.	Ability to adjust edge angles to control turn shape and speed with changing terrain.