

## Activity Guide: Level 3 Ski Assessment 2022-2023

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Level 3 instructors adjust and adapt the Alpine Skiing Fundamentals to demonstrate any specific skiing or ski performance outcome through the advanced zone.

*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.*

<b>Level 3 Activities</b>	All activities incorporate edge, rotary, pressure and the 5 fundamentals. In the advanced-expert zones accurate integration of all 5 fundamentals is required while the relationships between overall magnitude of pressure, ski to ski pressure and edge control are emphasized.			
	<b>Assessment Criteria</b>	Integrate the technical fundamentals through all turn phases to achieve prescribed ski performance.	Vary turn shape, size, and line as needed or prescribed in all skier zones.	Adapt and blend each of the technical fundamentals as prescribed.
<b>Highlighted Activities</b>	<b>Highlighted activities emphasize an instructors ability to emphasize an individual ski performance or technical fundamental.</b>			
	<b>Activity Description</b>	<b>Basic Blend</b>	<b>Adapted Blend</b>	<b>Highlighted Blend</b>
Dynamic Stork Turn	A dynamic turn made on the outside ski, tail of the inside ski is lifted throughout while tip is flexed into the snow. The outside ski leaves a narrow track.	The skis leave a carved track. The inside ski tip flexed into the snow through the shaping phase.	Be able to adjust turn shape/line. Be able to adjust to the terrain while keeping consistent turn size, shape, and dynamics.	Demonstrate obvious ski and body performance that features controlling edge angles.
Short Turn Leapers	A round short radius turn made with a leap through transition. Skis remain level the whole time and edge change occurs in the air.	The skis are level during the hop while changing edges in the air.	Be able to adapt varying sizes and dynamics of short turns. Can leap through transition with or without the aid of terrain.	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.
Pivot Slip/Short Radius Combo	Alternate between a series of short radius turns, a series of pivot slips, then back to short radius.	The skis stay within a consistent corridor width and maintain a consistent speed.	Be able to perform with a skidded short radius or a more carved short radius.	Demonstrate obvious ski and body performance that features edge control with the lower body.
Railroad Track	A shallow turn (more down than across) created by tipping both skis onto edge, leaving two clean lines in the snow.	Accurately blends fundamentals to demonstrate use of edging and pressure control from foot to foot to achieve desired outcome.	Be able to adjust turn size and corridor, while managing speed.	Progressive edge control with the lower body. Active moments to align to the outside.
1-Ski Hockey Stop	Performed on one ski. Begin in a straight run, pivot ski to a sideslip so the ski is on the downhill side, then apply a firm edge set to stop.	The ski pivots around a point under the ski boot. The stop is gradual.	Be able to perform at slower or faster speeds.	Demonstrate obvious ski and body performance that features a turning of the skis with the legs, separate of the upper body.
Retraction Pivot Slip	A series of linked pivot slips. Release edges by retraction of the lower body. Edges release and pressure decrease are simultaneous. Skis and COM move directly down fall line.	Demonstrates blending of fundamentals to highlight accurate blending of Pressure management linked with edge control and rotary control to achieve desired outcome.	Be able to adjust speeds and perform on and off piste.	Demonstrate obvious ski and body performance that features control of the overall magnitude of pressure.
One Ski Turn/Medium Radius	A series of medium radius turns made entirely on one ski. Switch skis after 4 or 5 turns.	Stay balanced over the one ski while guiding the ski through all 3 turn phases.	Be able to adjust turn size: small to large.	Demonstrate obvious ski and body performance that features controlling pressure from ski to ski.
Pivot Slip Change Up	Slip down the hill with skis facing across the hill. Skis pivot 90° into the fall line, hold a straight run for 3 ski lengths, then pivot another 90° to face the opposite direction. Repeat.	The rate of turning skis across the fall line is the same as the rate of skis turning back to the fall line.	Be able to perform at slower or faster speeds.	Demonstrate obvious ski and body performance that features a turning of the skis with the legs, separate of the upper body.
White Pass Turn	A large, round turn made on one ski. Switch from inside ski to outside ski during the apex. Edge change is made while on the outside ski, then it becomes the inside ski. Repeat.	Edge change is made while aligned to the downhill ski. The tail of the ski follows same path as the tip.	Be able to perform a variety of turn sizes.	Demonstrate obvious ski and body performance that features controlling pressure from ski to ski.

Edge Change on Flexion	A round turn made where the edge change is made using flexion in lower body to reduce pressure on skis simultaneously	The edge change happens when the skis have the least amount of pressure/the body is in its most flexed position.	Be able to adjust turn size: small to large.	Demonstrate obvious ski and body performance that features control of the overall magnitude of pressure.			
Crab Walk	A straight run. Extend one ski out to the side, place it on its edge, then guide it back under the body. Repeated on both sides.	The outside ski leaves a clean/narrow track.	Be able to perform at slower or faster speeds. Be able to allow the edged ski to come under the body to edge change.	Demonstrate obvious ski and body performance that features edge control with the lower body.			
Basic Outside Ski	Similar to Basic Parallel, performed only on the outside ski. Transition from outside ski to outside ski is controlled.	The skis leave a round brushed track.	Be able to perform a variety of turn sizes.	Demonstrate obvious ski and body performance that features a turning of the outside ski with the leg, separate of the upper body.			
Basic Applied Activities	<b>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.</b>						
	<b>Activity Description</b>	<b>Basic Blend</b>	<b>Adapted Blend</b>	<b>Highlighted Blend</b>			
Basic Parallel	Linked, round medium radius turns. Skis tip/turn simultaneously and at the same rate.	Maintain parallel skis and achieve a simultaneous release and engagement. The width between the boots remains the same throughout the turn.	Be able to consistently perform in a variety of snow conditions and/or using a variety intentional turn sizes and shapes.	Highlight an application of the fundamentals to the terrain and conditions and activity variations.			
Advanced Applied Activities	<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>			
Dynamic Medium Radius	Parallel medium radius turns. Skis leave carved round tracks with minimal displacement. Speed is fast and maintained.	Maximize ski/snow engagement in the shaping phase of the turn.	Be able to create intentional and varied outcomes for line, shape and size of turns.	Create intentional rate and intensity in a series of turns, adapting fundamentals in varying terrain.			
Dynamic Short Radius	Parallel turns, mostly carved and made within a 5 meter corridor. Speed is fast and maintained.	Maximize ski/snow engagement in the shaping phase of the turn.	Be able to create intentional and varied outcomes for line, shape and size of turns.	Create intentional rate and intensity in a series of turns, adapting fundamentals in varying terrain.			
Moguls	Linked turns, line is direct/down the fall line, speed is fast and consistent.	Maximize ski/snow engagement in the shaping phase of the turn. Skis maintain contact with the snow as prescribed.	Be able to adapt turns to variations in terrain.	Change or alter the highest edge and pressure within the turn.			
			Be able to maintain turn size and shape while adjusting to the terrain.	Manage ski snow interactions to adapt to the terrain and desired turn dynamics.			
Off Trail Basic Parallel	Linked round turns. Skis tip and turn at the same time and rate. Speed is moderate. The tracks are more brushed than carved.	Ski remain parallel and in contact with the snow.	Be able to actively adjust line, size and shape to adapt to terrain and conditions.	Highlight an application of the fundamentals to the terrain and conditions and activity variations.			
Dynamic Freeski	Vary turn size to adapt to changes in terrain and conditions. Speed is fast and maintained.	Speed is carried/maintained from turn to turn.	Be able to create intentional and varied outcomes for line, shape and size of turns in all terrain and conditions.	Create intentional rate and intensity in a series of turns, adapting fundamentals in varying terrain.			