

## **SNOWSPORT ENGLAND CROSS COUNTRY COACHING AWARD SCHEME: LEVEL 2 ROLLER SKI INSTRUCTOR**

### **Award Summary**

The Level 2 Instructor award is gained on successful completion of an approved Level 2 training and assessment course led by an SSE Tutor or Senior Tutor. This award qualifies instructors to work on roller skis with skiers from novice to intermediate level.

Level 2 Instructors should demonstrate a sound understanding of the sport, and sufficient skills, knowledge and experience to: 1) introduce skiers to the sport; 2) provide foundations for further learning; 3) be able to take inter-mediate skiers forward in developing their skills and versatility. The award is intended for those working mainly within a club environment.

The Level 2 Instructor will possess a solid appreciation of both skiing and teaching and will have wide knowledge of the sport. Level 2 Instructors will have sufficient understanding and experience in each of the competences listed for this award, and sufficient ability in these areas to enable them to work with beginner and intermediate recreational skiers on roller skis.

### **Level 2 Training and Assessment Course**

This involves a training and assessment course of at least four days or 28 hours, which may be organised on a modular or continuous basis.

The course will cover:

- The candidate's own skiing performance
- The fundamentals of cross-country skiing
- The fundamentals of working with novice and intermediate skiers, including planning and delivering safe and enjoyable sessions which provide the basis for further progress

### **Prerequisites for accreditation**

It is a prerequisite for participants on these courses that they satisfy minimum requirements of skiing experience and skills as specified below:

- Candidates must be at least 18 years old
- Be a qualified level 1 roller ski instructor or equivalent be registered with Snowsport England
- Have had a minimum of 20 hours' cross-country skiing instructional experience recorded in their log book, 10 hours of which must be on roller skis
- Attainment of an appropriate level in a relevant proficiency award scheme, e.g. 4 star in the SE scheme

### **Assessment for Level 2 accreditation**

The assessment part of the course follows the training session and will include the following activities:

- Teaching assessment: the candidate will be asked to teach his or her peers at their own level of skiing
- Personal skiing assessment
- Communication assessment
- Once the assessment is successfully completed, for full accreditation the candidate
- Needs to provide a completed logbook, showing level 1 instructor award

## Skiing: Fundamental Skiing Techniques

Level 2 Instructors must be able to demonstrate posture, balance, correct movement, control of speed and direction of travel. Demonstrations must display an “understandable and reproducible” picture of the technical aspects of cross-country skiing suitable for recreational skiers from novice to intermediate levels. The Instructor will illustrate in all techniques:

- Good posture
- Dynamic and, where appropriate, static balance complete weight transfer (where relevant) smooth flowing rhythm
- Good coordination
- Good ski/pole control and placement

### Level 2 Instructor skiing tasks

Skilful performance of the classic and skating techniques and ability to make transitions between techniques within each style are required. Awareness of recent developments in both classic and skating techniques is expected. In all these skiing movements skiers will be expected to display the general features of skilful technique specified above.

Candidates must demonstrate the following:

CLASSIC	4★ Proficiency Award Level
Overall level of skiing	Skis fluently over varied terrain. Shows both static and dynamic balance on glide ski. Able to adapt tempo, range of movement, glide and power with changes in terrain and pace, with smooth transitions between techniques.
Diagonal Stride	Fluent movements with only two phases in each cycle. Accurate, controlled and smooth placement of arms, poles and recovery leg.
Double Pole	Dynamic commitment of body weight to poles to generate power. Able to double pole uphill by altering tempo and range of movement. Able to demonstrate both new and old school techniques.
Double Pole Kick	Good double pole action with well timed compression and drive off kick ski and a well balanced glide phase. Able to execute on alternate kick leg plus a definite pre- loading of the kick ski and long drive from it. Able to alter technique according to terrain.
SKATE	
Overall	Good static and dynamic balance, full and sustained weight transfer, accurate and controlled placement of poles and recovery ski. Skis fluently on varied terrain: able to alter tempo, glide length and the angle of attack of new glide ski, with smooth transitions between techniques. Able to alter lead ski on asymmetric techniques
Herringbone skate	Accurate placement of skis and poles with high degree of flexion in knees and ankles and clear steps up hill. Able to change tempo and cope with varied terrain with smooth transition in and out of technique

Skate 1	Able to adapt body angles, ski angles, tempo, and power to suit the terrain. Able to lead on both sides. Accurate recovery of poles and skis with placement of flat ski on both sides. Strong torso with hips and shoulders stable in direction of travel
Skate 2	Correct timing of arms and legs: one drive of poles on each gliding leg. Symmetrical pole plants and glide phases, with body facing direction of travel. Compression and extension of body on each glide with power clearly generated through legs by range of movement of ankles and knees while maintaining tall posture in each extension phase. Skis placed flat then edged to effect drive at conclusion of glide. Able to adapt glide phase, tempo and ski angle according to terrain
Skate 3	One symmetrical arm action for each full leg cycle. Full effective arm swing with extended glide on lead side. Placement of flat glide ski. Body compresses on lead side with pole plant, and extends upwards on recovery side so only one extension phase per full leg cycle, with an active arm recovery in time with recovery leg. High degree of ankle and knee flexion, and compression to begin drive, giving a definite drive off each leg. Able to lead on each side, and to adapt tempo and patterns of glide to suit the terrain.
Free Skate	Extended glide on both skis with varied body position. Able to use arms both in synch with leg action and held static. Able to climb gentle gradients
<b>Turns and braking</b>	
Overall	Very good posture maintained throughout and adapted to changes of speed, direction and power. Good control on steep hills, and able to corner at speed.
Skate turn	Both skis edged, with fast foot movements, and body in state of dynamic balance with centre of gravity falling inside the position of both feet. Able to execute both with and without the use of poles. Effective use of poles to add power and to balance.
Step turn	Able to execute at reasonable speeds with fast foot action and small steps and increased lower body joint angles throughout turn. Smooth transition into skate turn.
Roller ski brake by rolling onto grass and emergency stop onto grass	Able to brake in a controlled way on a slope by rolling onto grass with one foot forward, maintaining balance as skis stop
Roller ski snowplough and stepping snowplough	Able to slow skis on a moderate slope using both techniques. Pushing out the rear of the roller skis maintaining a flat ski at all times. Ski poles must be in a safe position, and not used to aid the slowing of the skis. Tips of skis must be closer than the tails, overall wide stance is acceptable.

## Level 2 Teaching

Level 2 Instructors should demonstrate a good foundation of information and experience to be an effective coach for skiers ranging in ability from novice to intermediate. An effective understanding of how to manage the learning environment and safety aspects of groups of different sizes and ages and fitness levels is needed.

The Level 2 Instructor will be assessed by a Tutor/Senior Tutor in delivering a practical coaching session with their peers at their own level of skiing and through discussion and questioning. Candidates will be asked to video a small group and present analysis to the group.

## Level 2 Communication

Candidates will give a presentation to a group on a ski related topic. Potential subjects include: equipment selection (sizing and type); incident management; strength and conditioning for recreational skiers. Candidates may be asked to use visual aids or to present without these.

## Underpinning Knowledge

Knowledge requirements for Level 2 Instructors reflect a practical awareness of general terms and concepts, and an ability to use these concepts in sessions for beginners through to intermediate skiers. The Level 2 Instructor will be able to think creatively and respond to the needs of their skiers.

The Level 2 Instructor will be able to:

### *Background*

- Define and explain wider terminology
- Identify equipment needs for different levels of skiers identify appropriate terrain for different levels of skiers show ability to plan and present an audio-visual session
- Categorise the benefits of roller ski type and design and advise skiers of how their equipment choices might influence their performance
- Discuss clothing choice and related safety issues
- Show awareness of different surfaces and gradient appropriate to safe roller skiing show knowledge and understanding of the principals involved in basic fitness training show knowledge of basic equipment maintenance.

### *Movement Analysis*

- Identify the components of good skiing
- Critically observe and analyse general movement patterns found among all levels of skiers
- Identify desired outcomes in various types of skiing situations within the range of operations of the level 2 award
- List exercises and tasks which address student needs, the equipment being used, terrain options, etc
- Discuss skiers' posture, appropriate movement and balancing identify effective movements for all groups of skiers
- Understand the fundamental skiing movements involving posture, balance, and weight transfer
- Teach an appropriate blend of these movements suited to the needs of intermediate skiers create an activity/task list appropriate to the needs of these skiers

### *Session Delivery*

- Teach the skiing public from novice to intermediate and provide solid foundations for further learning
- Show ability to give appropriate feedback and encouragement
- Identify learning styles and preferences and discuss examples of use in a lesson understand the needs of individual skiers and develop a pathway for all levels handle a group based on group energy levels, conditions, safety and lesson content
- Understand how to create an appropriate learning environment, and how to incorporate this knowledge into sessions maximising opportunities for safety, enjoyment and further learning
- Understand the needs of specific groups of skiers
- Demonstrate the ability to assess proficiency awards where available

## Revalidation

All Level 2 instructors are required to attend an approved SSE refresher course at least once every three years. This is to keep them abreast of the latest developments in both skiing and coaching techniques.

Revalidation will comprise:

- provision by the Tutor of a refresher on coaching methodology
- demonstration by Instructor of appropriate technical ability and awareness of up to date coaching methods