

TELEMARK LEVEL 1

Award Summary

The Level 1 Snowsport England Telemark Instructor award is gained on successful completion of approved Level 1 training and assessment courses in both Alpine and Telemark disciplines, led by Tutor/Assessors in each of the two disciplines. The award qualifies Instructors to work with beginners and improvers. A Level 1 Telemark Instructor is authorized to operate at a local artificial ski centre, which may be operated by clubs, local government, or the private sector.

Level 1 Telemark Instructors should have developed a solid basis of skills, knowledge and experience as is necessary to introduce others to the sport and to provide a foundation for their further progress. A basic level of the competences listed below is required, rather than an in- depth level of skills and understanding. Candidates for the award will be assessed on evidence of *appropriate* levels of skiing and teaching performance as specifically required.

Level 1 Training and Assessment Courses

Training and assessment for the Level 1 Telemark award consists of a four-day pathway programme (or equivalent). A candidate for the Telemark Instructor award has to be trained as a UKSS Alpine Level 1 Instructor first, before continuing to the Telemark side of the training programme. The Alpine training course lasts for a minimum of 14 hours or two days, and may be delivered over a single weekend or a series of shorter sessions. The Telemark training course lasts for one day and the assessment for both Alpine and Telemark disciplines takes place on the same day. Courses in each of the two disciplines are delivered by local Alpine/Telemark Tutor/Assessors at local artificial ski centres.

The training courses will cover:

- The candidate's personal skiing performance the fundamentals of Alpine and Telemark skiing
- The fundamentals of working with beginners and improvers
- Planning and delivering safe and enjoyable sessions which build the foundations of further learning.

Prerequisites for Level 1 Instructor training:

Aspirants should be:

- At least 18 years old
- Registered with Snowsport England
- Able to demonstrate a basic competence in both alpine and telemark skiing

Working towards accreditation

At the end of their Level 1 training courses candidates will be given an action plan which will assist in their personal and professional development. In addition to working on any points identified in their action plan candidates will be required to:

- Complete a minimum of 20 hours of ski centre activity (“workplace training”), split between 10 hours of Alpine and 10 hours of Telemark, under the guidance of a suitable mentor
- Hold a current first aid certificate
- Meet current licencing criteria

Assessment for Level 1 Accreditation

The assessments follow the training sections for each of the two disciplines and will include:

- Teaching assignment: candidates will be asked to teach beginner skiers
- Skiing assessment
- Completion of the logbook showing: current registration, fulfilment of level 1 training courses, plus first aid certificate, current DBS clearance, and confirmation of 20 hours of workplace training.

Skiing Level 1

Level 1 Telemark Instructors must meet the following criteria whether skiing Telemark turns or skiing Alpine, ideally (not mandatory) using freeheel equipment.

Level 1 Telemark Instructors must be able to ski all areas of artificial ski slopes demonstrating appropriate posture, consistent balance and control of speed and direction of travel.

Demonstrations must display an *understandable picture* of the technical elements of skiing suitable for beginner and improver skiers. The turn characteristics are limited by the speeds and terrain appropriate for beginner and improver skiers.

The Instructor, overall within the range of the Level 1 Telemark Instructor will:

- Show continuous linked rhythmical turning
- Make adjustments to their speed of travel by controlling the shape of a turn
- Maintain a balanced, appropriate posture throughout a series of turns
- Demonstrate an appropriate blend of the fundamental elements of skiing [pressure control, steering, edge control and balancing]
- Show a variety of turn sizes and shapes in a series of turns
- Remain balanced and in appropriate posture whilst performing common tasks and demonstrations
- When demonstrating common skiing tasks, the instructor will paint an understandable and achievable picture for their skiers to copy

In all aspects of their skiing the skier’s skis/feet/legs will turn *more than and before* the skier’s pelvis and torso, and the skier will be supported by their outside ski at a point appropriate to the task.

Level 1 Telemark Instructor

Alpine Skiing Tasks

In a Level 1 skiing assessment, the Instructor, ideally (not mandatory) using freeheel equipment, must be able to demonstrate the following required tasks: ploughing, plough-steering, plough parallel and basic parallel turning.

Ploughing and Plough-steering- the candidate will show a series of linked, steered plough turns with:

- Balanced posture and body alignment (and therefore the absence of inappropriate upper body movements)
- Appropriate size and shape of plough, which should be consistent through the series of turns. Speed should be controlled through turn shape rather than the size of the plough. Movements in motion will be smooth and appropriate
- The skier will be able to illustrate ploughing using both *strength* and *weight*

Plough Parallel – the candidate will show a progressive development of steered plough turning leading towards rhythmical parallel skiing.

Basic Parallel Turning – the candidate will demonstrate a series of rhythmical, continuously linked basic parallel turns.

The following tasks are examples of additional exercises that the examiner may request Level 1 candidates to perform in order to demonstrate versatility:

- Plough – schüss – plough
- Straight running [schüssing]
- Tasks and activities to develop schüssing
- Side-stepping

Telemark Skiing Tasks

In a Level 1 skiing assessment the Instructor must be able to demonstrate: **sound Telemark posture, lead changes, parallel skiing and continuous linked turns.**

Sound Telemark posture — the candidate will show this with weight distributed appropriately between leading and rear skis, and with a quiet upper body. [This will be demonstrated in straight running, traversing, swings to the hill and continuous linked turns.] The candidate will be expected to understand and display appropriate degrees of rotational, lateral and fore-aft movements in motion, whilst linking continuous Telemark turns („Active Telemarking“)

Lead changes — candidates will show the ability to make one-phase lead changes with smooth simultaneous movement of the skis passing each other. [This is to be demonstrated in straight running, traversing, swings to the hill and continuous linked turns, completed with a variety of rate and range of movement of the skier’s body „Active Telemarking“].

Parallel skiing — candidates must show the ability to perform Telemark turns with the skis parallel, with no stepping or stemming of one ski in relation to the other.

Continuous linked turns — candidates must show the ability to ski continuously linked parallel Telemark turns, employing appropriate lead changes („Active Telemarking“).

Teaching Level 1

Level 1 Telemark Instructors will work with skiers from complete beginners to skiers *approaching* linked parallel Telemark skiing, and be able to teach them:

- To ski a range of snow plough turns and linked turns approaching parallel skiing on free-heel equipment
- To appreciate and demonstrate the difference between the body/postural positions appropriate for alpine and telemark skiing
- To undertake a range of telemark straight running manoeuvres, including lead changes down a gentle fall-line
- Three methods to telemark turning: - 1. The direct method-„teleworms“ 2. Plough method 3. Fan method

Level 1 Instructors will demonstrate that they possess a solid foundation of information and experience necessary to be an effective instructor for beginner and improver skiers. This will include a basic understanding of how to provide enjoyment whilst managing a safe learning environment with groups of different ages, confidence and fitness levels.

The Level 1 Telemark Instructor will be observed and assessed by the examiner in delivering a practical coaching session, *and* through discussion and questioning from the examiner.

Underpinning Knowledge

Knowledge requirements for Level 1 Instructors reflect a practical awareness of general terms and concepts, and an ability to use these concepts in basic lessons for beginner skiers.

Decision-making and lesson content will most likely follow pre-planned options. The Level 1 Instructor will be able to:

Background

- Define and explain basic skiing terminology identify equipment needs for beginner skiers
- Explain the benefits of modern ski designs identify common equipment safety issues
- Know and understand the FIS rules and in particular the ski-way code and discuss how to introduce them when teaching beginner and improver skiers
- Identify learning styles and preferences and to discuss examples and how to use them in a lesson
- Understand how to create an appropriate learning environment and discuss how to incorporate this knowledge into session that will maximise opportunities for safety, enjoyment and further learning.
- Discuss opportunities to create an appropriate learning environment for children at different stages of development.

Movement Analysis

- Recognize general movement patterns as found amongst beginner skiers
- List exercises and tasks which address a student's needs, the equipment being used, terrain options, etc.
- Discuss posture, appropriate movements and balance
- Identify effective movements and skill development for beginner skiers
- Understand the fundamental skiing movements of pressure control, edge control, steering and balance
- Create an activity/task list appropriate to the needs of their skiers.

Session Delivery

- Teach beginners and improvers and provide sound foundations for further learning understand and meet the needs of beginner and improver skiers
- Demonstrate an ability to develop a relationship of trust between instructor and student teach an appropriate blend of movements suited to the needs of beginner and improver skiers
- Handle a group based on group energy levels, conditions, safety and lesson content
- Identify the fundamental components of good skiing.