

## **UKSS LEVEL 2 TELEMARX INSTRUCTOR**

### **Award Summary**

Level 2 Instructors demonstrate a sound understanding of the sport and sufficient information and experience necessary to introduce skiers to the sport, to provide foundations for further learning and to take skiers forwards developing their skill and versatility. The award is intended for use *only* at artificial ski slopes within the UK.

A Level 2 Instructor is authorized to operate at a local artificial ski centre, working with skiers ranging from complete novice to skiers who are able to show continuously linked parallel turning and are ready to become more *specialized* in their development. These ski centres may be operated by clubs, local government or the private sector.

The Level 2 Instructor will possess sound underpinning knowledge of both skiing and teaching, and will have wide professional knowledge. It is not necessary for Level 2 Instructor to have detailed knowledge and experience in each of the areas of competence listed in this document. However, it is expected, that candidates will have sufficient competency and knowledge in all of these areas to allow them to operate with recreational skiers at *all* Levels on artificial ski slopes. In addition, it is expected that candidates will be able to demonstrate a *significant* Level of skill within the skiing and teaching roles listed specifically for the assessment.

### **Level 2 Training Course**

This is a *training* course delivered at a local Level by an appropriately qualified tutor. This course helps aspirant Instructors answer the question *what do I need to do to complete the Level 2 award?* In order to attend a Level 2 training course candidates must hold a Level 1 Instructor award. Holders of equivalent awards may apply to the awarding body for accreditation for prior learning.

The course will last for a minimum of 14 hours [or 2 days]. It may be delivered over a single weekend, or a series of shorter sessions.

The course covers the fundamentals of teaching and working with novice skiers and prepares the candidates for further learning and workplace training.

The course will cover:

- The candidates' own personal ski performance
- The fundamentals of alpine skiing
- The fundamentals of working with skiers of advanced and expert standard including planning and delivering *safe, enjoyable* sessions, which *build the foundations for further learning*.

### Working towards accreditation

At the end of their Level 2 training course 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 workplace training under the guidance of a suitable mentor and complete a post course workbook.
- Have completed a Level 1 training course
- Be registered with the Snowsport England
- Hold a current first aid certificate
- Have a current DBS check with Snowsport England

### Level 2 Examination

This will take place as a one-day Level 2 examination; this may be delivered directly following the Level 2 training course. The process will include the following activities:

- Completion of Workbook – candidates must show a completed Workbook showing, completion of a Level 2.
- Training course, first aid certificate,
- Completed current DBS, a minimum of 20 hours of workplace training.

In addition, there are three areas of competency which are assessed at Level 2 and a body of knowledge which underpin the Award:

1. Skiing performance
2. Session delivery [working with your peers and at their own level of skiing]
3. Health & safety [assessed via first aid certificate and questioning]
4. Underpinning knowledge [assessed by questioning in the context of session delivery]

### Skiing Level 2

Level 2 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 all recreational skiers; from novice to expert.

The Level 2 Instructor will be able to:

- Show continuously 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
- Show strong, dynamic skiing with an ability to sustain support against their outside ski before it crosses the fall line
- Respond and react to signals from the examiners and react as appropriate

### Telemark Skiing Tasks

Level 2 SSE Telemark Instructors must demonstrate a versatile and adaptable approach to completing tasks that focus on posture, lead changes and parallel turns.

**Telemark posture** — the candidate must demonstrate the ability to balance, adapt and adjust body movements whilst reacting appropriately to changing situations. These may be determined by controlling speed and direction with appropriate lateral, rotational and fore-aft movement

**Lead changes** — the candidate must show an understanding of the varied use of different types of lead change, and the ability to perform them appropriately. Movements in motion will be smooth and appropriate

**Linked Parallel Turns** — the candidate will demonstrate a series of rhythmical, continuously linked parallel turns with appropriate use of poles. The examiners will require the candidates to illustrate versatile skiing and parallel skiing at a variety of speeds, turns, and sizes/amplitudes from short to long radius with appropriate rhythm, rate and range of movements („Active Telemarking“). The following tasks are examples of additional exercises that the examiner may request Level 2 candidates to perform to demonstrate versatility and adaptability:

- From a steep descent skid to a halt in a Telemark stance
- A free run of Telemark skiing [parallel]
- Telemark skiing around offset markers/mini rapid gates

### Teaching Level 2

Level 2 Instructors will demonstrate a solid foundation of information, and experience necessary to be an effective Instructor for skiers ranging in ability from novice to expert. The Level 2 Instructor should expect to work with skiers who are ready to *specialize* in their skiing. A basic understanding of how to manage the learning environment for different types of skier is required.

The quality Level 2 Instructor will be assessed by the Instructor delivering a practical teaching session working with their peers *at their own Level of skiing performance* and through discussion and questioning from the assessor.

The Level 2 Instructor is able to show...

### Underpinning Knowledge

Underpinning knowledge requirements for Level 1 instructors reflects a practical awareness of general terms and concepts, and an ability to use these concepts in basic lesson for beginning skiers.

The Level 2 Instructor will be imaginative, responding to the needs of their skiers. The Level 2 Instructor will be able to:

#### Background

- Define and explain wider skiing terminology

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- Identify equipment needs for skiers from novice to expert
- Categorize the benefits of modern ski designs and advise skiers on how appropriate equipment might influence their performance
- Identify common equipment safety issues
- Understand the FIS Rules and discuss to emphasise appropriate behaviours when teaching advanced and expert skiers

### **Movement Analysis**

- Critically observe and analyse general movement patterns as found amongst advanced and expert skiers
- Identify desired outcomes within the range of operation of the Level 2 award
- List exercises and tasks which address a student's needs, the equipment being used, terrain options, etc.
- Discuss posture, appropriate movements and balancing
- Identify effective movements and for advanced and expert skiers
- Understand the fundamental skiing movements of pressure control, edge control steering and balancing
- Teach an appropriate blend of these movements suited to the needs of advanced and expert skiers
- Create an activity/task list appropriate to the needs of their skiers

### **Session Delivery**

- Teach the skiing public from novice to expert and provide sound foundations for further learning
- Demonstrate an ability to develop a relationship of trust between instructor and students
- Identify learning styles and preferences and discuss examples of how to use them in a lesson
- Identify a progression based on the needs of students specific to the instructor's slope
- Handle a group based on group energy levels, conditions, safety and lesson content.
- Understand how to create an appropriate learning environment and discuss how to incorporate this knowledge into sessions that will maximize opportunities for safety, enjoyment and further learning
- Identify the components of good skiing understand the needs of specific groups of skiers
- Discuss opportunities to create an appropriate learning environment for
- Skiers with differing needs and at different stages of development .....when dealing with advanced and expert skiers

### **Skiing Tasks - Level 2**

Ploughing, plough steering, plough parallel and parallel turns are mandatory tasks in a Level 2 Skiing assessment. In all aspects of skiing the candidate will show appropriate movements in motion and sound posture.

**Ploughing and Plough steering** –the candidate shall demonstrate a of linked, steered plough turns. The candidate will show

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 which are smooth and appropriate

**Plough Parallel** – the candidate will show a *smooth development* of plough steering to parallel steering. The skis will match as a result of a progressive increase in speed of travel and tempo of turning, causing the outside ski to support the skier progressively earlier in each arc.

**Parallel Turning** - the candidate shall demonstrate a series of rhythmical, continuously linked parallel turns with appropriate use of poles. The examiners will require the candidates to illustrate versatile skiing and to illustrate parallel skiing at a variety of speeds and turn sizes/amplitudes for short to long radius. Candidates are expected to show a sensitivity to the forces acting on them, to show good posture and to make movements in motion appropriate to the task at hand.

The following tasks are examples of additional exercises that the examiner may request Level 2 Candidates to perform to demonstrate versatility and adaptability.

- From a steep descent skid to a halt
- A free run
- [Parallel] skiing around markers/mini rapid gates