

UKSS LEVEL 1 SKI INSTRUCTOR

Award Summary

Level 1 Instructors demonstrate sufficient underpinning knowledge, information and experience necessary to introduce skiers to the sport and to provide foundations for further learning. The award is intended for use *only* at artificial ski slopes within the UK.

A Level 1 Instructor is authorised to operate at a local artificial ski centre, working with skiers ranging from complete novice to skiers *approaching* parallel skiing. These ski centres may be operated by clubs, local government or the private sector.

The Level 1 Instructor will possess an understanding of *basic* skiing skill. It is not necessary for Level 1 Instructors to have *in-depth* knowledge and experience in each of the areas of competence listed in this document. However, it is expected, that candidates will be able to show *basic* competency and knowledge in all of these areas. 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 1 Training Course

This is a *training* course delivered at a local level by an appointed Tutor. This course helps aspirant instructors answer the question *what do I need to do to complete the Level 1 Award?*

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 with a minimum duration of 2 hours each.

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 novice skiers including planning and delivering *safe, enjoyable sessions, which build the foundations for further learning.*

Working towards accreditation

At the end of their Level 1 Training Course candidates will have 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:

- Be and remain registered with the UK Coaching Scheme,
- Complete Workplace Training logging progress in the Level 1 Instructor Workbook,
- Undertake certified First Aid Training,
- Complete a Safeguarding and Protecting Children course,
- Hold a current DBS check – via a the appropriate UKSS awarding body.

First Aid training requirements

Candidates must attend First Aid awareness training lasting at least 3 hours and provide a certificate to the Governing Body.

Level 1 Assessment

This may take place as a one day Level 1 Examination or as a workplace based accreditation. The process will include examination of the following:

- Skiing performance,
- Session delivery,
- Health & safety [assessment via first aid certificate, questioning and observation],
- Underpinning knowledge [assessed by questioning in the context of session delivery].

Skiing Performance Level 1

Level 1 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 novice skiers. The turn characteristics are limited by the speeds and terrain appropriate for beginning skiers.

The Level 1 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 when turning/steering,
- 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 when steering,
- 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.

Session Delivery Level 1

Level 1 instructors will demonstrate a solid foundation of information, and experience necessary to be an effective instructor for beginning skiers. A basic understanding of how to manage the learning environment for different types of skier is required.

The quality of a Level 1 instructor will be assessed by the candidate delivering a practical session and through discussion and questioning from the assessor.

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 1 instructor will be able to:

- Define and explain basic skiing terminology,
- Identify equipment needs for novice skiers,
- Explain the benefits of modern ski designs,
- Identify common equipment safety issues,

- Understand the FIS Rules and discuss how to introduce these concepts when teaching beginner skiers.

Movement Analysis

- Recognise general movement patterns as found amongst beginning skiers,
- 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 skill development for beginning 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 novice skiers,
- Create an activity/task list appropriate to the needs of their skiers.

Session Delivery

- Teach beginners and provide sound foundations for further learning,
- Demonstrate an ability to develop a relationship of trust between instructor and student,
- Identify learning styles and preferences and discuss examples of how to use them in a lesson,
- Identify a pathway to learning based on the needs of students,
- Handle a group based on its energy levels, conditions, safety and lesson content,
- Understand and meet the needs of novice skiers,
- 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 fundamental components of good skiing,
- Discuss opportunities to create an appropriate learning environment for children at different stages of development.

Skiing Tasks - Level I

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

Ploughing and Plough steering/turning –the candidate shall demonstrate linked, steered plough turning. 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 progressive development of steered plough turning leading towards rhythmical parallel skiing.

Basic Parallel Turning - the candidate shall demonstrate a series of rhythmical, continuously linked basic parallel turning.

The following tasks are examples of additional exercises that the examiner may request Level One Candidates to perform to demonstrate versatility in skill blending.

- Plough – schuss – plough,
- Straight sliding running [schussing],
- Tasks and activities to develop schussing,
- Side stepping