

SNOWSPORT ENGLAND CROSS COUNTRY COACHING AWARD SCHEME: LEVEL 1 ON-SNOW CROSS-COUNTRY INSTRUCTOR

Award Summary

The Level 1 (Instructor) award is gained on successful completion of an approved Level 1 training and assessment course, led by an appointed Tutor or Senior Tutor. The award qualifies instructors to work on snow with beginners and those in the early stages of their skiing careers.

Level 1 Instructors should demonstrate a solid basis of skills, knowledge and experience necessary to introduce others to the sport and to provide a foundation for further progress. The award is intended for use only on prepared tracks or on snow and snow slopes not more than 2 km from the nearest public road or telephone. It is not a mountain leader's or tourer's award, but is focused on the coaching of appropriate skills primarily on prepared tracks.

The Level 1 Instructor will have fundamental skiing/instructing skills and relevant information. A basic level of the competences listed below is required, rather than an in-depth level of skills and understanding. Similarly, candidates for the award will be assessed on evidence of appropriate levels of the skiing and teaching performance specifically required.

Level 1 Training and Assessment Course

This course, lasting for a minimum of 2 days or 14 hours, covers both training and assessment. It may take place over a single weekend, or during a longer course of a week's duration.

The course will cover:

- The candidate's own personal skiing performance
- The fundamentals of cross-country skiing
- The fundamentals of working with novice 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 skill as specified below:

- Be at least 18 years old be registered with a SSE Member Body
- Have had a minimum of 30 days' cross-country skiing experience recorded in their log book 20 days of which must be on snow be able to demonstrate a basic competence in both classic and skating techniques.
- Attainment of an appropriate level in a relevant Proficiency Award Scheme, e.g. 3 star in the Snowsport England Scheme.

Assessment for Level 1 (Instructor) accreditation

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

- Teaching assignment:
- Candidates will be asked to teach beginner skiers skiing assessment
- Communication assessment

Once the assessment is successfully completed, for full accreditation the candidate needs to provide their completed logbook showing required skiing experience, a current First Aid certificate and a Enhanced DBS check.

Level 1 Skiing: Fundamental Techniques

Level 1 Instructors must be able to ski tracks and moderate slopes to demonstrate posture, balance, movement, control of speed and direction of travel. Demonstrations must display an "understandable and reproducible" picture of the technical aspects of cross-country skiing.



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The Instructor will illustrate in all techniques at a standard appropriate to Level 1:

- Appropriate and relaxed posture
- Consistent balance
- Weight transfer (where appropriate)
- Correct movements
- Rhythm
- Coordination
- Control

Level 1 Instructor Skiing Tasks

Competent performance of the classic diagonal stride, double poling and double pole kick, step and skate turns, skate 1, 2 and 3 techniques, and downhill techniques, including snowplough, half plough and straight running, and emergency stop relevant to track skiing.

The candidate must demonstrate the following techniques, displaying the general features of sound technique specified above.

Classic	3 Star Proficiency Award
Overall level of skiing	Skis confidently over medium terrain, without undue hesitation. Achieves full weight transfer: able to remain on one ski to glide, and shows clear and well-timed compression of new drive ski. Correct angulation of ankles, knees, hips, elbows, with a degree of body angulation and full range of movement of legs and arms. Able to stay in tracks round corners.
Diagonal Stride	Correct body alignment permitting static one leg balance and a clear glide phase. Full range of smooth movements of both arms and legs to generate forward momentum.
Double Pole	Full range of movement of arms with relaxed hands and shoulders. Poles planted with hands in front of baskets. Body weight rises and falls by compression/extension of ankles, knees, hips, abdominals
Double Pole Kick	Double pole action as above with well-timed compression and drive off kick ski and a well-balanced glide phase. Able to execute on alternate kick leg
Exit track and change track	Committed step out of track and onto new ski, smooth move back into track and committed step in with both skis. Able to do by stepping out parallel to tracks and by a skate move.
Herringbone and half herringbone	Herringbone: Able to ascend medium hill steadily using inner edge of ski, with skis angled to suit gradient and ankles and knees flexed. Co-ordinated use of poles with opposite skis. Body weight over centre of skis. Half herringbone: clean step with inside ski onto central area of track, maintain effective progress in half herringbone then smoothly replace ski in track; avoiding herringboning on track.
Skate	
Overall	Full weight transfer on both sides with clear use of drive ski to generate power. Coordinated and full range arm/leg movement with correct angulation of joints, relaxed posture and slight forward lean of upper body. Able to use each technique appropriately on varied terrain.
Herringbone skate	Rhythmical action with short glide phase on well angled skis. Correct timing (each pole planted with opposite ski)
Skate 1	Synchronized arm and leg actions; poles planted asymmetrically with the lead pole planted with lead ski and driving in direction of the glide ski. Full weight transfer, clear glide phase and generation of power from both arms and legs.
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.
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.
Free Skate	Balanced symmetrical skating action without the use of poles. Stable upper body facing direction of travel.

Turns and Breaking	
Overall	Good posture and able to adapt to terrain. Remaining balanced over ski with changes of speed and direction. Good control on medium hills and corners.
Skate turn	Turns to both left and right on a gentle gradient. Definite edging of outer ski with glide and drive. Controlled/unrushed un-weighting and placement of both skis. (Inside ski placed at appropriate new angle, outside ski placed close, although not quite parallel to inside ski)
Step turn	Controlled and accurate Placement of flat skis showing ability to stand comfortably on one ski.
Side step on hill	On medium hill, able to side step up and down. Slight lowering of body posture plus appropriate angulation of body relative to hill, with effective use of edges. Place inside pole up slope for stability, Positive lift and placement of inside ski with effective weight transfer and smooth recovery of other ski and pole.
Kick turn	Stable kick turns (facing downhill) on moderate slopes, to either side. Accurate placement of skis and effective use of poles for support on medium hill with effective use of ski edges as well as poles.
Half snowplough	Able to use half snowplough to control speed and stop on moderate slopes. Controlled placement of plough ski out of track and replacement in track. Poles held in safe position on medium hill, with appropriate flexion and effective pressuring. Able to make a controlled stop. Able to execute on both sides.
Snowplough glide and brake	Good relaxed and effective position. Able to use snowplough to control speed on medium slope and to make a controlled stop
Snowplough turns	Correct relaxed body position; Able to turn left and right at predetermined points and to control radius of turn.
Traverse with step up stop	Stable position with head and shoulders facing downhill, upper ski slightly forward; lower ski weighted. Traverse medium slope, with skis making clearly edged parallel tracks. Able to stop by stepping up hill to either side.

Level 1 Teaching

Level 1 Instructors should demonstrate a solid foundation of information and experience to be an effective coach for beginner skiers on snow. A basic understanding of how to manage the learning environment of groups of different sizes and ages and fitness levels is needed.

The Level 1 Instructor will be assessed by the examiner in delivering a practical coaching session and presentation as above, and through discussion and questioning. This will include the use of video, where the candidate shall video a skier carrying out a basic technique, and provide one-to-one feedback to the skier.

Level 1 Communication

Candidates will make a short informal presentation to a small group. The subject will be one of the non-skiing elements of the Nordic Proficiency Awards e.g. waxing, clothing, or equipment.

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 terminology
- Describe equipment needs for novice skiers (including clothing)
- Identify common equipment safety issues
- Demonstrate understanding of basic navigation, prevention and treatment of hypothermia, and weather information
- Demonstrate ability in and understanding of basic waxing

Movement Analysis

- Identify the components of good skiing
- Recognise general movement patterns found among beginner skiers
- Identify desired outcomes in various types of beginner skiing
- List exercises and tasks which address student needs, the equipment being used, terrain options, etc
- Discuss the skiers' posture, movement and balancing
- Identify effective movement for beginner skiers
- Understand the fundamental skiing movements involving posture, balance, and weight transfer
- Teach an appropriate blending of these movements suited to the needs of novice skiers
- Create an activity/task list appropriate to the needs of these skiers

Session Delivery

- Understand and meet the needs of novice skiers
- Identify an appropriate learning pathway based on the needs of beginner skiers
- Demonstrate an ability to develop a relationship with their students
- Understand how to create an appropriate learning environment and how to incorporate this knowledge into sessions that will maximise opportunities for safety, enjoyment and further learning
- Teach the skiing public as beginners and provide solid foundations for further learning
- Identify learning styles and preferences and discuss examples of use in a lesson
- Handle a group based on group energy levels, conditions, safety and lesson content
- Demonstrate ability to assess Proficiency Awards where available

Revalidation

All Level 1 instructors are required to attend an approved SE refresher course at least once every three years (this can be on snow or roller skis). This is to keep them abreast of the latest developments in both skiing and coaching techniques. A revalidation session will be a minimum of one day. It will include - Refresher from Tutor - Demonstration by Instructor of up to date coaching methods and skiing techniques.