



SNOWSPORT ENGLAND CROSS- COUNTRY COACHING AWARD SCHEME: LEVEL 1 ROLLER SKI INSTRUCTOR

Award overview, training, assessment and licencing



1) Award summary

The Snowsport England (SE) Level 1 roller ski instructor award is gained on successful completion of an approved Level 1 training and assessment course, led by a Tutor or Senior Tutor. The award qualifies instructors to work on roller skis with beginners and those in the early stages of their skiing careers (improvers).

Level 1 Instructors have to demonstrate a solid basis of skills, knowledge and experience necessary to introduce others to the sport and to provide a foundation for further progress.

2) Remit

The award is intended for use at any venue suitable for roller skiing, where you may work with beginner and/or improver roller skiers. It does not qualify you to instruct on snow nor to lead on-snow tours.

A SE qualification authorises instructors to work in a club or equivalent setting. If you wish to work in other settings, you need to contact SE to clarify whether it is within the terms of your licence.

3) Training

A normal course, lasting for 2 days or 12 hours, covers both training and assessment. It may take place over a single weekend, or during a longer course, and may be completed on a modular basis.

When you apply to SE to become a Level 1 instructor, the SE Coaching Panel will contact you to agree on the most appropriate way to undertake the training, and progress towards and conduct your assessment.

The course covers:

- your own personal skiing performance,
- your knowledge of the fundamentals of cross-country skiing,
- your ability to work with beginner/improver skiers, including planning and delivering safe and enjoyable sessions which provide the basis for further progress.

4) Prerequisites

It is a prerequisite that you satisfy minimum requirements of skiing experience and skill as specified below:

- be at least 18 years old (but see below),
- be registered with a SE club,
- be able to demonstrate sound competence in both classic and skating techniques (e.g. SE roller ski 3* proficiency).
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Note: SE also offers a youth roller ski Level 1 instructor award for 16-17 year-olds. They qualify and hold a licence in exactly the same way as adult instructors. They can instruct their own group but there must be an adult instructor or coach present at the centre/circuit/track at the same time.

5) Required skiing technique

You have to be able to roller ski on the flat and moderate slopes to demonstrate posture, balance, movement, control of speed and direction of travel. Demonstrations shall display an “understandable and reproducible” picture of the technical aspects of cross-country skiing.

You have to illustrate, in all skiing techniques, a standard of SE roller ski 3* proficiency or equivalent of:

- appropriate and relaxed posture,
- consistent balance,
- weight transfer (where appropriate),
- correct and rhythmical movements,
- coordination and control.

You have to perform all ski techniques described in the SE 3* roller ski proficiency scheme, see [SE-Nordic-Proficiency-Awards-2022.pdf \(snowsportengland.org.uk\)](https://www.snowsportengland.org.uk/wp-content/uploads/2022/03/SE-Nordic-Proficiency-Awards-2022.pdf).

6) Teaching requirements

You have to demonstrate a solid foundation of information and experience to be an effective instructor for beginner and improver skiers on roller skis. An understanding of how to manage the learning environment of various sized groups of beginners/improvers of different ages and fitness levels is needed.

You will be assessed on delivering a practical roller skiing instruction session, on a topic given to you well in advance, allowing you time to prepare. This will, in principle, include the use of video, where you have to film a skier carrying out a basic technique, and provide one-to-one feedback to that skier. During the session, you have to display the following teaching and knowledge skills:

Movement analysis

- identify the components of good skiing, involving posture, balance and weight transfer,
- recognise general movement patterns found among beginner/improver skiers,
- identify desired outcomes in various types of beginner/improver skiers,
- list exercises and tasks to meet skiers’ needs, the equipment being used, terrain options, etc.,
- discuss the skiers’ posture, movement and balance,
- teach an appropriate combination of posture, movement and balance suited to the needs of beginner/improver skiers.

Session delivery

- understand and meet the needs of beginner/improver skiers,
- identify an appropriate learning pathway based on the needs of these skiers,
- demonstrate an ability to develop a relationship with your skiers,
- understand how to create an appropriate learning environment and how to incorporate this knowledge into sessions that will maximise safety, enjoyment and 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 up to 2* roller ski, where applicable.

7) 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/improver skiers. Your knowledge will be assessed in part through the informal presentation, in part through the instruction session, and in part through discussion with and questioning from your Tutor throughout the course/assessment.

You have to be able to:

- define and explain basic terminology,
- understand how to select and assess suitable roller skiing venues,
- describe equipment needs for beginner/improver skiers and common equipment safety issues,
- discuss clothing choice and related safety issues,
- demonstrate understanding of and coping with weather and weather information,
- demonstrate understanding of basic waxing and other grip systems sufficient to explain how snow skis function and how this links to roller skiing,
- provide beginner/improver level advice on training, fitness and warming up.

You have to 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. clothing or equipment, and the subject will be given to you in advance.

8) Assessment

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

- personal skiing technique,
- teaching assignment; you will normally be asked to teach beginner/improver skiers,
- communication and knowledge assessment; you will be asked to make a ski-related presentation.

9) Licencing

Once the assessment is successfully completed, you need to provide your completed logbook showing required skiing experience, a current First Aid certificate, an Enhanced DBS check certificate and proof that you have attended a suitable Child Protection/Safeguarding course to receive your licence.

Visit <https://www.snowsportengland.org.uk/licencing/> for licencing details.

Your licence provides you with third party liability insurance. To check the extent of your insurance cover, visit <https://www.snowsportengland.org.uk/membership-insurance/>.

10) Revalidation

All Level 1 instructors are required to undergo an approved SE roller ski refresher assessment at least once every three years. Assessment may be by attending a course or, for one revalidation in two, by attending a SE cross country coaching workshop. Revalidation is to keep you abreast of the latest developments in both skiing and coaching techniques.

A revalidation course will normally be one day (6 hours), but some elements may be done on a modular/remote basis (e.g. you may be invited to send videos of your skiing technique to the Tutor/Senior Tutor). It will include:

- refresher from the Tutor of any up-to-date coaching methods and skiing techniques, if relevant,
- your demonstration of up-to-date coaching methods and roller skiing techniques.

When you are due for revalidation, SE will contact you to agree on the most appropriate way to conduct this.

If you also hold a BASI Level 1 instructor qualification, your BASI revalidation may be used, for one revalidation in two, instead of the SE process, and *vice-versa*.

11) Further information and contact

If you have any comments or questions related to these Course Notes, please address them to SE's Nordic Coaching Panel, Nordic@snowsportengland.org.uk.

SE has developed a series of example coaching drills appropriate for beginners, and Course Notes which describe the non-skiing parts of Level 1 instructing and the assessment course. For further details, please contact Nordic@snowsportengland.org.uk. A Level 1 qualification may also be achieved through the SE Equivalency process whereby a candidate Level 1 roller ski instructor, holding an award from another awarding body, is judged to meet the SE Level 1 requirements. Contact the SE office for further details.