



SNOWSPORT ENGLAND CROSS-COUNTRY COACHING AWARD SCHEME: LEVEL 2 ROLLER SKI INSTRUCTOR

Award overview, training, assessment and licencing



1) Award summary

The Snowsport England (SE) Level 2 roller ski instructor award is gained on successful completion of an approved Level 2 training and assessment course, led by a Tutor or Senior Tutor. This award qualifies instructors to work on roller skis with skiers from beginner to intermediate level.

Level 2 instructors have to demonstrate a sound understanding of roller skiing, and sufficient skills, knowledge and experience to: 1) introduce skiers to the sport; 2) provide foundations for further learning; 3) be able to take skiers forward in developing their skills and versatility.

A Level 2 Instructor has to possess a solid appreciation of both skiing and teaching and will have wide knowledge of the sport. Level 2 Instructors will have sufficient understanding and experience in each of the competences listed for this award, and sufficient ability in these areas to enable them to work with beginner to intermediate recreational skiers on roller skis.

2) Remit

The award is intended for use at any venue suitable for roller skiing, where you may work with roller skiers from beginners through to intermediates. 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 involves training and assessment of four days or 24 hours. It may take place over two weekends, or during a longer course, and may be completed on a modular basis.

When you apply to SE to become a Level 2 instructor, the SE XC 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 will cover:

- your own skiing performance,
- the fundamentals of cross-country skiing,
- the fundamentals of working with beginner, improver and intermediate 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 skills as specified below:

- be at least 18 years old,
- be a licenced Level 1 roller ski instructor,
- be registered with Snowsport England,
- have a minimum of 20 hours' roller skiing instructional experience recorded in your log book (or equivalent)
- be able to demonstrate an appropriate level in both classic and skate roller skiing (e.g. SE 4* roller ski proficiency).

5) Required skiing technique

You must be able to demonstrate, on roller skis, posture, balance, correct movement, control of speed and direction of travel. Demonstrations must display an “understandable and reproducible” picture of the technical aspects of roller skiing suitable for recreational skiers from beginner to intermediate levels.

You have to illustrate, in all techniques, a standard of SE roller ski 4* proficiency or equivalent, of:

- good posture,
- dynamic and, where appropriate, static balance,
- complete weight transfer (where relevant),
- smooth flowing rhythm,
- good coordination,
- good ski/pole control and placement.

You have to perform all ski techniques described in the SE 4* 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 good foundation of information and experience to be an effective instructor for skiers ranging in ability from beginner to intermediate. An effective understanding of how to manage the learning environment and safety aspects of groups of different sizes, 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,
- critically observe and analyse general movement patterns found among skiers from beginner to intermediate,
- identify desired outcomes in various types of roller skiing situations within the range of operations of the Level 2 award,

- list exercises and tasks which address student needs, the equipment being used, terrain options, etc.,
- discuss skiers' posture, appropriate movement and balancing, and identify effective movements for all groups of skiers,
- understand the fundamental skiing movements involving posture, balance, and weight transfer,
- teach an appropriate combination of these movements suited to the needs of beginner to intermediate skiers and create an activity/task list appropriate to the needs of these skiers.

Session delivery

- teach the skiing public from beginner to intermediate and provide solid foundations for further learning,
- show ability to give appropriate feedback and encouragement,
- identify learning styles and preferences and discuss examples of use in a lesson,
- understand the needs of individual skiers and develop a pathway for all levels,
- handle a group based on group energy levels, conditions, safety and lesson content,
- understand how to create an appropriate learning environment, and how to incorporate this knowledge into sessions maximising opportunities for safety, enjoyment and further learning,
- understand the needs of specific groups of skiers,
- demonstrate the ability to assess proficiency awards up to Level 3*, where applicable.

7) Underpinning knowledge

Knowledge requirements for Level 2 Instructors reflect a practical awareness of general terms and concepts, and an ability to use these concepts in sessions for beginners through to intermediate 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 think creatively and respond to the needs of your skiers, and:

- define and explain wider terminology,
- understand how to select and assess suitable roller skiing venues for different levels of skiers,
- show awareness of different surfaces and gradients appropriate to safe roller skiing,
- demonstrate ability to perform venue risk assessment,
- identify equipment needs for different levels of skiers and common equipment safety issues,
- categorise the benefits of roller ski type and design and advise skiers of how their equipment choices might influence their performance,
- show knowledge of basic equipment maintenance,
- discuss clothing choice and related safety issues,
- demonstrate understanding of basic waxing and other grip systems sufficient to explain how snow skis function and how this links to roller skiing,
- show ability to plan and present an audio-visual session,
- show knowledge and understanding of the principals involved in training, fitness and warming up for beginner to intermediate skiers,
- demonstrate understanding of and coping with weather and weather information.

You have to give a presentation to a group on a roller ski related topic. Potential subjects include: equipment selection (sizing and type), suitable clothing or strength and conditioning for recreational skiers. You may use visual aids or present without these.

8) Assessment

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

- personal skiing assessment,
- teaching assessment: you will normally be asked to teach a group of intermediate skiers, although this may also be a group of improvers,
- 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 a completed logbook (or equivalent), showing Level 1 instructor 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 2 instructors are required to undergo an approved SE 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).

Revalidation will comprise:

- refresher by the Tutor on any up-to-date coaching methods and skiing techniques, if relevant,
- demonstration by the instructor of appropriate roller ski techniques and awareness of up-to-date coaching methods.

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 2 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 XC Coaching Panel, Nordic@snowsportengland.org.uk.

A Level 2 qualification may also be achieved through the SE Equivalency process, whereby a candidate Level 2 roller ski instructor, holding an award from another awarding body, is judged to meet the SE

Level 2 requirements. There is also a fast track option in certain circumstances. Contact the SE office for further details.