

Cross-Country Proficiency Awards: Technical Guidance

Snowsport England cross-country¹ (XC) proficiency awards are assessed at six levels across XC snow or roller skiing (1*-6*). These are now discrete schemes so that all skills must be completed on the relevant surface to complete the award. The scorecards are coded: S = snow; R = roller skis.

The awards cover both classic and skating techniques. At 1* and 2* there are individual awards for classic and skating, which together comprise the full award. This means skiers can start with either classic or skating, and progressively develop their skills in a single technique to 2* before learning the second technique; or they can learn both styles simultaneously and be assessed for the full award at each level before progressing to the next. From 3* onwards there is a single award at each level which requires both classic and skating skills.

Level	Awards		
1*	Classic	Skate	Full
2*	Classic	Skate	Full
3*	Full		
4*	Full		
5*	Full		
6*	Full		

This modular approach at 1* and 2* aims to make it easier for skiers to enter the scheme by giving them the choice to focus on learning one technique at a time or, if preferred, to learn both techniques simultaneously. This applies both on snow and on roller skis.

Objectives of cross-country Proficiency Awards at each Level

The objectives of proficiency testing at each level are as follows:

- 1* should encourage beginner and very novice skiers to progress further with cross-country skiing. The skills required are those which enable them to ski comfortably and safely in easy terrain.

¹ In this document, “cross-country” refers to both on-snow and roller skiing.

- 2* is aimed at improver cross country skiers. It introduces the basic classic, skating and cross-country downhill skills. It both equips a skier to ski comfortably in moderate terrain, and provides a foundation for further development of cross-country skiing. The specific objectives for 2* in the classic and skating techniques are:
 - **Classic:** This award is for those who prefer to focus on classic skiing, or those who are unable to learn or demonstrate basic skate skills because, for example, some holiday resorts do not cut skating tracks or provide suitable equipment for skating.
 - **Skate:** This award is for those who prefer to focus on skate skiing.
 - **Full:** This award combines the Classic and Skate modules to provide the foundation for further progression through subsequent levels.
- 3* is aimed at competent intermediate skiers. It covers the spectrum of techniques for cross-country skiing on prepared tracks and on roller skis, and requires competence and correct basic techniques and ability to tackle varying terrain without undue hesitation. It provides the technical skills required for the Level 1 Cross Country (XC) Coaching Award.
- 4* is for advanced skiers. Skiers should be able to perform the specified skills correctly and effectively, adapting to varying terrain and snow conditions. It provides the technical skills required for the Level 2 XC Coaching Award.
- 5* is expert level and the skier should be an excellent performer in all aspects of cross-country and roller skiing, skiing confidently and easily throughout in varying terrain and snow conditions. It provides the technical skills required for the Level 3 XC Coaching Award.
- 6* is the elite level. Skiers may have raced at a national or international level and should ski fluently and dynamically in all terrain and conditions. It provides the technical skills required for the Level 4 XC Coaching Award.

The following tables provide technical guidance for the expected skills and knowledge that candidates should be able to demonstrate for each level up to 6*.

Level 1 Technical Guidance

	Skill required	
	Classic	Skate
Overall	Able to stand on skis or roller skis in balanced, stable and relaxed position with flexed ankles and knees, to use legs and arms in forward movement on flat and slight uphill, and able to snowplough to stop	
Basic knowledge of equipment and suitable clothing	Emphasis on safety <ul style="list-style-type: none"> • On snow – layers of clothing according to conditions and activity, hat and gloves, sun protection • On roller skis – helmet, knee and elbow protection, eye protection, gloves 	
Importance of warming up before skiing	Understanding of need to warm up and start skiing slowly	
Stand safely	<ul style="list-style-type: none"> • On snow – skis in plough or parallel position and hands in front of body, slightly flexed ankles and knees • On roller skis – skis parallel, weight forward, hands in front of body, flexed ankles and knees 	
Ski straight down gentle slope	In tracks and out of tracks on groomed slope, or on tarmac. Relaxed posture with weight over centre of foot and arms forward of body	Out of tracks on groomed slope, or on tarmac. Relaxed posture with weight over centre of foot and arms forward of body
Forward movement on flat terrain	Walking rhythmically forward keeping skis parallel and using poles to assist forward motion with leading arm and leg always diagonally opposite	Gliding rhythmically forward from one ski to the other, keeping skis angled in a V shape, and using poles simultaneously to assist forward motion
Double pole	Forward propulsion with controlled use of poles; poles angled backwards and kept parallel; using weight through poles by bending through body with slightly bent (flexed) leg	
Herringbone	Walk up gentle slope in herringbone, with skis angled evenly, and poles used lightly in time with opposite leg	
Star turn	Star turns with small even steps; able to turn around tips and around tails	
Side step	Balanced steps with relaxed posture keeping skis parallel and at 90° to fall line. Able to step side to side on flat, and up and down gentle slope, using poles in time with skis	
Snowplough glide and brake	Skis kept in V shape with tips slightly apart, weight equally distributed, use of edges and ski angle to control speed. Able to stop on a gentle slope and stay balanced over skis with correct posture throughout and some flexion in ankles and knees, hands held in front	

Level 1 Technical Guidance (continued)

	Skill required	
	Classic	Skate
Roller ski – brake by rolling onto grass	Able to direct skis onto grass on flat, and stay balanced by putting one foot forward	
Roller ski – snowplough	Slow skis by adopting wide snowplough position – pushing rear of skis out and keeping them flat	

Level 2 Technical Guidance

	Skill required			
	Classic		Skate	
EQUIPMENT AND CLOTHING				
Overall knowledge	Based on skiing in moderate terrain, probably with hired skis			
Knowledge of clothing	Awareness of suitable clothing for skiing in winter mountain conditions, or roller skiing in hot and cold conditions: use of appropriate fabrics, layers, wind and waterproofs, need for gloves, hat or helmet, body protection and sunglasses or eye protection			
Knowledge of equipment	Skis, boots and poles: should be able to equip themselves from hire shop, i.e. awareness of different types of skis (skate, classic, waxless), bindings, boots and poles for classic and skating; and how to select correct sizes of skis and poles. Basic knowledge of roller ski types			
SKIING				
Overall level of skiing	Moves confidently around moderate terrain with correct coordination of arms and legs. Beginning to develop weight transfer, with some flexion of ankles, knees, hips and elbows		Moves confidently around moderate terrain and able to skate on flat and slight uphill. Developing weight transfer and angulation of skis with some ankle, knee, hip and elbow flex	
Forward movement	Diagonal stride	Rhythmic strides with correct arm/leg coordination. Ski compression and rear heel lift on each cycle	Basic skate	Forward movement generated by transferring weight from one leg to the other, with some angulation in ankles and knees, and synchronised arm/leg action
Moving up gentle hill	Diagonal stride uphill	Short strides with sufficient weight transfer to enable positive drive down and synchronised arm movement. Body weight over centre of ski	Skate 1	Synchronised arm and leg actions; poles planted asymmetrically with the lead pole synchronous with lead ski and skier moving in direction of the glide ski
Progressive forward movement	Double pole kick	Correct coordination and timing of both kick and recovery leg and arms (can execute on both sides, including alternately). Flexion of both knee and hip on glide ski	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 forward along track and beginning to compress and extend on each glide

Level 2 Technical Guidance (continued)

	Skill required			
	Classic		Skate	
SKIING				
Alternative forward movement on the flat as speed increases	Double pole	Smooth arm action with slightly flexed elbows on pole plant and partial body drop though flexion of ankles, knees and abdominal compression	Free skate	Balanced symmetrical skating action without the use of poles
Overtaking/avoiding obstacles	Exit track	Able to step safely out of tracks at gentle speed (include a look back to check for other skiers). Ability to step around obstacles on roller skis	Overtaking	Able to move around another skier/obstacle at gentle speed (include a look back to check for other skiers)
Moving up a moderate hill	Herringbone	Able to ascend moderate hill steadily using inner edge of ski, with skis angled to suit gradient and ankles and knees flexed. Coordinated use of poles with opposite skis. Body weight over centre of skis		
TURNS AND BRAKING				
Overall	Good posture – flexed ankles, relaxed body, hands held forward and low, looking forward. Able to cope with changes of speed and direction. Good control on gentle downhill			
Skate turn	Body facing direction of gliding ski. Must show definite push-off from outer ski and smooth recovery of other ski, and coordinated use of pole			
Step turn	Slight lowering of body posture. Positive lift and placement of inside ski with effective weight transfer and smooth recovery of other ski. Poles held safely, and used to assist weight transfer/forward drive			
Side step on hill	On moderate slope. Able to side step up and down. Slight lowering of body posture and edging of skis. 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 gentle slopes, to either side. Accurate placement of skis and effective use of poles for support			
Half snowplough	Able to use half snowplough to control speed and stop on gentle slopes. For classic technique, controlled placement of plough ski out of track and replacement in track. Poles held in safe position			
Snowplough glide and brake	Able to control speed and stop at predetermined point on moderate slope. Flexed ankles, relaxed body and arms with hands held forward, looking forward, poles in safe position and not used to slow speed			

Level 2 Technical Guidance (continued)

	Skill required	
	Classic	Skate
URNS AND BRAKING		
Snowplough turns	Smooth flow from one controlled turn to the next. Maintain plough position throughout	
Traverse	Traverse moderate slope. Weight mainly on lower ski, with upper foot slightly forward and hands forward over lower ski	
Roller ski brake by rolling onto grass	Able to brake on the flat by rolling onto grass with one foot forward, and maintain balance as skis stop	
Roller ski snowplough	Able to slow skis at gentle pace on slight slope by pushing out roller skis into wide position, keeping skis flat. Slight flexion in ankles and knees, and stable posture, with poles in safe position	

Level 3, 4, 5 and 6 Technical Guidance

Overview of technical ability by level

Proficiency level	Snowsport England skier level	Overview of technical ability	Link to Coaching Award Level
3*	Intermediate	<ul style="list-style-type: none"> • Skis confidently in moderate terrain • Has flexion of ankles, knees, hips and elbows, and slight forward angulation (with weight forward) • Arms and legs work together in rhythm • Carries out the techniques correctly with clear weight transfer • Able to adapt to varying terrain/conditions by adjusting or changing technique • Can ski diagonal stride on flat without poles • Has reliable downhill control and turning (in moderate terrain) 	L1
4*	Advanced	<ul style="list-style-type: none"> • Skis competently in varying terrain and snow conditions • Has relaxed flexion of ankles, knees, hips and elbows, and slight forward body angulation • Carries out the techniques correctly with compression of drive ski • Able to adapt to varying terrain/conditions by adjusting/changing technique with smooth transitions • Can ski core techniques comfortably on flat with and without poles • Strong downhill control, able to descend and corner confidently on consistent tracks 	L2
5*	Expert	<ul style="list-style-type: none"> • Skis easily and relaxed in varying and demanding conditions, able to smoothly adapt techniques accordingly • Dynamic flexion of ankles, knees, hips and elbows; adapts body angulation to terrain and technique • Carries out the techniques effectively with compression of drive ski, able to add power to each technique • Able to adapt to varying terrain/conditions by adjusting or changing technique with fluent and consistent transitions • Can ski core techniques at varying tempo and on moderate hills with and without poles • Relaxed/confident downhill control, able to descend fast and corner smoothly on consistent tracks 	L3

Level 3, 4, 5 and 6 Technical Guidance

Overview of technical ability by level (continued)

Proficiency level	Snowsport England skier level	Overview of technical ability	Link to Coaching Award Level
6*	Elite	<ul style="list-style-type: none"> • Skis fluently in any terrain and snow conditions, including without poles • Dynamic flexion of ankles, knees, hips and elbows, and corresponding angulation of body adapted to terrain • Carries out the techniques powerfully and dynamically, including dynamic recovery of arms and legs • Able to adapt to varying terrain/conditions by seamlessly adjusting or changing technique • Excellent downhill technique irrespective of conditions, able to descend steep hills fast and corner without unnecessary braking 	L4

In the following table, knowledge is dependent upon the surface on which the proficiency test is taken. Roller skiers at all levels are, however, expected to have some knowledge of waxing and snow skis, while snow skiers are expected to have some knowledge of roller skiing and equipment.

Level 3, 4, 5 and 6 Technical Guidance

Detailed knowledge and technical ability by level

	3*	4* (as for 3* together with)	5* (as for 4* together with)	6* (as for 5* together with)
EQUIPMENT AND CLOTHING				
Equipment	<ul style="list-style-type: none"> • Basic properties of classic skis (including fish scales and skin skis), skate skis, roller skis and boots • Sizing of skis and poles for classic and skate • Basic maintenance and repair of equipment 	<ul style="list-style-type: none"> • Skis, poles, boots, bindings appropriate for advanced club skiers, including appropriate choice of pole length • Equipment maintenance and repair 	<ul style="list-style-type: none"> • Equipment suitable for citizen racers • Touring and back country equipment • Equipment materials and their properties 	<ul style="list-style-type: none"> • Race level equipment
Waxing, skin and ski care	<ul style="list-style-type: none"> • Appropriate grip and glide waxes for a range of cold and warm conditions • Care of skin skis • Basic klister application • How to store skis 	<ul style="list-style-type: none"> • Use of base preparations for grip zone (grip wax and klister bases) • Preparing skis for challenging snow/0 degrees conditions • Care of waxing equipment 	<ul style="list-style-type: none"> • Awareness of base structuring (grinding and other preparation) and higher performance waxes • Waxing equipment required (appropriate for citizen racers) • Layering and mixing waxes 	<ul style="list-style-type: none"> • Waxing for high performance, including base types and preparation • Application of high-performance waxes and finishes
Clothing	<ul style="list-style-type: none"> • Clothing required for moderate skiing (layering, fabrics) • Protective equipment (eye protection, gloves and roller ski protection) 	<ul style="list-style-type: none"> • Clothing required for active skiing in varying temperatures, conditions and locations 	<ul style="list-style-type: none"> • Race clothing 	
Note that the above knowledge areas do not require formal assessment; proof of knowledge may be achieved through discussion, demonstration, workshops etc.				

Level 3, 4, 5 and 6 Technical Guidance

Detailed knowledge and technical ability by level (continued)

SKIING TECHNIQUES				
	3*	4* (as for 3* together with)	5* (as for 4* together with)	6* (as for 5* together with)
Overall	<ul style="list-style-type: none"> • Skis confidently in moderate terrain • Rhythmical skiing with arms and legs working together • Correct form and timing for each technique • Clear weight transfer • Can adjust tempo and technique to terrain and conditions 	<ul style="list-style-type: none"> • Skis competently in varying terrain and conditions • Stable and balanced on glide ski at different tempos • Forward commitment of body, with flexion of joints • Compact arm position • Accurate placement of skis and poles • Clear compression of drive ski • Effective transitions between techniques 	<ul style="list-style-type: none"> • Skis smoothly and effectively in all but extreme terrain and conditions • Forward commitment, balance and flexion in all techniques • Positive and accurate arm placement adding to leg power • Effective compression of drive ski • Able to adapt technique on steep hills and difficult conditions with clean transitions • Active recovery of arms and legs 	<ul style="list-style-type: none"> • Fluent skiing in all conditions and terrain, adapting technique and tempo accordingly • Maintain balance through all techniques and all tempos • Skis powerfully and dynamically, driving forward through strong compression and clear extension • Seamless transitions
Level of difficulty (unless stated otherwise)	<ul style="list-style-type: none"> • Moderate hill • Good snow conditions 	<ul style="list-style-type: none"> • Medium hill • Variable snow conditions 	<ul style="list-style-type: none"> • Steep hill • Variable snow conditions 	<ul style="list-style-type: none"> • Any hill and snow conditions

Level 3, 4, 5 and 6 Technical Guidance

Detailed knowledge and technical ability by level (continued)

	3*	4* (as for 3* together with)	5* (as for 4* together with)	6* (as for 5* together with)
Classic				
Diagonal stride	<ul style="list-style-type: none"> • Rhythmic striding • Achieves compression of drive ski and glide on front ski • Maintains progress up gentle hill 	<ul style="list-style-type: none"> • Smooth striding • Clear compression and glide • Maintains stride up moderate hill and adjusts to climb steeper hills 	<ul style="list-style-type: none"> • Smooth and dynamic stride • Effective drive forward and compression • Maintains stride and grip up medium hill/in challenging conditions 	<ul style="list-style-type: none"> • Fluent and dynamic stride • Powerful compression and drive forward • Strides up steep hills, with seamless adjustment over varying terrain
Double pole	<ul style="list-style-type: none"> • Smooth double poling on flat • Arms working with body compression and leg flexion to generate movement 	<ul style="list-style-type: none"> • Effective rhythmical propulsion • Positive compression and extension • Able to double pole up slight hill 	<ul style="list-style-type: none"> • Dynamic and effective poling • Clear forward commitment • Use of legs and arms to generate momentum and height for compression • Able to maintain efficient technique up hills • Active recovery of arms 	<ul style="list-style-type: none"> • Powerful and fluent poling at all speeds • Strong forward momentum • Able to maintain strong and smooth effective double poling up hill • Dynamic recovery of arms

Level 3, 4, 5 and 6 Technical Guidance

Detailed knowledge and technical ability by level (continued)

	3*	4* (as for 3* together with)	5* (as for 4* together with)	6* (as for 5* together with)
SKIING TECHNIQUES				
Classic				
Kick double pole	<ul style="list-style-type: none"> • Correct arm/leg timing • Can lead on both sides 	<ul style="list-style-type: none"> • Clear drive forward and kick • Able to make smooth transition to/from diagonal stride and double pole 	<ul style="list-style-type: none"> • Effective drive forward and kick • Use into and over top of hill 	<ul style="list-style-type: none"> • Seamless transitions
Track change/avoid obstacle	<ul style="list-style-type: none"> • Steps out safely • Smooth placement back into tracks 	<ul style="list-style-type: none"> • Clean step out • Positive drive to other track or around obstacle • Clean placement back into tracks • Simulates track change on roller skis 	<ul style="list-style-type: none"> • Clean track change on flat/moderate downhill and in variable snow conditions 	<ul style="list-style-type: none"> • All terrain/snow condition • Downhill at speed
Herringbone/half herringbone	<ul style="list-style-type: none"> • Arms in time with legs • Use of edges 	<ul style="list-style-type: none"> • Maintains rhythm 	<ul style="list-style-type: none"> • Smooth transitions into other techniques 	<ul style="list-style-type: none"> • Seamless transitions • Running herringbone

Level 3, 4, 5 and 6 Technical Guidance

Detailed knowledge and technical ability by level (continued)

	3*	4* (as for 3* together with)	5* (as for 4* together with)	6* (as for 5* together with)
SKIING TECHNIQUES				
Skate				
Herringbone skate	<ul style="list-style-type: none"> Arms and legs in synch Rhythmical 	<ul style="list-style-type: none"> Increasing flexion 	<ul style="list-style-type: none"> Clear step up each stride 	
Skate 1	<ul style="list-style-type: none"> Able to lead on either side Clear offset pole position Poles reliably planted with lead leg 	<ul style="list-style-type: none"> Maintains rhythm and momentum Weight forward Steps up hill 	<ul style="list-style-type: none"> Strong on medium hill, able to maintain on steep hill Effective use of body Clean transitions between sides in response to camber 	<ul style="list-style-type: none"> Dynamic up steep hill Seamless transitions between sides
Skate 2	<ul style="list-style-type: none"> Correct timing 	<ul style="list-style-type: none"> Balanced on each ski action Effective on flat and up slight hill Clean timing with compression and extension 	<ul style="list-style-type: none"> Effective and efficient on flat and up moderate hill Drive new ski forward Effective compression and extension Effective arm action 	<ul style="list-style-type: none"> Powerful and dynamic Use as acceleration Full range compression extension
Skate 3	<ul style="list-style-type: none"> Flat terrain Pole plant timed before first ski drive 	<ul style="list-style-type: none"> Active arm swing to drive skis forward Clear compression and extension 	<ul style="list-style-type: none"> Active drive off each leg Effective arm action Maintains speed throughout cycle 	<ul style="list-style-type: none"> Powerful and dynamic throughout Extended glide
Free skate	<ul style="list-style-type: none"> Balanced and symmetrical Stable upper body 	<ul style="list-style-type: none"> Arms and legs working in synch Clear balance held throughout 	<ul style="list-style-type: none"> Effective and efficient on flat and up moderate hill Able to vary tempo 	<ul style="list-style-type: none"> Dynamic and powerful on various terrains and at different tempos

Level 3, 4, 5 and 6 Technical Guidance

Detailed knowledge and technical ability by level (continued)

	3*	4* (as for 3* together with)	5* (as for 4* together with)	6* (as for 5* together with)
SKIING TECHNIQUES				
Turns and braking				
Overall	<ul style="list-style-type: none"> • Stable body and flexed joints • Maintains control in gentle terrain • Maintains balance on corners and through changes in speed • Controls cornering at moderate speed • Edges skis correctly for technique 	<ul style="list-style-type: none"> • Strong posture with well flexed joints • Maintains balance and control in varying terrain • Able to increase stepping speed and use of edges • Able to use poles in time with legs to balance turns 	<ul style="list-style-type: none"> • Turns without undue braking • Maintains good posture and balance throughout • Anticipates changes in terrain/speed and adjusts technique accordingly • Able to demonstrate all braking techniques including hockey stop (not roller skis) 	<ul style="list-style-type: none"> • Fluent control at high speed • Corners without braking on steep hills • Active arm/pole use for balance and to add power • Able to use turns to accelerate
Level of difficulty (unless stated otherwise)	<ul style="list-style-type: none"> • Gentle to moderate hills • Good snow conditions 	<ul style="list-style-type: none"> • Moderate to medium hill • Variable snow conditions 	<ul style="list-style-type: none"> • Medium to steep hill • Variable snow conditions 	<ul style="list-style-type: none"> • Any hill and snow conditions (except sheet ice)
Skate turn	<ul style="list-style-type: none"> • Turns to both sides on flat and gentle gradient • Clear skate action • Clear edging of outside ski to push off 	<ul style="list-style-type: none"> • Balanced turns on flat and moderate downhill • Clear edging of both skis into turn 	<ul style="list-style-type: none"> • Dynamic turning • Able to ski figure of eight maintaining speed • Able to turn on moderate uphill and downhill 	<ul style="list-style-type: none"> • Aggressive positioning and powerful turns both uphill and downhill • Able to generate speed through the turn

Level 3, 4, 5 and 6 Technical Guidance

Detailed knowledge and technical ability by level (continued)

	3*	4* (as for 3* together with)	5* (as for 4* together with)	6* (as for 5* together with)
SKIING TECHNIQUES				
Turns and braking				
Step turn	<ul style="list-style-type: none"> Slight lowering of body position Turns to both sides on flat and gentle gradient Clear step action leading with inside ski Smooth placement of outer ski 	<ul style="list-style-type: none"> Active and balanced body position, committed to turn Leans into bend in balance with speed/terrain Uses the turn to control speed 	<ul style="list-style-type: none"> Strong commitment to turn, with rapid foot movements Forward position and leaning in appropriately to speed and terrain 	<ul style="list-style-type: none"> Aggressive positioning and powerful turns up and down hill
Kick turn	<ul style="list-style-type: none"> Moderate hill Accurate technique and placement of skis and poles to maintain control 	<ul style="list-style-type: none"> Medium hill 	<ul style="list-style-type: none"> Steep hill 	<ul style="list-style-type: none"> Any hill and snow conditions
Side step on hill	<ul style="list-style-type: none"> Hill-side edges, parallel skis, small steps, three points of contact (two arms and one ski) 	<ul style="list-style-type: none"> Medium hill 	<ul style="list-style-type: none"> Steep hill 	<ul style="list-style-type: none"> Any hill and snow conditions
Half snow plough	<ul style="list-style-type: none"> Clean step out, ski placed at effective angle Able to control speed and to stop 			
Snow plough glide and brake	<ul style="list-style-type: none"> Ski placed at effective angle Able to control speed and to stop at given point 	<ul style="list-style-type: none"> Effective use of foot pressure and ankle angles to control and edge skis 	<ul style="list-style-type: none"> Complete control 	

Level 3, 4, 5 and 6 Technical Guidance

Detailed knowledge and technical ability by level (continued)

	3*	4* (as for 3* together with)	5* (as for 4* together with)	6* (as for 5* together with)
SKIING TECHNIQUES				
Turns and braking				
Snow plough turn	<ul style="list-style-type: none"> • Smooth turns to either side • Maintains balance around turn 	<ul style="list-style-type: none"> • Clean turn without sliding 		
Traverse	<ul style="list-style-type: none"> • Weight on lower ski, upper one slightly in front, use hill-side edges 	<ul style="list-style-type: none"> • Medium hill, able to step up to stop 	<ul style="list-style-type: none"> • Steep hill 	<ul style="list-style-type: none"> • Any hill and snow conditions
Roller ski brake by rolling onto grass	<ul style="list-style-type: none"> • Gentle hill • Absorbs halt by pushing one ski forwards to maintain balance 		Two methods: <ul style="list-style-type: none"> • push one ski forward and run to halt • stay balanced and roll in split ski position 	
Roller ski snow plough	<ul style="list-style-type: none"> • Gentle hill • Able to slow speed and maintain control, and to come to a halt 	<ul style="list-style-type: none"> • Moderate hill • Able to slow speed and maintain control, and to come to a halt 	<ul style="list-style-type: none"> • Medium hill • Both a snow plough brake and stepping halt 	<ul style="list-style-type: none"> • Steep hill • Both a snow plough brake and stepping halt

In the above tables, hills are graded gentle, moderate, medium and steep; and terrain is graded gentle, moderate, varying and demanding. The assessor determines the grade of hill and terrain when performing the assessment.