



UK Snowsport Ski Foundation Instructor  
(Level 1) Award overview, training and  
assessment

**AWARD OVERVIEW, TRAINING AND ASSESSMENT**

**Introduction**

This award is designed for instructors working with recreational skiers on artificial slopes. These skiers can range from complete novices to those who are approaching parallel steering and ready to become more specialised in their development.

**Entry requirements**

To participate in this course, you need to be

- Registered with Snowsport England as a trainee Instructor.
- At least 15¾ years of age
- Able to ski sufficiently well to cover the practical contents of the course as outlined below

**The Course**

The course covers the fundamentals of teaching and working with novice skiers and prepares the candidates for further learning and workplace training. You are encouraged to fully immerse yourself in the content, which covers:

- 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.

The course lasts at least 14 hours and can be delivered over two days or a series of shorter sessions lasting at least 2 hours each.

**Working towards accreditation**

You will be supported to create an action plan for your ongoing development as a skier and instructor. As well as working on any points identified in the action plan, you will also be required to:

- Complete workplace training, recorded in a workbook
- Complete a minimum of 20 hours of **supervised** teaching under the guidance of a suitable mentor
- Maintain membership with Snowsport England
- Maintain First Aid certification, safeguarding training and DBS check

**AWARD OVERVIEW, TRAINING AND ASSESSMENT**



All units of the workbook must be completed, and evidence provided when applying for assessment. Details of how to do this are provided in the workplace training workbook. Further information may be required before your booking is confirmed.

You must bring your workbook to the assessment for inspection and will be refused access to the assessment if it is inadequate.

**AWARD OVERVIEW, TRAINING AND ASSESSMENT****Assessment**

This may take place as a one-day formal Examination or as a workplace-based accreditation. The one-day exam is organised by Snowsport England, held at an artificial ski slope and conducted by nationally appointed assessors. There may be others attending, including candidates being assessed for other coach awards and observers for quality assurance or training. You will be advised accordingly.

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].

**NOTE: Only currently appointed UK Snowsport Tutors can complete examination or workplace-based accreditation**

The assessment may be videoed for training and verification purposes.

The assessors want to see what you can already do and will use a variety of information sources to assess your standard against the award requirements.

The assessment covers the following areas:

1. Verification of workbook, including investigation and questioning about its content
2. Skiing performance
3. Session delivery [working with your peers or with novice skiers]
4. Health & safety [assessed via first aid certificate, conduct and questioning]
5. Underpinning knowledge [assessed by questioning]

Be sure to arrive in good time as it is **NOT** possible to join an examination after it has started. In such cases, both the fee and the right of access to that part of the examination (i.e. skiing or teaching) will be forfeited.

Your clothing and equipment should be clean, tidy, well maintained, safe and appropriate for instructing and skiing on artificial slopes. You should have a professional appearance with ski clothing that is weather-appropriate, arms and legs fully covered and trousers fitting over the ski boots. You must wear gloves.

The usual running order for a one day assessment is (1) examination of workbooks (2) personal skiing and (3) observation and feedback, with an appropriate break for lunch. The examiners may vary this order with the intention of making fair, valid and reliable assessments.

A workplace assessment may take place during a single session as described above or over a series of interactions with your assessor dealing with each unit separately.

**AWARD OVERVIEW, TRAINING AND ASSESSMENT**

Skiing Performance

The examiners will look at your skilful skiing performance rather than demonstrations.

You must be able to ski all areas of artificial ski slopes with performances that contain appropriate posture, consistent balance and control of speed and direction of travel.

Whilst performing, you should be able to:

- Show continuously linked rhythmical steering, *it is more important that you are able to show continuously linked turning than turning both skis simultaneously,*
- Make adjustments to speed of travel by controlling the shape of arcs
- Use an appropriate blend of the fundamental elements of skiing [pressure control, turning of the legs, edge control and active balancing]
- Make a variety of sizes and shapes of arcs during a descent
- Adjust balance using appropriate posture
- Respond sensitively to forces acting on the body whilst in motion
- Respond and react appropriately to signals from the examiners
- Maintain a back angle inclined at least as much as the shins
- Rotate your legs in the pelvis
- Make your legs rotate more than and before the pelvis and torso
- Increase the inclination of the outer leg rather than moving the pelvis towards the steering ski

**Posture and balance**

These postural elements of active balancing should be visible:

- Horizontal eye-line
- Appropriate flexion of ankles, knees, hips and spine (trunk inclined forwards with a “back angle” at least as much as the shins)
- The whole of the foot used for support while in motion. The inside edges for propulsion and steering, heels for supporting body weight at low speeds and gripping and braking
- Centre of mass inside base of support (central and peripheral flow)
- Hand and arm carriage - relaxed and downwards
- Pelvis neutral – not tilted downwards or excessively upward

**AWARD OVERVIEW, TRAINING AND ASSESSMENT**

**Skiing Tasks**

You will be asked to perform up to five tasks from the list below and repeat each one up to three times. You may be required to complete the task a fourth time for it to be videoed. Performance evaluation will be based on completion of the task and quality of performance.

**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.

**Basic ‘Parallel’ Turning** - the candidate shall demonstrate a series of rhythmical, continuously linked arcs. It is desirable that skis are ‘parallel’ but the examiners will prioritise:

- Continuous rhythmical arcs and
- Good posture and dynamic balancing
- An ability to vary speed and direction of travel

Over simultaneous leg turning.

The following tasks are examples of additional tasks that the examiner may request Ski Foundation Candidates to perform ;

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

**AWARD OVERVIEW, TRAINING AND ASSESSMENT****Guidelines for Candidates**

The examiners want to see you:

- Setting off with appropriate speed for the task in the prevailing conditions
- Establishing your rhythm, making smooth continuously linked arcs
- Seeking the target amplitude
- Monitoring that skis are ploughing or parallel, as specified by the examiner
- Making proportionate and accurate responses to any examiner's signals for:
  - amplitude of arcs
  - speed of descent
  - range of movements

When responding to signals you are expected to make proportionate changes so that the continuity of arcs is maintained.

**Performance evaluation**

The evaluation considers the completion of the task and then the quality of performance, but only if the task was accomplished.

Example: Plough steering . If these are achieved:

- Ploughing throughout
- Linked arcs without any traverse

*then* the quality of performance is judged using the performance criteria.

**Performance Criteria**

Criteria	Observed Performance
<b>Effectiveness</b>	The task itself is completed effectively and accurately
<b>Efficiency</b>	<ul style="list-style-type: none"> <li>• Appropriate levels of muscular tension</li> <li>• Optimum range of movement in relation to intended outcome so that the task is skilfully performed, not demonstrated</li> <li>• Appropriate speed and strength of movements in relation to intended outcome.</li> </ul>
<b>Consistency</b>	The task is completed with the required degree of accuracy on each of several attempts.

## AWARD OVERVIEW, TRAINING AND ASSESSMENT

<b>Symmetry</b>	Symmetry of motion and of movements. The path of the skier ideally flows symmetrically in relation to the fall-line, deviating equally to either side, with body movements that mirror each other left to right.
<b>Posture</b>	Appropriate to task and responsive to changing forces
<b>Central and Peripheral flow</b>	Feet follow a wave-form path, whilst the centre of mass follows a shorter path. In Core Tasks there is differentiation of central and peripheral flow.
<b>Movements and Motion</b>	The timing, tempo, strength and range of movements are all appropriate to the skier's motion, e.g. the tempo of movements should match the tempo of turning.
<b>Spatial</b>	Skier shows awareness of the terrain and of other slope users when performing the task. An appropriate choice of line and use of terrain features/contours is made in relation to the task.
<b>Speed</b>	Appropriate to the task, terrain and conditions. e.g. if the amplitude changes, the speed may also have to change.
<b>Technical Elements</b>	<ul style="list-style-type: none"> <li>• Biomechanically sound</li> <li>• Legs rotate in hip sockets</li> <li>• Legs begin to rotate before pelvis, if pelvis rotates</li> <li>• Limited or no outward lateral pelvic movement: pelvis matches path of centre of mass</li> </ul>

Teaching Assessment

Assessment is made by observing you deliver practical sessions either:

- Role-playing with your peers and through discussion and questioning, or
- Delivering a practical session with skiers within the range of operation of the Ski Foundation Instructor [complete beginner to a skier *ready* to learn parallel skiing]

You will be expected to have appropriate underpinning knowledge, experience and ability necessary to be an effective instructor. You should be able to manage the learning environment for different types of skier.

- 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,



**AWARD OVERVIEW, TRAINING AND ASSESSMENT**

- 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.

**Underpinning Knowledge**

You will need to demonstrate knowledge of general terms and concepts about skiing and an ability to use these concepts with your skiers. You will be expected to be imaginative and responsive to the needs of your skiers.

You should be able to:

- Define and explain wider skiing terminology
- Identify equipment needs for skiers from novice to expert
- Categorise the benefits of modern ski designs and advise skiers on how appropriate equipment might influence their performance
- Identify common equipment safety issues
- Discuss the FIS Rules for Conduct and follow them during the assessment

**Movement Analysis**

You should be able to:

- Critically observe and analyse general movement patterns as found amongst novice
- Identify causes behind the observed behaviour of the skis
- Discuss posture, appropriate movements and balancing
- Understand effective movements for novice skiers
- Identify desired outcomes for skier development
- Identify exercises and tasks which address students' development needs
- Understand the fundamental skiing movements of pressure control, edge control, leg rotation and dynamic balancing
- Teach an appropriate blend of these movements suited to the needs of your skiers
- Create an activity/task list appropriate to the needs of the skiers

It may be the case that you operate at a ski centre which has a prescribed 'progression'; in that case you would be expected to follow that if working with clients supplied by the ski centre during your assessment.

It is desirable to effect some improvement in one or more elements in the performance of the task by improving the skiers' effectiveness, efficiency or both.

**AWARD OVERVIEW, TRAINING AND ASSESSMENT**

**Risk Management**

When skiing you will be expected to follow the FIS Rules for Conduct ("Ski Way Code"). When running sessions you will be expected to manage risks accordingly.

**Results**

You will receive your result and reasoning on the day and a written assessment will follow. Comments provided will be aimed at helping you and related personnel (coach/mentor/supervisor) understand your strengths and weaknesses in skiing skill, knowledge, understanding, observation and feedback.

**Appeals**

Appeals are possible under certain circumstances as set out in the Snowsport England Appeals Procedure, available on the web site or by contacting us by email. If considering an appeal you should first consult the procedure to check that your circumstances are eligible for consideration.