



***UK SNOWSPORT  
SNOWBOARD FOUNDATION INSTRUCTOR (LEVEL 1)  
AWARD OVERVIEW, TRAINING, AND ASSESSMENT***

**AWARD OVERVIEW, TRAINING, AND ASSESSMENT**

**Introduction**

This award allows you to teach snowboarders of all ages from total beginners through to early intermediate riders who can show basic linked skidded turns at an artificial ski centre or indoor snow slopes.

**Entry requirements**

In order to participate in this course, you need to meet the following entry requirements:

- A minimum age of 16
- Be able to show linked turns

If you are attending one of our approved young person's courses, you may have been allowed to attend at a younger age.

**The Course**

The course is intended for aspirant instructors and coaches who will work with snowboarders at a UK artificial ski slope centre or club.

By the end of this course participants should be able to:

- Explain the role of a Foundation Instructor
- Describe the philosophy of the UK Snowsport Coaching Scheme
- Describe and show key aspects of the progression from straight running to basic linked turns
- Practice teaching as part of their workplace training
- Plan lesson shadowing
- Discuss exercises that they can do with novice riders
- Explain the components of a good lesson
- Start profiling their own performance against the outcome standards to create an ongoing personal action plan

The course will last for a minimum of 14 hours [or 2 days]. It may be delivered over a single weekend, or a series of shorter sessions with a minimum duration of 2 hours each.

The course covers the fundamentals of teaching and working with novice snowboarders and prepares the candidates for further learning and workplace training.

The course will cover:

- The candidates' own personal riding performance
- The fundamentals of snowboarding

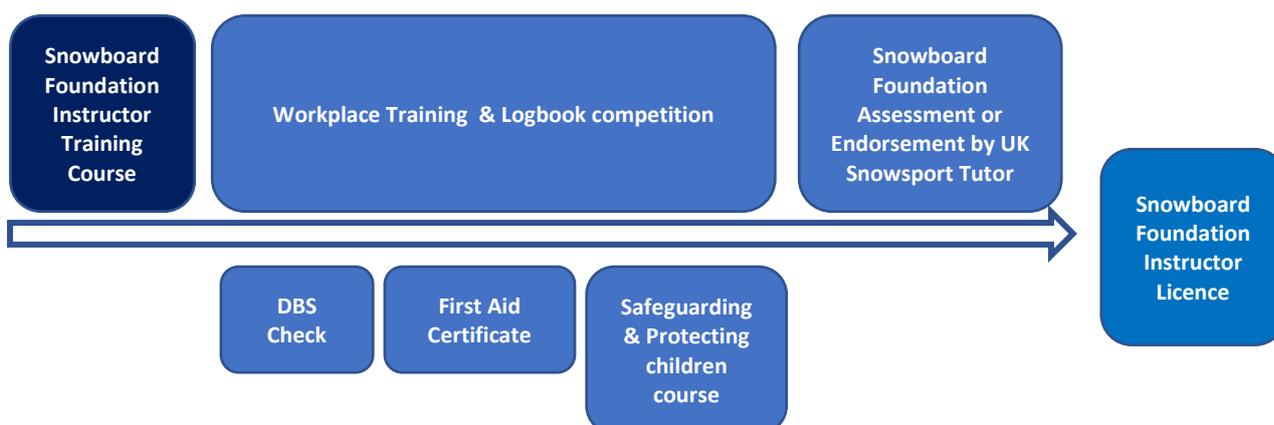
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- The fundamentals of working with novice snowboarders including planning and delivering safe, enjoyable sessions, which build the foundations for further learning.

**Working towards Licensing**

At the end of the Snowboard Foundation Instructor Training Course candidates will have an action plan which will assist in their personal and professional development. In addition to working on any points identified in their action plan candidates will be required to:

- Be and remain registered with the UK Coaching Scheme,
- Complete Workplace Training logging progress in the Snowboard Foundation Instructor Logbook,
- Undertake certified First Aid Training,
- Complete a Safeguarding and Protecting Children course,
- Hold a current Enhanced DBS check – with Snowsport England



**Snowboard Foundation Instructor Assessment**

This may take place as a one-day formal Examination or as a workplace-based accreditation. The process will include examination of the following:

- Riding 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**

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The assessment covers the following areas:

1. Verification of workbook, including investigation and questioning about its content
2. Riding performance
3. Session delivery
4. Health & safety [assessed via first aid certificate, conduct and questioning]
5. Underpinning knowledge [assessed by questioning]

**Snowboard Foundation Instructor Riding Performance**

Snowboard Foundation instructors must be able to ride all areas of artificial slopes demonstrating appropriate posture, consistent balance and control of speed and direction of travel. Demonstrations must display an “understandable picture” of the technical elements of snowboarding suitable for novice riders. The turn characteristics are limited by the speeds and terrain appropriate for beginning riders.

The Snowboard Foundation Instructor will be able to:

- Show continuously linked rhythmical turning,
- Make adjustments to their speed of travel by controlling the shape of a turn,
- Maintain a balanced, appropriate posture when turning/steering,
- Demonstrate an appropriate blend of the fundamental elements of snowboarding [pressure control, steering, edge control and balancing],
- Show a variety of turn sizes and shapes when steering,
- Remain balanced and in appropriate posture whilst performing common tasks and demonstrations,
- When demonstrating common snowboarding tasks, the instructor will paint an understandable and achievable picture for their riders to copy.

**Session Delivery**

Snowboard Foundation Instructors will demonstrate a solid foundation of information, and experience necessary to be an effective instructor for beginning snowboarders. A basic understanding of how to manage the learning environment for different types of rider is required.

The quality of a Snowboard Foundation Instructor will be assessed by the candidate delivering a practical session and through discussion and questioning from the assessor.

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Underpinning Knowledge

Underpinning knowledge requirements for Snowboard Foundation Instructors reflects a practical awareness of general terms and concepts, and an ability to use these concepts in basic lesson for beginning riders. The Snowboard Foundation Instructor will be able to:

Background

- Define and explain basic snowboard terminology,
- Identify equipment needs for novice riders,
- Explain the benefits of modern snowboard designs,
- Identify common equipment safety issues,
- Understand the FIS Rules and discuss how to introduce these concepts when teaching beginner snowboarders.

Movement Analysis

- Recognise general movement patterns as found amongst beginning snowboarders,
- List exercises and tasks which address a student's needs, the equipment being used, terrain options, etc.,
- Discuss posture, appropriate movements and balancing,
- Identify effective movements and skill development for beginning snowboarders,
- Understand the fundamental riding movements of pressure control, edge control steering and balancing,
- Teach an appropriate blend of these movements suited to the needs of novice snowboarders,
- Create an activity/task list appropriate to the needs of their snowboarders.

Session Delivery

- 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 snowboarders,
- 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,

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- Identify the fundamental components of good riding,
- Discuss opportunities to create an appropriate learning environment for children at different stages of development.

**Riding Tasks – Snowboard Foundation Instructor**

Side slipping, diagonal sideslipping, foot steering and falling leaf and basic turning are mandatory tasks in a Snowboard Foundation Instructor riding assessment. In all aspects of snowboarding the candidate will show appropriate movements in motion and sound posture.

**Side Slipping** –the candidate shall demonstrate controlled side slipping on both edges. The candidate will show:

- Balanced posture and body alignment (and therefore the absence of inappropriate upper body movements),
- Appropriate speed, which should be consistent through the series of diagonal sideslips. Movements in motion which are smooth and appropriate.

**Falling Leaf with foot steering** - the candidate will show a progressive development of steered foot steering leading towards the board entering and exiting the fall line.

**Basic Linked Turning** - the candidate shall demonstrate a series of rhythmical, continuously linked basic turning.