



UK Snowsport Alpine Performance Club
Coach (Level 2) Award overview, training
and assessment

Introduction

The UK Snowsport Alpine Performance Club Coach is designed for candidates to work with club performance athletes up to FIS level to develop skills for competition as directed by Head Coach (L3).

The course aims are to provide you with the coaching tools, methods and knowledge required to coach and inspire at this influential age.

Once fully licensed at, you are able to operate:

- Independently in a mountain environment in the UK
- In a mountain environment outside of the UK as part of a club programme that is led by a UK Snowsport Alpine Performance Head Coach Licensed in line with the UK Coaches Protocol.

The course is held in the alpine environment to give you the best chance of experiencing the skills that you will need in order to work as an independent coach, responsible for the safety of minors in a dangerous environment.

As on all UK Snowsport Performance courses there is a full programme of training. It is your responsibility to adequately prepare yourself mentally and physically for this programme. The course programme covers many practical elements, both in the classroom and on the mountain.

Entry requirements

- Be at least 18 years of age
- To participate in this course, you need to be licenced as a UK Snowsport Alpine Performance Foundation Coach (Level 1) or be formally accredited with prior learning assessed through the Snowsport England equivalency process
<https://www.snowsportengland.org.uk/equivalency/>

The Course

The course covers the fundamentals of coaching athletes and prepares you for workplace training and further development. You are encouraged to fully immerse yourself in the content, which covers:

Key elements are:

- Awareness of the coaching environment
- The Coaching Process
- Ski Prep
- Reflection on performance
- Methodology
- Biomechanics
- Course Setting
- Personal performance.
- The role of tasks in learning
- Observing performances and providing feedback

The course is 6 days long. Generally, the course will be structured so that you can be on the first lifts up in the morning and straight to the training area as quickly as possible. You will ski until around 2pm before heading down and continuing with classroom and outdoor practical sessions in the afternoon. As a guide, these activities will finish at 6pm. Your trainer will ensure that you have time to change and get organised between these sessions.

Working towards accreditation

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

- Be and remain registered with the UK Snowsport Coaching Scheme,
- Complete Workplace Training logging progress in the Alpine Performance Club Coach Logbook,
- Undertake certified First Aid Training,
- Complete a Safeguarding and Protecting Children course,
- Hold a current Enhanced DBS check – with Snowsport England
- This award requires you to complete UK Anti-Doping Coach Clean Module



All units of logbook must be submitted to the Snowsport England office for verification. Details of how to do this are provided in the logbook.

The logbook consists of the following tasks:

Task 1 Plan a 6-day alpine based training camp

Task 2 Plan three consecutive training sessions for a UK based programme

Task 3 Deliver, review and action plan the three session from task 2

Task 4 Prepare a Health and Safety risk assessment for a UK based training camp

Task 5 Course setting: Set a slalom course and review

Task 6 Course setting: Set a Giant Slalom course and review

Task 7 Course setting: Assist setting a Super-G course and review (can also be a combi-course)

Task 8 Complete the test: Safety in the workplace.

Task 9 Complete the test: Rules for alpine racing

Task 10 Shadow the Technical Delegate (TD) for the day during a competition and review your experience

More information can be found in the logbook itself, which is handed out on the training course.

You will have three years to complete the Licensed stage for the qualification otherwise the training course will have to be retaken.

Licensed Performance Club coaches must re-validate their qualification every three years by satisfying CPD requirements. Check your licensing body for options

In order to pass this course, you are assessed on your skiing ability and your coaching reviews. You are expected to be able to carve clean track turns on steep slopes (red piste) at speed while showing good positive posture and control in both slalom and giant slalom turns. This is articulated in more detail during the course and is measured against the criteria of the skill acquisition model presented during the UK Snowsport Alpine Performance Foundation Coach.

You are not assessed on your ability to ski courses or set courses.

Reviewing skills are developed through the course and are a fundamental part of developing coaching expertise. You are assessed on your ability to accurately review your own sessions using the review sheets provided – this is based on the same review process for Foundation Coach Licensed. You will be given guidance during the course on how to improve your coaching and reviewing skills.

Throughout the course, you will be given plenty of opportunity to work on their performance, both in coaching and in skiing. It is important to use these sessions as learning opportunities – it will not be just the trainer improving your skills, but also your peers.

If you do not complete the requirements of licensed status, but have been successful in attaining Trainee status, then you have the same operating remit as a Licensed Foundation Coach.



Assessment

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 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 and at their own level of skiing]
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 the 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.

Skiing Performance

The examiners 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
- 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
- ski dynamically with an ability to sustain support against the outside ski before it crosses the fall line
- 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 upwards

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.

Core Tasks

Tasks require variation of pathway or movements in response to signals from the examiner including: speed of travel, range of flexion/extension or width of corridor to ski. These take place during the descent. Skiers should be adaptable and able to make relatively automatic responses with high level of skill.

Core Tasks	Examiner changes	Unchanged
1) Continuously linked arcs with skis parallel	Amplitude	
2) Continuously linked arcs with skis ploughing	Amplitude	
3) Continuously linked arcs with skis parallel	Speed	Amplitude
4) Continuously linked arcs with skis ploughing	Speed	Amplitude
5) Continuously linked arcs with skis ploughing	Flexion - extension	Amplitude Speed
6) Descent around markers (say 10 mini poles set in line and each between 6 and 10 metres apart)	Ski through every space or every other space	

Other Tasks

7) Skidding to stop: Aim a straight trajectory directly towards a marker, then skidding to a controlled stop, coming to rest with your feet within 0.5 metre of the marker and without hitting it.

8) Free run: A fluent, controlled descent with no other restrictions placed by the examiners. This shows your personal style and skill on the slope.

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 the 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: Task 2, Plough steering in a defined corridor. If these are achieved:

- Ploughing throughout
- Linked arcs without any traverse
- Hitting the specified seams once the target amplitude is reached [within a tolerance of ± 1 'diamond', approximately ± 15 cm]

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

Performance Criteria

Criteria	Observed Performance
Effectiveness	The task itself is completed effectively and accurately
Efficiency	<ul style="list-style-type: none"> • Appropriate levels of muscular tension • Optimum range of movement in relation to intended outcome so that the task is skilfully performed, not demonstrated • Appropriate speed and strength of movements in relation to intended outcome.
Consistency	The task is completed with the required degree of accuracy on each of several attempts.
Symmetry	Symmetry of motion and of movements. The path of the skier flows symmetrically in relation to the fall-line, deviating equally to either side, with body movements that mirror each other left to right.
Posture	Appropriate to task and responsive to changing forces
Central and Peripheral flow	Feet follow a wave-form path, whilst the centre of mass follows a shorter path. In Core Tasks there is clear differentiation of central and peripheral flow.
Movements and Motion	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.
Spatial	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.
Speed	Appropriate to the task, terrain and conditions. e.g. if the amplitude changes, the speed may also have to change.
Technical Elements	<ul style="list-style-type: none"> • Biomechanically sound • Legs rotate in hip sockets • Legs begin to rotate before pelvis, if pelvis rotates • No outward lateral pelvic movement: pelvis matches path of centre of mass

Observation and Feedback

Assessment is made by observing you deliver practical sessions with your peers and through discussion and questioning. You are expected to work with your peers at their own level of skiing performance and not through role play.

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

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 advanced and expert skiers
- identify causes behind the observed behaviour of the skis
- discuss posture, appropriate movements and balancing
- understand effective movements for advanced and expert 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 advanced and expert skiers
- create an activity/task list appropriate to the needs of the skiers

Examination of Observation and Feedback

You are assessed on:

- critical observation of skiers' performance
- providing useful feedback to reinforce, regulate and/or motivate the skiers' performance.

This part of the examination is carried out as follows:

Observation

You will observe some skiers who are set a practical skiing task. You will stand beside the examiner and makes comments on their skiing performance. You should set up the activity to optimise time for focused observation and comment to the examiners about each performer. You are expected to comment on these factors:

Q: Did the skier complete the task that was set?

A₁: If no, describe what was seen and how it differed from the task set.

A₂: If yes, confirm each element of the task as completed. For instance:

- Sufficient speed
- Continuously linked arcs
- Skis parallel throughout
- Consistency of hitting the target amplitude

If yes, continue to describe to the examiner the key performance criteria that are observed in each skier. You should comment on any observed strengths or weaknesses in the skill of each skier. The assessor may ask a variety of questions to explore your underpinning knowledge of effect, such as how the skis perform in the snow, and the causes.

Feedback

Having observed several descents, you should give feedback to each skier. The aim may be to reinforce a strength or to correct or regulate a weakness.

You should call the skiers over individually to receive their feedback which should be in clear, simple terms and without jargon. It should empower the skier to make changes in performance.

The examiner may ask you to explain your choice of performance criteria and/or the nature of the feedback given.

The skiers continue with the same task for approximately 20 – 30 minutes. You are expected to effect some improvement in one or more elements in the performance of the task by improving the skiers' effectiveness, efficiency or both.

**UK SNOWSPORT ALPINE
PERFORMANCE CLUB COACH
(LEVEL 2)**

AWARD OVERVIEW, TRAINING, AND ASSESSMENT

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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.

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