

## **SNOWSPORT ENGLAND CROSS COUNTRY COACHING AWARD SCHEME**

### **LEVEL 2 ON-SNOW CROSS-COUNTRY INSTRUCTOR**

#### **Award Summary**

The Level 2 Instructor award is gained on successful completion of an approved Level 2 training and assessment course led by an appointed Tutor or Senior Tutor. This award qualifies instructors to work on snow with skiers from novice to intermediate level.

Level 2 Instructors should demonstrate a sound understanding of the sport, and sufficient skills, knowledge and experience to:

- Introduce skiers to the sport
- Provide foundations for further learning
- Be able to take intermediate skiers forward in developing their skills and versatility.

The award is intended for use mainly on prepared tracks or off-track in low-level mountain terrain. It is not a mountain leader's or tourer's award, rather is focused on the coaching of appropriate skills primarily on track.

The Level 2 Instructor will 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 and intermediate recreational skiers on snow.

#### **Level 2 Training and Assessment Course**

This involves a training and assessment course of at least four days or 28 hours, which may be organised on a modular or continuous basis.

The course will cover:

- The candidate's own skiing performance
- The fundamentals of cross-country skiing
- The fundamentals of working with novice and intermediate skiers, including planning and delivering safe and enjoyable sessions which provide the basis for further progress

#### **Prerequisites for accreditation**

Participants on these courses must satisfy minimum requirements of skiing experience and skills as specified below:

- Be at least 18 years old
- Be a qualified level 1 on-snow cross-country instructor or equivalent be registered with Snowsport England
- Have had a minimum of 20 hours' cross-country skiing instructional experience recorded in their log book, 10 hours of which must be on snow
- Have attained an appropriate level in a relevant proficiency award scheme, e.g.
- 4 star in the Snowsport England scheme

### Assessment for Level 2 accreditation

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

- Teaching assessment: the candidate will be asked to teach his or her peers at their own level of skiing
- Personal skiing assessment
- Communication assessment (structured presentation to group)

Once the assessment is successfully completed, for full accreditation the candidate needs to provide a completed Logbook, showing Level 1 Instructor Award, the required hours of skiing instruction, current First Aid certificate and current CRB cover.

### Skiing: Fundamental Skiing Techniques

Level 2 Instructors must be able to ski tracks and medium slopes to demonstrate posture, balance, correct movement, control of speed and direction of travel.

Demonstrations must display an “understandable and reproducible” picture of the technical aspects of cross-country skiing suitable for recreational skiers from novice to intermediate levels.

The Instructor will illustrate in all techniques:

- Good posture
- Dynamic and, where appropriate, static balance
- Complete weight transfer (where relevant)
- Smooth flowing rhythm
- Good coordination
- Good ski/pole control and placement

### Level 2 Instructor skiing tasks

Skilful performance of the classic techniques, skating techniques and downhill skills appropriate to cross-country skiing, and ability to make transitions between techniques within each style are required. Awareness of recent developments in both classic and skating techniques is expected.

Candidates must demonstrate the following displaying the general features of skilful technique specified above:

CLASSIC

4 Star Proficiency Award standard

Overall level of skiing	Skis fluently over varied terrain. Shows both static and dynamic balance on glide ski. Able to adapt tempo, range of movement, glide and power with changes in terrain and pace, with smooth transitions between techniques.  Able to stay in tracks on medium downhill sections and corner using body weight and angles appropriately.
Diagonal Stride	Fluent movements with only two phases in each cycle. Accurate, controlled and smooth placement of arms, poles and recovery leg.
Double Pole	Dynamic commitment of body weight to poles to generate power. Able to double pole uphill by altering tempo and range of movement. Able to demonstrate both new and old school techniques.
Double Pole Kick	Double pole action as above with well timed compression and drive off kick ski and a well balanced glide phase. Able to execute on alternate kick leg plus a definite pre-loading of the kick ski and long drive from it. Able to alter technique according to terrain.
Exit track and change track	Fluent track change in 4 stages with correct timing of pole action and clean and committed exit from tracks, to both sides. Able to respond to sudden need to change track.
Herringbone and half herringbone	Herringbone: Able to ascend steep hill steadily using inner edge of ski, with skis angled to suit gradient and ankles and knees flexed. Co-ordinated use of poles with opposite skis. Body weight over centre of skis on steep hill, also able to place each ski flat then roll onto inside edge. Half herringbone: clean step with inside ski onto central area of track, maintain effective progress in half herringbone then smoothly replace ski in loipe; avoiding herringboning on loipe; plus, smooth transition to full herringbone outside loipe, then committed step back into loipe.
<b>SKATE</b>	
Overall	Good static and dynamic balance, full and sustained weight transfer, accurate and controlled placement of poles and recovery ski. Skis fluently on varied terrain: able to alter tempo, glide length and the angle of attack of new glide ski, with smooth transitions between techniques. Able to alter lead ski on asymmetric techniques
Herringbone skate	Accurate placement of skis and poles with high degree of flexion in knees and ankles and clear steps up hill. Able to change tempo and cope with varied terrain with smooth transition in and out of technique
Skate 1	Able to adapt body angles, ski angles, tempo, and power to suit the terrain. Able to lead on both sides. Accurate recovery of poles and skis with placement of flat ski on both sides. Strong torso with hips and shoulders stable in direction of travel
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 direction of travel. Compression and extension of body on each glide. Power clearly generated through legs by range of movement of ankles and knees while maintaining tall posture in each extension phase. Skis placed flat then edged to effect drive at conclusion of glide. Able to adapt glide phase, tempo and ski angle according to terrain
Skate 3	One symmetrical arm action for each full leg cycle. Full effective arm swing with extended glide on lead side and an active arm recovery in time with recovery leg. Body compresses on lead side with pole plant, and extends upwards on recovery side so only one extension phase per full leg cycle. High degree of ankle and knee flexion, and compression to begin drive, giving a definite drive off each leg with placement of flat glide ski.. Able to lead on each side, and to adapt tempo and patterns of glide to suit the terrain and snow conditions.
Free Skate	Extended glide on both skis with varied body position. Able to use arms both in synch with leg action and held static. Able to climb gentle gradients

TURNS AND BRAKING	
Overall	Very good posture maintained throughout and adapted to changes of speed, direction and power. Good control on steep hills, and able to corner at speed.
Skate turn	Both skis edged, with fast foot movements, and body in state of dynamic balance with centre of gravity falling inside the position of both feet. Able to execute both with and without the use of poles. Effective use of poles to add power and to balance.
Step turn	Able to execute at reasonable speeds with fast foot action and small steps and increased lower body joint angles throughout turn. Smooth transition into skate turn.
Side step on hill	On steep hill: Able to side step up and down, with slight lowering of body posture plus appropriate angulation of body relative to hill, with effective use of edges. Positive lift and placement of inside ski with effective weight transfer and smooth recovery of other ski and pole, maintaining smooth and effective movement. Place inside pole up slope for stability.
Kick turn	Stable kick turns (facing downhill) on steep hill, to either side. Accurate placement of skis and effective use of poles and edges for support and in varied snow conditions (deep/icy/uneven)
Half snowplough	Able to use half snowplough to control speed and stop on steep hill. Controlled placement of plough ski out of track and replacement in track with appropriate flexion and effective pressuring. Poles held in safe position. Able to execute on both sides and to make a controlled stop at predetermined point.
Snowplough glide and brake	Good relaxed and effective position. Able to use snowplough to control speed on medium slope and to stop at predetermined place and to execute effectively in varied snow conditions (groomed, soft).
Snowplough turns	Fluent turns with extension of body before turn, outer foot rotated in direction of travel, compression of legs basic edge control; able to link smooth, rounded turns.
Stem turns	Clear stem turns with outer leg driving the turn and inner leg brought cleanly in to parallel position by end of turn, finishing in traverse position. Able to execute to either side.
Traverse with step up stop	Stable position with head and shoulders facing downhill, upper ski slightly forward; lower ski weighted. Traverse steep slope, with skis making clearly edged parallel tracks. Able to stop by stepping up hill to either side, holding line and posture on steep slopes. Step up stop controlled and smooth with balance held throughout.
Emergency stop	"Hockey stop" from snowplough, with well timed pole plant and inner ski cleanly brought round and edged. Able to execute to either side

## **Level 2 Teaching**

Level 2 Instructors should demonstrate a good foundation of information and experience to be an effective coach for skiers ranging in ability from novice to intermediate. An effective understanding of how to manage the learning environment and safety aspects of groups of different sizes and ages and fitness levels is needed.

The Level 2 Instructor will be assessed by a Tutor/Senior Tutor in delivering a practical coaching session with their peers at their own level of skiing and through discussion and questioning.

## **Communication**

Candidates will give a presentation to a group on a ski related topic. Potential subjects include: equipment selection (sizing and type); physical strength and conditioning for recreational cross-country skiers; group management; incident management. Candidates may be asked to use visual aids or to present without these.

## **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.

The Level 2 Instructor will be able to think creatively and respond to the needs of their skiers. They will be able to:

### *Background*

- Define and explain wider terminology
- Identify equipment needs for different levels of skiers and type of skiing show ability to plan and present an audio-visual session
- Categorise the benefits of modern ski design and advise skiers of how their equipment choices might influence their performance
- Discuss clothing choice and related safety issues
- Show awareness of weather considerations and navigation appropriate to safe cross- country skiing
- Show knowledge and understanding of the principals involved in basic fitness training
- Show ability in and understanding of equipment maintenance and intermediate waxing techniques.

### *Movement Analysis*

- Identify the components of good skiing
- Critically observe and analyse general movement patterns found among all levels of skiers identify desired outcomes in various types of 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
- Identify effective movements for all groups of skiers
- Understand the fundamental skiing movements involving posture, balance, and weight transfer
- Teach an appropriate blend of these movements suited to the needs of intermediate skiers create an activity/task list appropriate to the needs of these skiers.

### *Session Delivery*

- Teach the skiing public from novice 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

- Communicate effectively to a group of skiers
- Understand the needs of specific groups of skiers
- Demonstrate the ability to assess Proficiency Awards where available

### **Revalidation**

All Level 2 instructors are required to attend an approved SSE refresher course at least once every three years (this may be done on snow or on roller skis). This is to keep them abreast of the latest developments in both skiing and coaching techniques.

Revalidation will comprise:

- provision by the Tutor of a refresher on coaching methodology
- demonstration by Instructor of appropriate technical ability and awareness of up to date coaching methods