

Snowsport England Nordic Proficiency Awards Assessors' Guidance

The Proficiency Administrator can be contacted on: lnscmw@aol.com

Levels of Award

The Awards are intentionally discrete steps from beginner to expert:

At 1* & 2* there are individual awards for classic and skating, which combine to form the full award. Skiers can start with either classic or skating, and progressively develop their skills one module at a time, or they can learn both styles simultaneously and go for the full award at each level.

From 3* onwards there is a single award at each level which requires both classic and skating skills.

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|----|---------|-------|------|
| 1* | Classic | Skate | Full |
| 2* | Classic | Skate | Full |
| 3* | Full | | |
| 4* | Full | | |
| 5* | Full | | |
| 6* | Full | | |

The modular approach at 1* & 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 on snow or on roller skis.

- **1*** should encourage beginner and very novice skiers to progress further with Nordic skiing. The skills required are those which enable them to ski comfortably and safely in easy terrain.
- **2*** is aimed at improver Nordic skiers. It introduces the basic classic, skating and xc downhill skills. It both equips a skier to ski comfortably in moderate terrain, and provides a foundation for further development of Nordic skiing.
 - 2* (Classic) - candidates are at a good 2* standard for classic and general skills. It is for those who prefer to focus on classic skiing, or those who are unable to learn or demonstrate basic skate because, for example, some holiday resorts do not cut skating tracks or provide suitable equipment for skating.
 - 2* (Skate) – candidates are at a good 2* standard for skating and general skills. It is for those who prefer to focus on skate skiing on snow or on roller skis.
 - 2* (Full] – candidates are at a good 2* standard for classic, skate and general skills. It combines the Classic and Skate modules to provide the foundation for further progression through the Awards.

- **3*** is aimed at competent intermediate skiers. It covers the spectrum of techniques for cross country skiing on prepared tracks 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 all skills effectively and consistently, in varying terrain and snow conditions. It provides the technical skills required for the Level 2 XC Coaching Award.
- **5*** is an expert level and the skier should be an excellent performer in all aspects of XC, skiing fluently 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 are likely to have raced at a national or international level and ski fluently and dynamically in all terrain and conditions. It provides the technical skills required for the Level 4 XC Coach

Surfaces

There are separate Proficiency Awards for XC Snow and Roller skis (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 = rollerskis.

Pass Level

The skills are assessed as a pass or fail in accordance with the descriptors provided in the technical guidance. For each star level on snow or on roller skis a skier has to pass all the skills to attain the award.

Registration

Candidates register with a single payment of £5 which covers them for the whole scheme usually via a Coach. They do not have to pay for SE-led assessments.

Candidates receive one scorecard and a certificate for each award gained. If they lose their card or need to replace a card from one of the previous Proficiency Schemes there is no charge, provided they originally registered and paid the £5 fee.

Assessors

Assessors have to be qualified as a Snowsport England Coach, and can examine on the surface/s for which they are qualified:

- Level 1 Coach can assess 1* and 2*
- Level 2 Coach can assess 1*, 2* & 3*
- Level 3 Coach can assess 1*-5*
- Level 4 Coach can assess 1*-6*

How to do the Assessments

To keep the scheme flexible and accessible, assessment can be done in a number of ways:

- i) as a “formal” test
- ii) by observation over a course or event
- iii) cumulatively over a number of events or lessons
- iv) a mixture of the above

Whichever system is used, please ensure that the candidates are clear from the outset how the assessment will be made. Also check that courses/events etc offering assessments do cover **all** the skills required, including clothing and equipment. If the Award is not completed within 2 years, then a full assessment should be made (use a new scorecard if necessary).

When carrying out an assessment, especially as a formal test, you should allow candidates several runs at each skill, and where appropriate offer guidance on key aspects to improve. Make sure the key postural and dynamic aspects are in place at the appropriate level for each skill (as described in the technical guidance). When completing a scorecard for an assessment, please only mark up skills that have been passed. Don't mark a failed skill in the “Pass” column – leave these boxes blank. This means that later passes to complete the award can easily be added.

Please give the candidates feedback on their skiing. If commenting on a failed skill provide constructive comments on what they need to do to reach the required standards.

If possible, on the day please present each successful candidate with a certificate. If you can't do this, please notify the administrator when sending registration details; they will then send out an appropriately completed certificate.

How to Complete the Registration and Admin

As the assessor you are responsible for registering the candidates and collecting the £5 registration fees. You also complete and sign the scorecards, and present certificates, preferably at the time the award is completed. For each candidate registered you can keep 50p in recognition of your efforts etc.

Once you have completed a session, or season, of assessments, complete the Candidates Registration spreadsheet and **email** it to the administrator [noting whether a certificate was presented or if they need to be sent to you]. At the same time request the bank details so you can make an online payment of the fees received.

Administrator's Contact Details: : Mary Wray - lnscmw@aol.com

Materials available

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|----------------|------------------------|--|
| 1. Scorecard | 3. Technical guidance | 5. Candidates registration spreadsheet |
| 2. Certificate | 4. Assessors' guidance | 6. Scoring spreadsheet |

Checklist for Assessors

1. Before the ski season or prior to an event, contact Proficiency Administrator to order scorecards and certificates.
2. For each event, offer participants an assessment/part assessment (be honest about what can be achieved in the time available).
3. Collect £5 registration fee from candidates who are not already registered on the Scheme together with their contact details – record on the Candidates Registration spreadsheet.
4. Provide each candidate with their scorecard, unless they bring their own
5. For each assessment ensure that ALL relevant skills are covered (if a full assessment don't forget to cover clothing, equipment and waxing). A scoring spreadsheet is available to use if you wish.
6. After assessment mark up candidate's scorecard with all skills that have been passed and sign/date; give the card to the candidate.
7. For each candidate who has passed all skills of an award, complete a certificate and give to them.
8. After the event, or at end of ski season, email the Candidate Detail spreadsheet to the Proficiency Administrator showing:
 - Names of all skiers that have registered, noting which candidates have passed which award and have received a certificate, who assessed the award and the assessment date.

And request bank details - once received make an online payment for the total amount of registration fees collected [less up to 50p per candidate for your expenses if you wish]. The Administrator will pass these fees to Snowsport England.