



SNOWSPORT ENGLAND CROSS- COUNTRY COACHING AWARD SCHEME: LEVEL 3 ROLLER SKI COACH

Award overview, training, assessment and licencing

Revised April 2023



E: info@snowsportengland.org.uk

T: 01509 232323

W: snowsportengland.org.uk

1) Award summary

The Snowsport England (SE) Level 3 roller ski coach award is gained on successful completion of an approved Level 3 training and assessment course, led by a Senior Tutor.

A Level 3 coach has to demonstrate a high level of understanding of all aspects of the sport. They are also expected to be able to fulfil a responsible and positive role within their club or organisation. Level 3 coaches will have an in-depth knowledge of both skiing and coaching skills, and significant coaching experience on roller skis (and possibly on snow). They will have the ability to play a role in the long-term development of their skiers and to undertake, if desired, the necessary training to become a Tutor with responsibility for instructing and assessing SE Level 1 or 2 instructors.

A Level 3 coach is able to synthesise knowledge from a variety of sources and apply it to their coaching, enabling them to make adjustments to their session plans and modify them to respond to any challenge.

A Level 3 coach will be a strong, versatile and adaptable roller skier and will demonstrate high levels of competence in the performance of the exercises required for assessment.

2) Remit

The award is intended for use at any venue suitable for roller skiing, where you may work with roller skiers from beginners through to advanced, including those seeking further specialisation, such as aspirant Level 1 and 2 instructors themselves. It does not qualify you to instruct on snow nor to lead on-snow tours.

A SE qualification authorises coaches to work in a club or equivalent setting. If you wish to work in other settings, you need to contact SE to clarify whether it is within the terms of your licence.

3) Training

The Level 3 roller ski award is gained on successful completion either of a SE roller ski course of 3 days or 18 hours on a continuous basis, or training and assessment on a modular basis.

When you apply to SE to become a Level 3 coach, the SE XC Coaching Panel will contact you to agree on the most appropriate way to undertake the training, and to progress towards and conduct your assessment.

The training course covers the fundamentals and more detailed aspects of coaching and further learning, working with all skiers up to advanced level including those seeking to work towards a role in coaching.

The course will cover:

- your own skiing performance,
- details of working with beginner to advanced skiers, including planning and delivering safe and enjoyable sessions which provide the basis for further progress,
- planning sessions taking into account short, medium and long-term goals planning and delivery of weekend and week-long courses.

4) Prerequisites

It is a prerequisite that you satisfy minimum requirements as specified below:

- be at least 18 years old,
- be a qualified Level 2 roller ski instructor,
- be registered with Snowsport England,
- have a minimum of 40 hours' cross-country skiing instructional experience recorded in your log book (or equivalent),
- complete a coaching portfolio which shows your work with skiers over a reasonable period,
- be able to demonstrate an appropriate level in both classic and skate skiing on roller skis (e.g. SE 5* roller ski proficiency).5) Required skiing technique

You must be able to demonstrate, on roller skis and on all terrain up to and including steep slopes, appropriate posture, consistent balance, effective movement, control of speed and of direction of travel.

Demonstrations must display an understandable, reproducible and technically accurate picture of the technical aspects of roller skiing suitable for all recreational skiers from beginner to advanced.

You have to illustrate, in all techniques, a standard of SE roller ski 5* proficiency or equivalent, of:

- good posture,
- dynamic and, where appropriate,
- static balance,
- good weight transfer (where relevant),
- smooth rhythm good coordination,
- good ski/pole control and placement varied tempo according to terrain,
- bilateral skills (i.e. equally strong on both sides).

You have to perform all ski techniques described in the SE 5* roller ski proficiency scheme, see [SE-Nordic-Proficiency-Awards-2022.pdf \(snowsportengland.org.uk\)](https://www.snowsportengland.org.uk/SE-Nordic-Proficiency-Awards-2022.pdf).

6) Teaching requirements

You have to demonstrate a wide range of understanding, from a variety of sources, of cross-country skiing. You will have sufficient experience and skill on roller skis (and potentially on snow)) to be an effective coach for skiers ranging from beginner to advanced and for skiers wishing to specialise, including those wishing to become instructors and coaches. An extensive understanding of how to manage the learning environment and safety aspects of groups of different sizes, ages and fitness levels is needed. You need also to understand the issues of working long-term with individual skiers and groups, and the specific aspects of working with children.

You will be assessed by a Senior Tutor on delivering a practical roller skiing coaching session, on a topic given to you well in advance, allowing you time to prepare. This will, in principle, include the use of video, where you have to film skiers carrying out a technique, and provide feedback to the group. During the session, you have to display the following teaching and knowledge skills:

Movement analysis

- identify the components of good skiing,
- recognise general movement patterns found among all skiers to advanced level,
- identify desired outcomes of all types of skiing situations within the range of operations of the Level 3 award,
- list exercises and tasks which address skier needs, the equipment being used, terrain options, etc.,
- discuss posture, appropriate movement and balance, identify effective movements for all individuals and/or groups of skiers,
- understand detailed skiing movements involving posture, balance, and weight transfer, coach an appropriate blend of these movements suited to the needs of skiers up to advanced level,
- create an activity/task list appropriate to the needs of these skiers,
- plan a series of sessions to develop your skiers in relation to short, medium and long-term goals.

Session delivery

- teach skiers from beginner to advanced and provide solid foundations for further learning,
- show ability to give appropriate feedback, encouragement and motivation, including the use of audio-visual equipment,
- demonstrate ability to develop a relationship of trust between coach and skiers, 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 individuals and/or a group based on individual/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,
- identify the components of good skiing,
- understand the needs of individual and/or specific groups of skiers,
- be self-critical, open to constructive feedback, and modify sessions based on the needs of the skiers,
- be able to self-assess the effectiveness of your sessions,
- demonstrate the ability to assess proficiency awards up to Level 5*, where applicable.

7) Underpinning knowledge

Knowledge requirements for Level 3 coaches reflect an in-depth awareness of specific terms and concepts, and an ability to use these concepts in sessions for beginners through to advanced skiers. Your knowledge will be assessed in part through the informal presentation, in part through the coaching session, and in part through discussion with and questioning from your Senior Tutor throughout the course/assessment.

You have to be able to think creatively and respond to the needs of your skiers and:

- understand how to select and assess suitable roller skiing venues for different levels of skiers up to advanced,
- show awareness of different surfaces and gradients appropriate to safe roller skiing,
- demonstrate ability to perform venue risk assessment,
- identify equipment needs for different levels of skiers and common equipment safety issues,
- categorise the benefits of roller ski type and design and advise skiers on how their equipment choices might influence their performance,

- show knowledge of equipment maintenance,
- discuss clothing choice and related safety issues,
- demonstrate understanding of waxing and other grip systems sufficient to explain how snow skis function and how this links to roller skiing,
- show ability to plan and present an audio-visual session, show knowledge and understanding of the principals involved in training, fitness and warming up suitable for skiers up to advanced,
- demonstrate understanding of and coping with weather and weather information.

You have to give a presentation to a group on a roller ski related topic. Potential subjects include: equipment selection (sizing and type), suitable clothing or strength and conditioning for recreational skiers. You may use visual aids or present without these.

8) Assessment

The assessment part of the course takes place after the training session and will include the following:

- personal skiing assessment,
- coaching assignment: you will be asked to coach a group of intermediate or advanced skiers,
- communication and knowledge assessment: you will be asked to make a ski-related presentation,
- written or other assessment of your understanding of SE coaching and proficiency schemes.

9) Licencing

Once the assessment is successfully completed, you need to provide a completed logbook (or equivalent), showing Level 2 instructor experience, a current First Aid certificate, an Enhanced DBS check certificate and proof that you have attended a suitable Child Protection/Safeguarding course. You also need to submit a coaching portfolio to receive your licence.

Your licence provides you with third party liability insurance. To check the extent of your insurance cover, visit <https://www.snowsportengland.org.uk/membership-insurance/>.

10) Revalidation

All Level 3 coaches are required to undergo an approved SE refresher assessment at least once every three years. Assessment may be by attending a course or, for one revalidation in two, by attending a SE cross country coaching workshop. Revalidation is to keep you abreast of the latest developments in both skiing and coaching techniques.

A revalidation course will normally be one day (6 hours), but some elements may be done on a modular/remote basis (e.g. you may be invited to send videos of your skiing technique to the Senior Tutor).

Revalidation will comprise:

- provision by the Senior Tutor of any updates on coaching methods and skiing techniques, if relevant,
- your demonstration of appropriate roller ski techniques and up-to-date coaching methods.

When you are due for revalidation, the SE XC Coaching Panel will contact you to agree on the most appropriate way to conduct this.

11) Further information and contact

If you have any comments or questions related to these Course Notes, please address them to SE's XC Coaching Panel, Nordic@snowsportengland.org.uk.

A Level 3 qualification may also be achieved through the SE Fast-Track or Equivalence procedures whereby, for the former, a candidate Level 3 roller ski coach seeks the award without attending a training course or, for the latter, holding an award from another awarding body is judged to meet the SE Level 3 requirements. Documents covering these two procedures are available from Snowsport England.