

Snow Sports
Consulting Service

SKIING

LEVELS

1 - 6

FIRST DAY ON-SNOW SKIING PROGRESSION

Level 1 New Skier No skiing experience

1. TERRAIN: Flat Use Magic Carpet

Stationary Pizza Push Out, Pull In Hop Out, Hop In

2. TERRAIN: Flat To Slight Incline

Stopping While Gliding Slow Stop, Fast Stop

Tip Knees In For More Edge, Knees Out For Less Edge

Hot Dog, Pizza, Hot Dog, Pizza

3. TERRAIN: Slight Incline

Turn One Way Then The Other Use Airplane Turns For Weight Shift Point Pizza Towards Turn Link Turns Turn Uphill To Stop Link Four Turns With Slow Stop Contact Supervisor

4. TERRAIN: Chairlift

With Your Supervisors Consent You Can take Students To The Chairlift Explain To The Students What They Are To Do In A Way They Can Understand Watch Other People Loading Put Student On Side That Lift Operator Is On Ask Operator To Slow Down Lift Have Student Sit Back And Hold On With Two Hands Do Not Swing Or Kick Feet Do Not Look Backwards Keep Ski Tips Up When Approaching Top Skis In Hot Dog Shape When Getting Off Tell Students When To Stand Up Make Sure They Have Scooted Forward Do Not Push Off Go Straight Down Ramp

5. TERRAIN: Medium Incline Top Of Chairlift

Explain To Class What You Are Going To Do Before You Start Moving Use Caution Stay Below Your Class By Skiing Backwards Use Traversing To Keep Speed Down Use Uphill Turning Link Turns And Stopping As Soon As Terrain Or Ability Allows Make Lots Of Turns Check In With Supervisor Before Returning To Lift

LEVEL 2 SKIING

Beginning Skier

Can go straight and stop Some turning
Needs help on the beginning chairlift hill

Age

5 & under

Terrain

Beginning Chairlift

Skills

1. Push feet out/Pull feet in
2. Tip skis on edge
3. Point skis in the direction of turn
4. Understand chairlift line, loading & unloading

Age

6 - 8

Terrain

Beginning Chairlift

Skills

1. Tips untied
2. Push feet out/Pull feet in
3. Tip skis on edge
4. Point skis in direction of turn then shift weight
5. Understand chairlift line, loading & unloading

LEVEL 3 SKIING

Wedge Turn Skier

Links wedge turns Traverses both ways
Skis independently on the beginning chairlift hill

Age

5 & under

Terrain

Beginning Chairlift

Skills

1. Tips untied
2. Link wedge turns with weight shift
3. Adjust edges for terrain
4. Fairly balanced stance
5. Traverse both ways

Age

6 - 8

Terrain

Beginning Chairlift

Skills

1. Link wedge turns with weight shift
2. Use edges for side slipping and side stepping
3. Traverse both ways, lift uphill foot
4. Improving balanced stance
5. Keeps hands up

Age

9 - 12

Terrain

Beginning Chairlift

Skills

1. Link wedge turns with weight shift
2. Use edges for side slipping, side stepping & skating
3. Traverse both ways, lift uphill ski, lift downhill ski
4. Balanced stance more of the time
5. Keep hands up and in front, May have poles

Age

13 & older

Terrain

Beginning Chairlift

Skills

1. Link wedge turns with weight shift
2. Use edges for side slipping, side stepping, skating & herringbone
3. Traverse both ways, lift uphill ski, lift downhill ski
4. Balanced stance, flexed ankles & knees
5. Keep hands up and in front, May have poles

LEVEL 4 SKIING

Christie Skier

Can sideslip both directions

Finishes last half of turn with matched skis

Uses hockey stops to stop Skis easier slopes on bigger chairs

Age

6 - 8

Terrain

Easier slopes on bigger chairs

Skills

1. Uses hockey stops
2. Matched skis at the end of the turn
3. Walking up or downhill while traversing
4. Flexing & extending to improve stance
5. Better balance in changing conditions
6. Keep hands up and in front, May have poles

Age

9 - 12

Terrain

Easier slopes on bigger chairs

Skills

1. Uses hockey stops
2. Matched skis at the end of the turn
3. Walking up or downhill while traversing
4. Flexing & extending to improve stance
5. Better balance in changing conditions
6. Control turn shape
7. Working on pole plant

Age

13 & older

Terrain

Easier slopes on bigger chairs

Skills

1. Uses hockey stops
2. Matched skis at the end of the turn
3. Walking up or downhill while traversing
4. Flexing & extending to improve stance
5. Better balance in changing conditions
6. Control turn shape
7. Working on pole plant

LEVEL 5 SKIING

Carving Skier

**Can match skis in most turns Uses pole plant for timing
Skis most advanced slopes**

Age

9 - 12

Terrain

Most advanced slopes

Skills

- 1. Short , medium & long radius turns**
- 2. Ski on one ski**
- 3. Use weight on both skis if needed, Jump turns**
- 4. Pole plant for timing and balance**
- 5. Working on different snow conditions/moguls**
- 6. Ability to regain balance in odd situations**
- 7. Understands carving & is applying**

Age

13 & older

Terrain

Most advanced slopes

Skills

- 1. Short , medium & long radius turns**
- 2. Ski on one ski**
- 3. Use weight on both skis if needed, Jump turns**
- 4. Pole plant for timing and balance**
- 5. Working on different snow conditions/moguls**
- 6. Ability to regain balance in odd situations**
- 7. Understands carving & is applying**

LEVEL 6 SKIING

ATAC Skier

Skis all terrain Skis all snow conditions

Age

9 - 12

Terrain

All terrain & snow conditions

Skills

- 1. Body moves over skis during some turns**
- 2. Use whole ski if possible**
- 3. Fluid turns in all conditions and terrain**
- 4. Up & down unweighting**
- 5. Poles use is refined**
- 6. Carving when necessary**

Age

13 & older

Terrain

All terrain & snow conditions

Skills

- 1. Body moves over skis during some turns**
- 2. Use whole ski if possible**
- 3. Fluid turns in all conditions and terrain**
- 4. Up & down unweighting**
- 5. Poles use is refined**
- 6. Carving when necessary**