

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

Green Circle Runs

Age

5 & under

Terrain

Green Circle Runs

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
5. An Edgie Wedgie might need to be used

Age

6 & older

Terrain

Green Circle Runs

Skills

1. Push feet out/Pull feet in
2. Tip skis on edge
3. Point skis in direction of turn then shift weight
4. Stops at will
5. Understand chairlift line, loading & unloading
6. Ski poles might be introduced to older students

LEVEL 3 SKIING

Wedge Turn Skier

Links wedge turns Traverses both ways
Skis independently on the beginning chairlift hill
Green Circle & some **Blue Square** Runs

Age

5 & under

Terrain

Green Circle and some Blue Square runs

Skills

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

Age

6 - 8

Terrain

Green Circle and some Blue Square runs

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

Green Circle and some Blue Square runs

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

Green Circle and some Blue Square runs

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 Uses hockey stops to stop

Finishes last half of turn with matched skis

All **Blue Square** & some **Black Diamond** Runs

Age

6 - 8

Terrain

All Blue Square & some Black Diamond runs

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

All Blue Square & some Black Diamond runs

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

All Blue Square & some Black Diamond runs

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
All Black Diamond Runs

Age
9 - 12

Terrain
All Black Diamond runs

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
All Black Diamond runs

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