

Snow Sports Consulting Service

SNOWBOARDING

LEVELS

1 - 5



FIRST DAY ON-SNOW SNOWBOARD PROGRESSION

Level 1 New Snowboarder No snowboarding experience

1. TERRAIN: Flat Use Magic Carpet

**Back Foot Out Walk Around Push And Slide Push, Glide & Steer
Both Feet In Stationary Pivot Turn Kick Back Foot Around
Practice Both Directions**

2. TERRAIN: Flat To Slight Incline

**Both Feet In From Sitting Position, Stand To Heel Edge, Sideslip To Stop
From Kneeling Position, Stand To Toe Edge, Sideslip To Stop**

3. TERRAIN: Slight Incline

**Heel Edge Falling Leaf Toe Edge Falling Leaf Straight Run Onto Edge
Steer Uphill To Stop Like A Letter J Use Pivot Turns Practice Both Ways
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 Snowboard Up When Approaching Top
Keep Snowboard Straight Tell Students When To Stand Up Make Sure
They Have Scooted Forward Do Not Push Off Put Back Foot On Stomp
Pad Push Back Foot Against Back Binding Lean Slightly Forward
Slide 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 Riding Backwards Use Side Slipping To
Keep Speed Down Use Falling Leaf 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

SNOWBOARDING

Beginning Snowboarder

Can sideslip on toe and/or heel edge

Rides independently on beginner chairlift hill

Green Circle Runs

Age

6 - 8

Terrain

Green Circle runs

Skills

1. Sideslip on toe and /or heel edge
2. Some back foot movement for turning
3. Working on balancing on front foot
4. Understands chairlift line, loading & unloading

Age

9 - 12

Terrain

Green Circle runs

Skills

1. Sideslip on toe and /or heel edge
2. Some back foot movement for turning
3. Working on balancing on front foot
4. Can traverse on toe and/or heel edge
5. Understands chairlift line, loading & unloading

Age

13 & older

Terrain

Green Circle runs

Skills

1. Sideslip on toe and /or heel edge
2. Some back foot movement for turning
3. Working on balancing on front foot
4. Can traverse on toe and/or heel edge

LEVEL 3

SNOWBOARDING

Turning Snowboarder

Does toe/heel edge turns Traverse both way
All **Blue Square** & some **Black Diamond** Runs

Age

6 - 8

Terrain

All Blue Square & some Black Diamond runs

Skills

1. Stops by turning the board sideways
2. Sideslips on toe and heel edge
3. Traverses on toe or heel edge
4. Uses back foot to make shorter turns
5. Ability to shift weight from tip to tail
6. Better balance in changing conditions

Age

9 - 12

Terrain

All Blue Square & some Black Diamond runs

Skills

1. Stops by turning the board sideways
2. Sideslips on toe and heel edge
3. Traverses on toe or heel edge
4. Uses back foot to make shorter turns
5. Ability to shift weight from tip to tail
6. Better balance in changing conditions

Age

13 & older

Terrain

All Blue Square & some Black Diamond runs

Skills

1. Stops by turning the board sideways
2. Sideslips on toe and heel edge
3. Traverses on toe or heel edge
4. Uses back foot to make shorter turns
5. Ability to shift weight from tip to tail
6. Better balance in changing conditions

LEVEL 4

SNOWBOARDING

Fakie Snowboarder

Switches from regular to fakie while linking turns

All Black Diamond Runs

Age

9 - 12

Terrain

All Black Diamond runs

Skills

- 1. Rides with either foot forward**
- 2. Stops on toe or heel edge**
- 3. Short, medium & long radius turns**
- 4. Working on different snow conditions/terrain**
- 5. Ability to regain balance in odd situations**
- 6. Understands carving and is applying**

Age

13 & older

Terrain

All Black Diamond runs

Skills

- 1. Rides with either foot forward**
- 2. Stops on toe or heel edge**
- 3. Short, medium & long radius turns**
- 4. Working on different snow conditions/terrain**
- 5. Ability to regain balance in odd situations**
- 6. Understands carving and is applying**

LEVEL 5 SNOWBOARDING

ATAC Snowboarder

Rides all terrain and snow conditions

Age

9 - 12

Terrain

All terrain & snow conditions

Skills

- 1. Body moves over board during some turns**
- 2. Use whole board if possible**
- 3. Fluid turns in all conditions and terrain**
- 4. Up & down unweighting**
- 5. Ability to switch from regular to fakie at anytime**
- 6. Carving when necessary**

Age

13 & older

Terrain

All terrain & snow conditions

Skills

- 1. Body moves over board during some turns**
- 2. Use whole board if possible**
- 3. Fluid turns in all conditions and terrain**
- 4. Up & down unweighting**
- 5. Ability to switch from regular to fakie at anytime**
- 6. Carving when necessary**