

e-prep - module 1

Canadian Ski Teaching ... an introduction

Objectives:

- Canadian Ski Teaching
- Guest Service
- CSIA code of ethics

Guest Service

How can we make ski lessons fun?

- A) keep students moving to avoid boredom
- B) set difficult goals to challenge students
- C) make jokes about other skiers
- D) ski under the chairlift

Guest Service

Check all opportunities to generate return business...

Check the correct answers:

- A) provide a clear summary and suggestions for further improvement
- B) go up the chairlift alone so you have time to think
- C) talk to the parents about the children's progress
- D) make sure to ask for a tip
- E) give a business card and indicate your availability for another lesson
- F) keep in touch with clients in the off-season

Guest Service

The best skiers are always the best instructors.

Fill in the circle of the correct answer:

- A) True
- B) False

Guest Service

Check all examples of good guest service...

Check the correct answers:

- A) a friendly greeting and eye contact
- B) talk with other instructors while your guests wait in the meeting area
- C) help students with their equipment
- D) finish on difficult terrain so they know what they are doing wrong
- E) talk with clients to find out their reasons for taking lessons
- F) familiarize them with ski area lifts, signage and services

Guest Service

Which is a quality of good communication?

Fill in the circle of the correct answer:

- A) calm and pleasant
- B) long technical explanations
- C) talk to one student without involving others in the group
- D) don't let them talk - it will only confuse your message

Code of Ethics

Check the four principles of the CSIA code of ethics.

- A) respect for participants
- B) professional development
- C) responsible teaching
- D) communication skills
- E) integrity in relationships
- F) honouring sport

Code of Ethics

You have a one student in a group who learns more quickly than the rest.
You should:

Fill in the circle of the correct answer:

- A) pay equal attention to all students in the group
- B) pay more attention to that student
- C) tell the others that they are slow learners
- D) separate the group so you don't have to deal with it

Code of Ethics

Actions of other instructors are none of your business.

Fill in the circle of the correct answer:

- A) True
- B) False

Code of Ethics

You think that your student's skis are unsuitable for them. You should:

Fill in the circle of the correct answer:

- A) suggest that they try different models that might work
- B) tell them that their skis are no good
- C) tell them that the best skis are the ones made by the company you represent

Code of Ethics

You disagree with a company policy that doesn't give instructors special lift access. You should:

Fill in the circle of the correct answer:

- A) complain to your clients that the ski area doesn't help instructors.
- B) approach your supervisor privately to discuss the policy and see if there are other options.
- C) try to get all the instructors to work together to get the policy changed.

e-prep - module 4

Practical Teaching

Objectives:

- Beginner Progression
- Teaching Children

“Fast track to parallel”

Which is *not* one of the 5 steps or outcomes ?

Fill in the circle of the correct answer:

- A) keep students moving to avoid boredom
- B) mobility
- C) sliding
- D) turning
- E) stopping
- F) linking

“Fast track to parallel”

Click all ways of familiarizing students with equipment ...

Check the correct answers:

- A) moving, hopping in the ski boots
- B) leaning on your poles while students figure it out themselves
- C) showing how bindings work
- D) how to carry skis
- E) how poles straps are used

“Fast track to parallel”

You should always perfect each step, even if the student is able to progress more quickly.

Fill in the circle of the correct answer:

- A) True
- B) False

“Fast track to parallel”

Once the student is linking turns in the beginner area, what are appropriate "next steps" ?

- A) consider moving to longer green runs for guided mileage
- B) teach them how to carve
- C) ski slightly faster to encourage gliding
- D) lots of repetition to improve motor skills and balance

“Fast track to parallel”

Check *all* that will help beginners control themselves ...

- A) a good snowplow
- B) leaning back in their boots
- C) a "hockey stop"
- D) round, even turns
- E) good balance on the outside ski
- F) leaning into the hill

Teaching Children

The level of responsibility for your students is ...

Fill in the circle of the correct answer:

- A) that of a careful or prudent parent
- B) something you shouldn't worry about
- C) the ski school director's problem

Teaching Children

Risk assessment and avoidance includes the following points...

Check the correct answers:

- A) have an "easy way down" in case students can't handle terrain
- B) asking the lift operator to assist with small children
- C) check the grooming report to find the best options for your class
- D) send students over jumps first to see how far they fly
- E) stay on marked trails inside ski area boundaries
- F) let the kids decide where they want to ski

Teaching Children

In case of accident you should stay with the person and send a responsible adult to notify patrol.

Fill in the circle of the correct answer:

- A) True
- B) False

Teaching Children

Check all good examples of class management ...

- A) indicate stopping areas, and have them stop below the group
- B) ski in front to set a track when control is required
- C) have them respect an order when following
- D) stronger students can take a different run and wait for you at the lift
- E) ski backwards in front of the class to communicate and observe
- F) never look over your shoulder to count students - you will look silly to those watching from the chair.

Teaching Children

Check all good examples of communication with children ...

- A) using imagery and language appropriate to age group
- B) getting down to their level for verbal and visual contact
- C) long technical explanations
- D) use their names
- E) use games and activities to develop cooperation within a group

Teaching Children

Which age group starts deductive reasoning?

Fill in the circle of the correct answer:

- A) 2-5 years
- B) 6-8 years
- C) 9-12 years
- D) 13-18 years

Teaching Children

Which are good approaches for 6-8 year olds?

Check the correct answers:

- A) long runs without stopping
- B) focused on participation, not competition
- C) co-operative play in the group
- D) take turns following the instructor

Teaching Children

Which are good approaches for 9 - 12 year olds?

Check the correct answers:

- A) long, technical explanations
- B) clear guidelines for behavior
- C) teamwork and interaction
- D) guided discovery

Teaching Children

Team work is an effective strategy for 2 - 5 year olds

Fill in the circle of the correct answer:

- A) True
- B) False

Teaching Children

Check all effective approaches for 13-18 year olds

- A) longer, more complex sequences and tasks
- B) ask their input on which approaches they like
- C) "make believe" games
- D) reasoning and decision making tasks
- E) keep feedback positive for self-esteem

Teaching Children

Check all that apply to 2 - 5 year olds ...

- A) they have a good imagination
- B) they tire quickly
- C) they can concentrate on one thing for a long time
- D) they are good at "copycat" games