



CANADIAN SKI INSTRUCTORS' ALLIANCE

*Level 2 Ski Certification
Course Guide*

2011-2012

Mission Statement

*“The CSIA sets the standard for
the profession of ski teaching.”*

Certified as a designated Educational Institute by the
Canadian Department of Human Resources Development.

Table of Contents



Level 2 Introduction _____	3
Course Schedule _____	4
Evaluation _____	5
Day 1 _____	8
Day 1 – Daily Journal _____	9
Day 2 _____	10
Day 2 – Daily Journal _____	11
Day 2 Debrief _____	12
Indoor Workshops _____	13
Day 3 – Daily Journal _____	17
Level 2 Assessment Form _____	18

Canadian Ski Instructors' Alliance

©Copyright 2011, All rights reserved

Printed in Canada

220-4900, Jean Talon West

Montréal, QC H4P 1W9

Canada

www.snowpro.com

Level 2 Ski Introduction



The Level 2 ski instructor certification is for any skier that has passed the Level 1 certification. The course enables ski instructors to improve their situational teaching skills, as well as acquire a better understanding of the CSIA technique and methodology, and the role of ski teaching within the ski industry. It combines practical ski teaching methods, technical understanding and development, and improvement of guest service skills.

Candidates will receive coaching on their skiing with the goal of reaching the Level 2 standard. They will also receive suggestions and strategies for long-term development. The successful candidate is certified to demonstrate technical skiing skills up to intermediate parallel skill level. Level 2 Ski Certification and Level 2 Teaching Certification are pre-requisites for the Level 3 certification.

DURATION: 18 hours, including evaluation

COURSE CONTENT:

* Recommended Reading

- › Technical Basics – pgs. 4.2 - 4.20

Sub-total 1 hrs

* Indoor

- › Technical Basics
- › Debrief and Assessments

Sub-total 2 hrs

* Outdoor

- › Ski improvement and skill development w/video
- › Terrain adaptation

Sub-total 15 hrs

Total: 18 hrs

*Approximately

Level 2 Schedule



DAY 1

- ✦ **Registration**
- ✦ **On snow**
 - › Ski improvement – Understanding the skiing skills through individual skill development
 - › Ski improvement – Tactical and terrain adaptation
- ✦ **Indoor**
 - › Review course outline and performance criteria
 - › Level 2 standards
 - › One-on-one sessions: Course conductor-candidate

DAY 2

- ✦ **On snow**
 - › Terrain adaptation and methodology
 - › Fast Track to Parallel – Skill Development with video
- ✦ **Indoor**
 - › Day 2 debrief
 - › Personal skill assessment and development from days video
 - › Workshop – Technical basics

DAY 3

- ✦ **On snow**
 - › Ski Improvement
 - › Skill development strategies and goal setting
- ✦ **Indoor**
 - › Feedback: Candidates to fill out Course Conductor Feedback Form
 - › Results presentation

*This schedule may be adjusted in consideration of conditions, weather and facilities.

Evaluation



Candidates are evaluated on their skiing, as well as their participation on and off the snow. The evaluation is conducted on an on-going basis throughout the course and based on the “IACRCv” model (see CSIA Manual, pgs. 6.2-6.3). Candidates must pass both skiing and teaching aspects to be certified Level 2.

MARKING SYSTEM

❁ Ski:

To meet the standard, candidates have to be at the “Consolidation” stage of development in accordance to the CSIA Level 2 Technical Performance Criteria (p. 6).

STAGE OF DEVELOPMENT	TECHNICAL ABILITY
ACQUISITION	<ul style="list-style-type: none">› The skier coordinates and executes the key components of the movement in the correct order;› Execution is inconsistent and lacks precision;› Cautious execution by skier;› Rough form, lacks synchronization, rhythm and flow.
CONSOLIDATION	<ul style="list-style-type: none">› Coordination of movements appears› Controlled and rhythmical execution of task under stable conditions› Some performance elements are maintained, but are inconsistent when skier is under pressure, conditions change or demands increase
REFINEMENT	<ul style="list-style-type: none">› Performance is consistent and precise in demanding conditions› Movements are automatic and done subconsciously› Only minor fine tuning may be necessary› Critical reflection and correction is possible by skier

RE-TEST ON SKIING

Candidates who fail skiing or teaching have 2 years (730 days) from the course date to be re-tested on that portion. Candidates passing one portion will never have to be re-tested for that portion. However, after the 730-day period, the full 18 hour course must be taken again, even if one portion has already been passed.

Re-testing of skiing is done on Day 1 & Day 2 of either a Level 2 Ski Only course or a traditional 5 day Level 2 course.

Successful Candidates

Candidates that are successful on the Level 2 Skiing Certification must continue along the modular certification path to obtain the Level 2 Teaching Certification and become a fully certified Level 2.

The candidate must register in advance for re-assessment through the National Office.

TECHNICAL ASSESSMENT

Element Of Competency	Performance Criteria - Consolidation
<p>Demonstrate CSIA technique effectively from entry level to intermediate parallel</p>	<p>General performance criteria:</p> <ul style="list-style-type: none"> › Ski consistently parallel on intermediate terrain. › Adjust skiing skills to a variety of turn types and different snow conditions. › Adapt skiing skills and performance to be able to ski bumpy and varied intermediate terrain. › Utilize skiing skills to provide technically sound demonstrations which are easy to copy. › Demonstrate at all levels, from entry level to intermediate. <p>Specific performance criteria:</p> <p>Intermediate Parallel Turns: Control in symmetrical/rhythmical parallel turns on intermediate terrain (blue/black):</p> <ul style="list-style-type: none"> › Maintains Intermediate speeds; › Centred, mobile stance; › Direction change initiated by lower body; › Steering adjusted to terrain and speed; › Manages upper/lower body separation. <p>Wedge Turns: Rhythmical wedge turns executed on flat beginner terrain (green):</p> <ul style="list-style-type: none"> › Demonstrate a centred and mobile stance; › Direction change initiated by lower body; › Steering is adjusted to terrain and speed; › Maintain upper/lower body separation. <p>Free Skiing: Free skiing on intermediate terrain (blue/black):</p> <ul style="list-style-type: none"> › Stance is adjusted to speed and snow conditions; › Show the ability to vary edging with the terrain and turn shape; › Show good control and consistency, with the technical elements described in basic parallel turns; › Show the ability to vary turn shape and rhythm within the run. <p>Intermediate Short Radius Turns: Round turns executed on intermediate terrain (blue):</p> <ul style="list-style-type: none"> › Demonstrate consistent speed and steering; › Show application of the technical elements described in basic parallel turns; › Maintain rhythm and symmetry for the entire run.

Day 1



* By the end of the day, you will have been exposed to the following:

- › **The skiing skills concept and the 3 basic skiing competencies**

Basic Skiing Competencies
Centred/Mobile Stance
Turning with the lower body
Balance on edges

Skiing Skills
Stance and Balance
Timing and Coordination
Pivoting
Edging
Pressure Control

- › **How all 5 skills play a role in the ability to achieve each of the 3 basic skiing competencies.**
- › **Turn Phases**
 - How turn phases are used in the understanding of technique.
- › **Blending skills to achieve the basic skiing competencies in a variety of conditions.**
 - Using small bumps.
 - Using non groomed terrain.
 - Using steeper terrain.

* Reading assignment :

- › Technical Basics – pgs. 4.2-4.20

* One on One Session :

- › Refer to the left half of the assessment form - p.18 of this course guide.



DAY 1

Skills - Summary

Development Strategies / Tactics



★ By the end of the day, you will have been exposed to the following:

- › **How to ski in a variety of terrain and conditions:**
 - Learn easiest route finding in intermediate bumps
 - You will practice line interpretation through intermediate bumps
 - Use natural terrain features as skill development tools
 - Convex/concave terrain
 - Side hills

- › **Using the Fast Track to Parallel with video:**
 - Create a skill progression for your personal demonstration development
 - You will be made aware of your areas of development for demonstrations and skiing skills
 - Develop an understanding of the hierarchy of skill development

★ Indoor

- › Debrief
- › Self-Assessment and Development
- › Technical Basics

★ Debrief – Day 2 Notes

Terrain Adaptation / FTTP – Skill development

Positive elements

Difficult elements

Strategies / Solutions



Video Assessment and Development from today's video

CENTRED MOBILE STANCE Strengths: Areas for Development:	Development Strategies:
TURNING WITH THE LOWER BODY Strengths: Areas for Development:	Development Strategies:
BALANCE ON EDGES Strengths: Areas for Development:	Development Strategies:

TECHNICAL BASICS

★ PHASE 1 DISCUSSION

1. Describe the movement patterns in Phase 1

2. Discuss the effects of the skis on the snow

3. Describe the relationship between the COM and BOS

★ PHASE 2 DISCUSSION

1. Describe the movement patterns in Phase 2

2. Discuss the effects of the skis on the snow in relation to the direction of travel

★ PHASE 3 DISCUSSION

- 1. Describe the movement patterns in Phase 3**

- 2. Discuss the effects of the skis on the snow**

- 3. Illustrate the effects of increased edge angle on loading and deflection**

★ OVERALL DISCUSSION

- 1. Discuss the duration of Phase 1 in short vs. long turns**

- 2. Discuss the skill blend in Phase 2 in slow vs. fast speeds**

- 3. Discuss the application of the edging skill in Phase 3 in carved vs. skidded turns**

*** PHYSICS DISCUSSION**

1. Discuss the affects gravity has on a skier

2. Describe how friction can affect a skier

3. Illustrate the relationship between line of motion and steering angle

a. How does this affect direction change

Day 3



✦ **By the end of the day, you will have been exposed to the following:**

- › **Individual feedback and development in regards to the Level 2 Skiing Standard.**
 - You will receive a tool box of tactics that will guide and develop your personal demonstration and skiing skills.
 - Set long and short term goals

DAY 3



Competencies

Specific Skill Development

Desired Outcomes



CSIA LEVEL 2 ASSESSMENT

FINAL RESULTS NI / ME

Name: _____
Location: _____

Date: _____
Candidate #: _____

Skiing Competency

NI / ME

Teaching Competency

NI / ME

General Performance

	I	A	C	R
• Skis parallel	I	A	(C)	R
• Adapts skiing skills to:	I	A	(C)	R
Turn shape	I	A	(C)	R
Terrain	I	A	(C)	R
Speed	I	A	(C)	R
• Adjusts skiing skills for demonstrations	I	A	(C)	R

Development Strategies: _____

Specific Performance/Skill Application

	I	A	C	R
• Stance & Balance	I	A	(C)	R
- Centred fore aft in the middle of outside ski	I	A	(C)	R
- Mobile in all joints	I	A	(C)	R
• Timing & Coordination	I	A	(C)	R
- Proper use of pole plant	I	A	(C)	R
- Can vary turn shape	I	A	(C)	R
• Pivoting	I	A	(C)	R
- Turning initiated with lower body	I	A	(C)	R
- Manages steering effort with lower body	I	A	(C)	R
• Edging	I	A	(C)	R
- Controls turn shape	I	A	(C)	R
- Balance through inclination/angulation	I	A	(C)	R
• Pressure Control	I	A	(C)	R
- Controls COM through flexion and extension	I	A	(C)	R

Development Strategies

Technical Understanding

	NI	ME	Requires 4/5
• Teaching is skill related	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Skill assessment identifies causes	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Skill development	<input type="checkbox"/>	<input type="checkbox"/>	_____
Related to competencies	<input type="checkbox"/>	<input type="checkbox"/>	_____
Targets skills	<input type="checkbox"/>	<input type="checkbox"/>	_____
Progressive	<input type="checkbox"/>	<input type="checkbox"/>	_____

Development Strategies: _____

Student Centred Method

	NI	ME	Requires 3/4
• Teaches safely (Mandatory)	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Utilizes 6 step lesson planning	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Adapts to terrain and conditions	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Appropriate lesson pace	<input type="checkbox"/>	<input type="checkbox"/>	_____

Development Strategies: _____

Guest Service

	NI	ME	Requires 5/6
• Demonstrates active listening	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Communicates coherently	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Provides individual feedback	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Utilizes debriefing	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Understands learning contract	<input type="checkbox"/>	<input type="checkbox"/>	_____
• Positive attitude & body language	<input type="checkbox"/>	<input type="checkbox"/>	_____

Development Strategies: _____

Course Conductors:

Legend:

I – Initiation: skier understands the skill that is being demonstrated

A – Acquisition: skier is able to execute movements in the correct sequence

(C) – Consolidation: coordinated movements are starting to appear

R – Refinement: skier is able to perform precise, smooth & efficient movements

Must achieve bracketed score

NI – Needs Improvement

ME – Meets Expectations