



CANADIAN SKI INSTRUCTORS' ALLIANCE

*Level 3 Ski
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.

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Canadian Ski Instructors' Alliance

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Level 3 Ski Course Introduction



The Level 3 ski instructor certification is for advanced skiers that have passed the Level 2 certification. The course enables ski instructors to improve their situational teaching skills, to acquire a better understanding of CSIA technique and methodology, and the role of ski teaching within the ski industry, as well as introduce instructor training. 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 3 standard. They will also receive suggestions and strategies for long-term development. The successful candidate is certified to teach skiers up to advanced parallel skill level. Level 3 is a pre-requisite for the Level 4 certification.

DURATION 3 days - 18 hours training phase
2 days – 10 hours evaluation phase

COURSE CONTENT: Training Phase

*** Recommended Reading**

- › Advanced Technical – pgs. 7.2-7.5, 7.10-7.11

Sub-total 1 hrs

*** Indoor**

- › Advanced Technical
- › One on One and Debriefing

Sub-total 2 hrs

*** Outdoor**

- › Ski improvement and skill development w/video
- › Terrain adaptation
- › Edge Control
- › Ski-Off (Intermediate Parallel, Advanced Parallel, Advanced Short Radius & a Bump Run)

Sub-total 15 hrs

Total: 18 hrs *Approximately

Level 3 Ski Schedule



DAY 1

- ✳ **Registration**
- ✳ **On snow**
 - › Ski improvement at advanced level to improve technical understanding
 - › Ski improvement – A review of technical principles developed through a tool box session
- ✳ **Indoor**
 - › Review course outline
 - › Workshop – Advanced Technical

DAY 2

- ✳ **On snow**
 - › Edge Control – Short Radius
 - › Terrain adaptation (bumps)
- ✳ **Indoor**
 - › L3 Standards and exams review
 - › One-on-one sessions: Course conductor-candidate

DAY 3

- ✳ **On snow**
 - › Edge Control – Advanced Parallel
 - › Ski Improvement – ski off review
- ✳ **Indoor**
 - › Final one-on-one assessments
 - › Level 3 exams recommendations
 - › Course Conductor Feedback Forms

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



The evaluation process continues throughout the training phase. The candidate will receive feedback on his/her strengths and areas for improvement in relation to technique and general attitudes.

TECHNICAL ASSESSMENT

Element Of Competency	Performance Criteria - Refinement
<p>Demonstrate effectively from intermediate to advanced level</p>	<p>General performance criteria:</p> <ul style="list-style-type: none"> › Ski consistently parallel on advanced terrain at faster speeds. › Adjust technique to a variety of turn types, speed and snow conditions. › Adjust skills and technique to advanced bumps and varied terrain. › Balance against the turning forces to create pressure. › Regulate pressure and maintain snow contact through flexion/extension movements. › Balance on the edges above the fall line. › Adjust skills to provide technically sound demonstrations which are easy to copy. <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>Advanced Short Radius: Round short turns executed on advanced (black) terrain</p> <ul style="list-style-type: none"> › Demonstrate consistent speed and steering; › Apply the technical elements described in basic parallel turns effectively; › Maintain a consistent and rhythmical pole plant; › Maintain rhythm and symmetry for the entire run <p>Bumps: Demonstrate control and good technique in advanced varied terrain (moderate black terrain).</p> <ul style="list-style-type: none"> › Adjust stance to terrain and snow conditions; › Show the ability to choose a line in varied terrain; › Adjust movements to terrain features; › Show a refinement of pressure control to maintain contact and steering. <p>Advanced Parallel: Linked and efficient parallel turns executed at a faster speed on groomed advanced (blue / black) terrain:</p> <ul style="list-style-type: none"> › Show the application of the technical principles as defined in basic parallel at advanced speed; › Fluid, linked movements carrying momentum from phase 3 to phase 1; › Control and direct the energy of ski reaction to maximize gliding on the edges.

Day 1



- ✦ **By the end of the day, you will have been exposed to the following:**
 - › **Through a variety of speeds, turn shape and terrain; you will have an understanding of your current skill proficiencies and areas for development.**
 - The entire day will be utilized to review your skiing and develop goals

- ✦ **Indoor Workshops**
 - › Advanced Technical
 - › Video review

- ✦ **Reading assignment :**
 - › Advanced Technical – pgs. 7.2-7.9



DAY 1

SKIING

General performance

Skill Development

Stance and balance

Timing and coordination

Pivoting

Edging

Pressure control

DEVELOPMENT STRATEGIES / TACTICS



✓ **ADVANCED TECHNICAL – Functional skiing (Manual Chapter 7)**

During the video, observe and discuss how the skier achieves the following advanced competencies...

1. Maintain strength and flow

2. Arc to arc

3. Loading and deflection

4. Steering versatility

✓ **ADVANCED TECHNICAL – Planes of Balance (Manual Chapter 7)**

During the video, observe and discuss how the skier balances in the following...

1. Vertical plane

2. Fore-aft plane

3. Rotational axis

4. Lateral plane



- ✦ **By the end of the day, you will have been exposed to the following:**
 - › **In short radius turn shapes; you will be made aware of the increased level of edging and pressure control skills as a result of increased speeds.**
 - You will see the cause and effect relationship as the course conductor develops skills within the group.
 - How to vary the tactical approaches and use of terrain, speed and turn shape.

 - › **You will receive individual feedback on skill development in the bumps/terrain adaptation.**
 - You will receive feedback on tactical approaches to skiing bumps as well as technical areas of development.

- ✦ **Indoor Workshops**
 - › L3 Standards and Exam review
 - › One on One sessions: Course Conductor - Candidate

- ✦ **Reading Assignment :**
 - › Advanced Technical – pgs. 7.10 – 7.11



DAY 2

EDGE CONTROL

Technical Understanding

TERRAIN ADAPTATION

Skiing skills

Level 3 exams review - indoor



After completing the skiing training phase of the course, the participants will have 2 years (730 days) from the course date to attend the skiing exam. The exams are scheduled over two consecutive days; the teaching exam being held on day one and the ski off being held on day two. The teaching training phase of the course is a pre-requisite to attend the teaching exam.

Candidates must pass both skiing and teaching aspects to receive the full Level 3 certification.

Re-test on skiing or teaching

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 training phase must be taken again, either through the full course or the partial (ski or teach) course pertaining to the failed portion.

🍁 SCHEDULE

Day 1

AM - Warm-up and terrain review
- Teaching exam

PM - Teaching Exam

Day 2

AM - Warm-up and terrain review
- Ski Off

PM - Ski Off
- Results presentation

This schedule may be adjusted in consideration of conditions, weather and facilities, however, the Teaching Exams will remain on Day One and the Ski Off will remain on Day Two.

❖ EVALUATION PHASE

SKIING:

Skiing is evaluated in a ski-off. The ski-off is reviewed during the course and each candidate will be given clear directions for exam preparation. Adequate time must be devoted to skiing preparation and it is recommended to seek coaching from a current Level 4 during the winter training period.

- › Brief review of the Ski-off runs during the warm-up.
- › Ski-off runs: Intermediate Parallel Turns, Advanced Parallel Turns, Advanced Short Radius Turns and a Bump Run.
- › Candidates will have 2 runs, with the best run to be counted.
- › Course conductors determine the terrain and length for each run.
- › Run criteria will be explained by the course conductors.

Marking system: Each run is marked on 10 points and the passing mark is 6 out of 10

Passing criteria

- Obtain an overall of 60 % average
- Must pass 3 runs out of 4.
- Must pass the bump run.
- Must pass the Intermediate parallel run.



- ✦ **By the end of the day, you will have been exposed to the following:**
 - › **In various turn shapes; you will be made aware of the increased level of edging and pressure control skills as a result of increased speeds.**
 - You will see the cause and effect relationship as the course conductor develops skills within the group.
 - How to vary the tactical approaches and use of terrain, speed and turn shape.
 - › **Ski off / exam review**
 - Review terrain characteristics for the ski off.

DAY 3



EDGE CONTROL

Technical Understanding

SKI-OFF REVIEW

Technical understanding
