



CANADIAN SKI INSTRUCTORS' ALLIANCE

*Snow Park Certification
Course Guide*

2011-2012

CSIA 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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Snow Park Certification Introduction



The Snow Park certification is for any skier over the age of 15 that is a competent and versatile parallel skier, with some Park experience, and wants an introduction to teaching Snow Park skills. The successful candidate is certified to teach snow park skills up to and including intermediate skill level.

The course is divided between ski improvement, snow park skills, and teaching methods. It combines the basics of practical ski teaching methods, technical understanding and development of the guest experience. Candidates will receive coaching on their skiing, teaching and people skills with the goal of reaching the Snow Park Certification standard. They will also receive suggestions and strategies for long-term development. This certification makes you a member of the CSIA and gives you a technical credit towards Canadian Freestyle Ski Association certification..

DURATION: 3 days totaling 20 hours, including evaluation

COURSE CONTENT:

★ Indoor

› Introduction to the CSIA	.05 hr	
› Technique Workshop	1.0 hr	*Sub-total 5.0 hr
› Review Skill Progressions	1.0 hr	
› Safe Teaching and Safety in the Snow Park	1.0 hr	
› Teaching Skills and Guest Service/Lesson Planning	1.5 hr	

★ Outdoor

› Ski improvement and Skill Development	3.5 hr	
› Snow Park Progressions/Teaching	7.5 hr	*Sub-total 15.0 hr
› Snow Park Safety	2.0 hr	
› Skill Assessment and Development Methods	2.0 hr	

Total: 20 hrs

Participants **must** wear a helmet.

Recommended material for the course:

- Twin tip skis



❖ General Skiing Skills

- › Demonstrate short radius and longer radius parallel turns on groomed intermediate terrain with a good blend of the 5 basic skills:
 - stance & balance – centred and mobile in all joints;
 - pivoting – turning effort in the lower body;
 - edging – can increase edge grip with angulation, and demonstrates a round turn shape;
 - pressure control – uses a range of movement to control snow contact and steering;
 - timing & co-ordination – movements are appropriate to speed and turn type.
- › Shows control on black (advanced/expert) terrain.

❖ Switch Skiing

- › Demonstrate switch skiing with skis parallel on intermediate (blue) terrain;
- › Show the ability to change direction (switch) at will;
- › Demonstrate switch take off and switch landing on an intermediate jump.

❖ Air

- › Show the ability to judge in-run speed and demonstrate proper take-off and landing on entry level jumps;
- › Be at ease and balanced in jumps of at least 1 meter of amplitude;
- › Correctly demonstrate three (3) of the following straight air skills:
 - › tail grab, rocket air, cossack, mute grab or japan air;
- › Correctly demonstrate rotation air skills of 180 and 360 degrees.

❖ Rail

- › Correctly demonstrate rail skills
 - Sliding a narrow box rail (minimum 3 meters), up to 0.30 meters off the ground;
 - Exit rail/box slide with control, hopping back to forward and switch position.



★ **Technical understanding:**

- › Lesson is skill related;
- › Should be able to identify symptoms of obvious skill deficiencies;
- › Should relate teaching tactics to the skills and/or a part of the task.

★ **Student Centered Method:**

- › Show a basic lesson structure (“6 steps” manual 3.6-3.8);
- › Demonstrate safe teaching practices;
- › Show basic class organization.

★ **Guest Service:**

- › Show coherent verbal communication to individuals in the group;
- › Self-confidence;
- › Positive attitude and body language.

Evaluation



Candidates are evaluated on their ongoing participation and performance on and off the snow. In addition, there are specific demonstration assessments that are 50% of the final ski result. The assessment runs are:

- › Switch skiing on a blue run
- › Jumps
- › Jumps with a grab (3 varying)
- › 180°
- › 360°
- › Box and or metal rails (at the discretion of the course conductor)
- › Free run on a black run (See detailed descriptions above).

Candidates must pass both skiing and teaching aspects to be Snow Park Certified.

Candidates will receive 1-on-1 evaluations from their course conductors on day one. Final results are presented on day 3.

Marking System – Pass (P) or Fail (F)

Re-test on Skiing or Teaching

Candidates who fail the skiing *or* teaching component, *or* both, have 2 years (730 days) from the course date to be re-evaluated on the incomplete portion. After that period, the full course must be taken again. Re-tests for either component will be held on Day 3 of the course.

Course Schedule



DAY 1

AM

* Registration

* On snow

- › Ski improvement – skill development and warming up for the park

PM

- › Switch skiing and rail/box progression

- › Safety in Snow Park

* Indoor

- › Introduction to Course Materials
- › Technique - Basic Skills
- › Switch and rail progression review
- › Effective Teaching and Safety/Park Etiquette

DAY 2

AM

* On snow

- › Air Progression – teaching workshop

PM

- › Half-Pipe progression – teaching workshop

* Indoor

- › Air and Half-Pipe progression review
- › Lesson planning workshop
- › Developing the Guest experience/Ethical teaching
- › Reading assignment

DAY 3

AM

* On snow

- › Snow Park teaching assignments

PM

- › Snow Park demonstration assessments

- › Tactics for development

* Indoor

- › Results presentation

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



TECHNIQUE & BASIC SKILLS WORKSHOP

> Questions

1. Stance and Balance (page 4.8)

- What is stance and how does it affect stability in take-offs/ landings?

- What is balance and give examples of development exercises?

Discussion:

- ✓ *equal bending/mobility in all joints*
- ✓ *adjusting stance for situations*

2. Pivoting vs. rotation (page 4.12)

- Why is turning with the lower body (legs) more efficient for regular skiing?

- What is the opposite of pivoting?

- How is rotation used in free ski skills?

3. Edging (page 4.14)

- How do we balance on edges?

- What are some applications of edging in park and pipe?

Discussion:

- ✓ *Edging relative to speed, radius, terrain features*

4. Pressure Control (page 4.16)

- How is pressure related to park skiing?

- How are flexion/extension used to control pressure?

5. Timing and Coordination (page 4.10)

- How is timing related to safe take-offs and landings?

- What are some examples of coordination in Snow Park?

★ **Reading assignment:**

- › Technical Basics (p. 4.2-4.7)
- › Canadian Ski Teaching (Chapter 1)
- › Alpine Responsibility (Chapter 3 – p. 3.3)
- › Intermediate Skiers “Free Tactics” (Chapter 3 – p. 3.27)
- › Chapter 8 – p. 8.2-8.7



EFFECTIVE TEACHING AND SAFETY WORKSHOP

- › The basics of effective teaching and safety with the skiing environment;
- › Review and discuss Alpine Responsibility Code (Manual p.3.3);
- › Discuss Park and Pipe etiquette, with specific examples of safe skiing;
- › Discuss safe class management for Snow Park lessons;
- › Discussion on how to make ski teaching fun;
- › Videos:
 - Free tactics – Beginners
 - Free tactics – Intermediate
 - Free tactics – Advanced / Experts



PEOPLE SKILLS FOR SKI TEACHERS WORKSHOP

Recipe... Developing the Guest Experience

- ✓ Introduce yourself
- ✓ Learn names and background of students
- ✓ Ask their expectations
- ✓ Explain your objectives
- ✓ Taylor your session around what you have learned in the introductions
- ✓ Warm-up
- ✓ Evaluate – mental state, fitness and technique
- ✓ Teach for results- be “*Student Centered*”
- ✓ Finish on a positive note
- ✓ Individual wrap-up, establishing goals for the next lesson
- ✓ Hand shake and good-bye.

➤ Questions :

1. What is a good attitude for instructing?

2. How do we make ski lessons fun?

3. What are some ways to create awareness of the ski experience and alpine environment?

4. How do we show the guest that we are there for them?



SNOW PARK LESSON PLANNING WORKSHOP

Course Guide Assignment

Use the following guide to create a lesson plan:

Type of Student: Beginner Intermediate Advanced

Age Group: youth young adult adult

Group size: 1-2 pers 3 –6 pers more than 6 pers

Snow Conditions: Groomed Soft Packed Hard Packed Slushy

Weather Conditions: Warm Cold Sunny Overcast

Type of manoeuvre:

- Straight airs
- Rail progression
- Half-pipe entry level
- Half-pipe advanced
- Grabs: safety
- Rocket
- Mute
- Japan air
- Tail

Outline the approach you would take while teaching this lesson. Give a starting point as well as a finishing point to the lesson.

* Reading assignment:

- > Chapter 8 – 8.8-8.12
- > Student Centred teaching (Manual Chapter 3 - p. 3.4-3.10)



CSIA SNOW PARK ASSESSMENT

FINAL RESULT
NI / ME

Name: _____ Date: _____
Location: _____ Student #: _____

Skating Competency

NI / ME

Teaching Competency

NI / ME

General Skiing Skills

NI / ME

Technical Understanding

Requires 3/4

- Good blend of skills (blue terrain)
- Control on black terrain
- Adapts to changing terrain

I	A	C	R
I	A	(C)	R
I	A	(C)	R
I	A	(C)	R

- Teaching based on skills
- Skill assessment identifies symptoms
- Skill development

	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	

Areas for improvement: _____

Areas for Improvement: _____

Switch Skiing

NI / ME

Student Centred Method

Requires 2/3

- Centred stance
- Skis parallel
- Controls speed on blue terrain

I	A	C	R
I	A	(C)	R
I	A	(C)	R
I	A	(C)	R

- Organized and structured approach
- Class control
- Clear directions
- Teaches safety (Mandatory)

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	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	

Areas for improvement: _____

Areas for Improvement: _____

Rolls

NI / ME

Guest Service

Requires 5/6

- "Pops" on, lands 90°
- Maintains balance on rail
- Exits straight, lands centred
- Exits switch, visual contact with landing

I	A	C	R
I	A	(C)	R
I	A	(C)	R
I	A	(C)	R
I	A	(C)	R

- Communication
- Understandable
- Addresses individuals
- Self confident
- Enthusiasm
- Pro-Active
- Positive attitude & body language
- Demonstrates park etiquette

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Areas for improvement: _____

Areas for Improvement: _____

Air & Jumps

NI / ME

Legend:

- Judges in-run speed
- Demonstrates "pop" take-off
- Clean sequence of movements
- Can demonstrate 3 grabs
- Controlled soft landings
- 360°
- Switch landings w/ visual contact of landing

I	A	C	R
I	A	(C)	R
I	A	(C)	R
I	A	(C)	R
I	A	(C)	R
I	A	(C)	R
I	A	(C)	R

NI - Needs Improvement
ME - Meets Expectations

NI - Needs Improvement
ME - Meets Expectations

Areas for improvement: _____

Areas for Improvement: _____

Course conductors: _____

