

# LEVEL ASSESSING

## QUESTIONS TO ASK:



Have you skied before? Where?  
If so, when was the last time? How many times?  
How many days have you done this season so far?  
Have you been in ski school before?  
Have you done any ski school this season? When?



Do you have a report card?/What level were you in last time? (If at WB)

\*\* you can then judge if they can go back to that level or if they need to go down one if it's has been a while since they skied, ask how they feel about skiing again/doing certain runs or skills. Their psychological state is also a factor to what level will suit them...\*\*

## THEN ASK ABOUT THE FOLLOWING EXPERIENCE:

### NONE TO LITTLE ON SNOW EXPERIENCE



NEVER EVER / DOES NOT KNOW HOW TO STOP.

Learning to become independent, moving around the learning area by walking with & without skis on and sliding in control.

CAN STOP. Learning to snowplow to a gentle stop and starting to change direction.

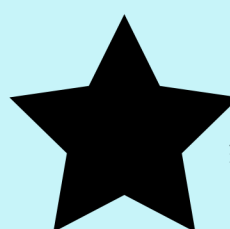


### MUST BE ABLE TO TURN BOTH WAYS AND STOP TO START L2 LEARNING SAFE SKIING & PREPARING FOR SKIING ON THE MTN



CAN STOP AND TURN BOTH WAYS. Now learning to follow in a line and do behind and below when stopping. Getting ready for green runs...

LEARNING TO USE TURN SHAPE TO CONTROL SPEED, Instead of just using a 'wedge' to do so. Parallel between turns. Gradually increasing to doing this on green run terrain.



### TO BE IN L3: CONTROLLING SPEED USING TURN SHAPE ON GREENS



Gaining more control of their turn shape  
Trying to link turns on green to friendly blue terrain.

Adjusting stance as balance improves, and introduce some parallel into their skiing. E.g: Parallel in between turns/on occasional turns. More challenging blue runs introduced. Working towards being parallel at all times for Level 4.

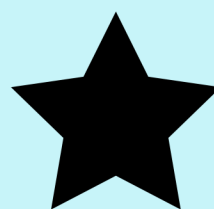


### TO BE IN L4: CAN SKI IN CONTROL, WIDE PARALLEL STANCE, AT ALL TIMES, WITH POLES, ON BLUE RUNS



Learning to control using edging on groomed runs to introduce more performance. Working on control and rhythm to progress towards black runs.

Learning to maintain balance in choppy snow/variables, small bumps & light powder on blue terrain. When ready, introducing black runs. Working on pole plant!



### TO BE IN L5: EDGE THE SKI IN A PARALLEL STANCE ON BLACK RUNS IN A VARIETY OF SNOW CONDITIONS. POLE PLANT IS CONSISTENT.



Learning to ski at higher speeds on blue terrain, maintain moderate speed on black terrain & show rhythm using ski poles.

Learning to vary performance & turn shape on all terrain and in a variety of snow conditions.



### FOR L6: CAN SKI A VARIETY OF TURN SHAPES WITH CONTROL AND RHYTHM, ON AND OFF-PISTE, AT MODERATE SPEEDS.

Show strong performance and control by adapting all conditions, on all types of terrain. Show rhythm and flow in all turn shapes and speeds.



NEW TO THE LEVEL

STRONG LEVEL/NEARLY NEXT LVL



Teaching in Levels 5 and 6 becomes more situation based. Technique is enhanced by a variety of tactics to maintain performance in a variety of terrain and snow conditions.