

# SKIER PROGRESS CARD

Name: \_\_\_\_\_

Instructor: \_\_\_\_\_

Today's date: \_\_\_\_\_ My ability level: \_\_\_\_\_

flaik number: \_\_\_\_\_ **flaik.com**



What I do well: \_\_\_\_\_

\_\_\_\_\_

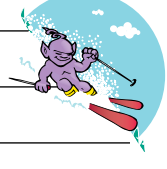
What I need to work on: \_\_\_\_\_

\_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## RULES

1. Respect yourself, others and the environment
2. Stay with your instructor and the group
3. Listen to your instructor
4. HAVE FUN!



“Memories and learning,  
inspired through  
encouragement, accomplishment  
and friendship.”



For comments/feedback, please e-mail [lesson@whistlerblackcomb.com](mailto:lesson@whistlerblackcomb.com)

## SAFETY

- I know the Alpine Responsibility Code
- I know what to do if there is an accident on the hill
- I know what to do if I become separated from my group
- I know how to prepare myself to go skiing
- I know how to ski safely in a group
- I know the rules of Whistler Kids



[whistlerblackcomb.com](http://whistlerblackcomb.com)



**LEVEL 1 I am just learning to ski.**

**GOAL: To turn both ways and stop.**

- I can put on, take off and carry my own skis
- I can walk with my skis on
- I am able to side-step up the hill
- I am able to snowplow to a gentle stop
- I am able to get up with minimal assistance
- I can turn in both directions
- I can stay balanced and show good body position at all times
- I am ready for Level 2



**LEVEL 2 I can turn both ways and stop.**

**GOAL: To control speed using turn shape on green terrain.**

- I can turn around the features in the learning area
- I am able to follow my instructor in a line
- I can stop using behind and below
- I can control my speed and stop by turning up the hill
- I can ski green runs comfortably and I match my skis at the end of the turn
- I am able to link turns on green slopes to control my speed
- I can get up on my own
- I can stay balanced skiing over a bump
- I am ready for Level 3

**LEVEL 3 I can control speed using turn shape on green terrain.**

**GOAL: Ski with control with a wide parallel stance with poles on blue runs.**

- I can adapt my turn shape to control speed on varied terrain
- I can maintain an athletic stance while holding my poles in front
- I am able to ski all green runs using wide stance parallel turns
- I can skate on flat and gentle slopes
- I can side slip on both sides for at least 4 metres on groomed terrain
- I am able to do hockey stops on both sides
- I can ski up a side bank and turn back down
- I can ski blue runs with a parallel stance
- I know how and where to stop safely
- I understand how to merge and who has right of way
- I am ready for Level 4



**LEVEL 4 I am able to ski parallel turns on blue runs while holding my poles in front.**

**GOAL: To improve edging skills, pole plant consistently, and ski parallel on black runs in a variety of snow conditions.**

- I can make large carved turns on green terrain
- I can maintain my balance and link parallel turns in small bumps and in powder on blue runs
- I can make 15 fall-line short radius turns on blue runs
- I am able to ski with round parallel turns on black runs
- I make solid pole plants with proper timing and coordination
- I am comfortable with speed on groomed terrain
- I approach small terrain park features with appropriate speed and good body position
- I can safely pick my own line down blue runs and choose a safe stopping location
- I am ready for Level 5

**LEVEL 5 I am able to ski strong parallel turns on black runs. I enjoy skiing difficult terrain, bumps and powder.**

**GOAL: Improve edging, pressure control and timing & coordination in varied terrain and conditions.**

- I am able to carve turns on blue runs
- I can perform short radius turns on black runs
- I can link traverses through advanced bumps while maintaining snow contact
- I can ski in control through gladed runs
- I am able to ski parallel on black runs with powder and cut up snow
- I can ski black runs with bumps while staying within a 5 meter corridor
- I am comfortable with speed on all black runs
- I demonstrate control and balance on small freestyle terrain features
- I can identify terrain hazards and inspect them from a safe location
- I am ready for Level 6



**LEVEL 6 I have good ski performance & strong skills in all conditions.**

**GOAL: Continue to refine all skills in varied snow conditions, speed & terrain.**

- I can carve on groomed runs, steeps and bumps
- I can adapt to all types of terrain and snow conditions
- I can adapt my turn shape and speed down steep bumpy black runs
- I am comfortable with higher speeds in steeps, bumps and powder
- I can link a series of controlled switch turns on groomed green terrain
- I am able to keep a consistent rhythm in short radius turns
- I can slide a small box or rail
- I can 180 off a small jump

**FREESKI SAFETY**

- I know and understand terrain park etiquette
- I know how to jump safely
- I know why and how to spot a jump
- I know how to inspect terrain features
- I know how to use the Terrain Park features
- I know how to ski safely through the Castle runs
- I know what tree wells are
- I know how to ski safely through gladed tree runs

