

SNOW SCHOOL ABILITY LEVELS

SKI

SNOWBOARD

1

Level One: Introduction to Skiing

- Put on and take off skis
- Walking on flat terrain, skis on
- Straight running
- Understands how to get up
- Snowplow stop
- Introduced to and understands the Alpine Responsibility code

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Level One: First Time Rider

- Put on and take off snowboard, safety strap
- Skates on flat terrain
- Able to sidestep up & down slight inclines
- Able to straight run on gentle slope
- Introduced to and understands the Alpine Responsibility code

2

Level Two: Beginner Snowplow

- Braking snowplow to control speed
- Introduced to sidestepping
- Familiar with the use of the Greenway Chair
- Linked snowplow turns on Paradise
- Skis under control at all times

2

Level Two: Beginner Rider

- Begin to develop a balanced body position
- Able to link turns on Paradise
- Able to ride the Greenway Chair and off load under control
- Able to stop easily on green runs.
- Able to get up

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Level Three: Basic Parallel

- Completes turns with skis parallel on easy (Green) terrain
- Demonstrates increased balance and mobility, able to bend and extend legs
- Introduced to side-slipping and edging skills
- Skis the Cut confidently

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Level Three: Novice Rider

- Links Novice turns with some vertical movements (flexing and extending of the legs) on easy (green) terrain
- Increased use of edges for changes of direction
- Able to ride the Cut confidently

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Level Four: Parallel Skiing

- Completes turns with skis parallel on intermediate (blue) terrain
- Can ski the Cut and Centennial
- Introduction of poles
- Developing edging skills

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Level Four: Intermediate Rider

- Links both long and short radius turns with obvious vertical motion
- Basic carved turns on green terrain
- Able to confidently turn all the way down to all chairlifts
- Able to absorb small bumps and rolls with lower body while upper body remains quiet

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Level Five: Intermediate/Advanced Parallel

- Skis parallel throughout the whole turn on blues and easy black terrain
- Linked rhythmical turns
- Knows how to pole plant
- Introduced to beginner bumps
- Various radius of turns

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Level Five: Cruising and Carving Intermediate

- Demonstrates intermediate sliding and intermediate carving turns on blue & black terrain
- Looking to ride more difficult terrain and conditions
- Would like to ride moguls
- Wants to develop other riding skills (i.e. switch, terrain park)

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Level Six: Advanced Parallel and Bumps

- Can ski with control and confidence on Black Slopes
- Introduce various approaches to skiing bumps and steep terrain
- Rhythmical short turns and linked higher speed dynamic parallel
- Developing timing and pressure control skills

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Level Six: Advanced Riding

- Links medium radius, fully carved turns on all groomed runs
- Rides confidently on all terrain, on and off groomed runs
- Introduced to various approaches to riding bumps and steep terrain
- Developing timing and pressure control skills