



## **Ability Level Guide**

### **Questions to ask for clarification:**

- How would you describe your skiing/ snowboarding ability level? (Use the check boxes as a guide for this)
- What type of terrain are you comfortable skiing/ snowboarding on?
- What were you working on in your last lesson?
- Are you comfortable riding a beginner chairlift?

### **Summary:**

**Level 1 & 2 – First Time/ Beginner**

**Level 3 & 4 – Advanced Beginner**

**Level 5 & 6 – Intermediate**

**Level 7, 8 & 9 – Advanced/ Expert**

## Alpine Level Guide



### Level 1

 = In Progress

 = Mastered

- |  |  |
|--|--|
| <input type="checkbox"/> Aware of the Responsibility Code                                  | <input type="checkbox"/> Glide in a straight run and use counter slope to stop |
| <input type="checkbox"/> Put on/take off equipment and complete flat terrain activities    | <input type="checkbox"/> Glide with varying wedge size                         |
| <input type="checkbox"/> Demonstrate side stepping and movement patterns from foot to foot | <input type="checkbox"/> Safely ride the Magic Carpet                          |
| <input type="checkbox"/> Learn to get up independently after a fall                        | <input type="checkbox"/> Demonstrate balanced, dynamic stance while sliding    |



### Level 2

 = In Progress

 = Mastered

- |  |  |
|--|--|
| <input type="checkbox"/> Develop balance and mobility, skating and herring bone                | <input type="checkbox"/> Turn out of the fall line to a stop in both directions (J turn) |
| <input type="checkbox"/> Comfortable gliding in a wedge and adjusting wedge size to stop       | <input type="checkbox"/> Control speed by starting to link turns in both directions      |
| <input type="checkbox"/> Demonstrate slight direction changes through turns in a gliding wedge | <input type="checkbox"/> Demonstrate Edge control movements                              |



### Level 3

 = In Progress

 = Mastered

- Knows responsibility code and skis in control
- Safely ride a chair lift
- Control speed and direction through linked turns
- Match skis between turns
- Demonstrate varying turn sizes and shapes
- Skid skis slightly at the end of the turn in both directions



### Level 4

 = In Progress

 = Mastered

- Ski beyond the beginner chair lift
- Balance on outside ski while completing a turn in both directions
- Steer inside foot to match skis at end of turn
- Manage speed through skidded turns on varying green pitches
- Control speed through varying turn size and shape on green runs
- Consistently ski in a parallel stance after the fall line
- Demonstrate slide slipping in both directions



## Level 5

= In Progress

= Mastered

- |  |   |
|--|---|
| <input type="checkbox"/> Models the Responsibility Code              | <input type="checkbox"/> Perform skidded turns in both directions                                       |
| <input type="checkbox"/> Demonstrate proper pole position and usage  | <input type="checkbox"/> Comfortable linking turns in control on gentle blue terrain                    |
| <input type="checkbox"/> Consistently hockey stop in both directions | <input type="checkbox"/> Consistently ski in a parallel stance slightly before and across the fall line |



## Level 6

= In Progress

= Mastered

- |   |  |
|---|--|
| <input type="checkbox"/> Demonstrate dynamic movements to match more difficult blue terrain | <input type="checkbox"/> Ski un-groomed blue terrain                               |
| <input type="checkbox"/> Balance and turn on one ski (outside ski to outside ski)           | <input type="checkbox"/> Ski easy bumps in control                                 |
| <input type="checkbox"/> Consistently use poles for timing and rhythm                       | <input type="checkbox"/> Ski a groomed black run in control                        |
| <input type="checkbox"/> Blend dynamic turns and tipping movements into skiing              | <input type="checkbox"/> Consistently ski in a parallel stance throughout the turn |



### Level 7

 = In Progress

 = Mastered

- Demonstrate the Responsibility Code
- Demonstrate rail road track turns on green and blue groomed terrain
- Confident in bumps on more difficult blue terrain
- Ski groomed black runs in control with confidence
- Blend technique and tactics to match terrain
- Make short turns with upper and lower body separation



### Level 8

 = In Progress

 = Mastered

- Understand big mountain safety
- Demonstrate dynamic turns on steep terrain with confidence
- Confident in bumps and trees on more difficult blue/black terrain
- Comfortable on off-piste terrain
- Center of mass consistently moves down the hill
- Blend technique and tactics to match more difficult blue/black terrain



**Level 9**

= In Progress  
 = Mastered

- Demonstrate big mountain safety
- Identify and ski different lines in variable conditions, powder and crud
- Blend technique and tactics on all double black terrain
- Uses poles to stabilize upper body in off-piste/steep terrain
- Ambassador of the Ski & Snowboard culture

### Snowboard Level Guide



**Level 1**

= In Progress  
 = Mastered

- Aware of the Responsibility Code
- Put on/take off equipment and complete flat terrain activities
- Balance, climb and glide on toe side and heel side
- Stand up on your own on toe side and heel side
- Safely ride the Magic Carpet
- Consistently side slip on toe side to a stop
- Consistently side slip on heel side to a stop



## Level 2

 = In Progress

 = Mastered

- |  |  |
|--|--|
| <input type="checkbox"/> Comfortable performing falling leaf on toe side and heel side | <input type="checkbox"/> Garland on heel side                                |
| <input type="checkbox"/> Traverse across the hill on toe side and heel side            | <input type="checkbox"/> J Turn to a balanced stop on toe side and heel side |
| <input type="checkbox"/> Garland on toe side   | <input type="checkbox"/> C Turn to a balanced stop on toe side and heel side |



## Level 3

 = In Progress

 = Mastered

- |  |  |
|--|--|
| <input type="checkbox"/> Know the Responsibility Code    | <input type="checkbox"/> Confidently link multiple turns |
| <input type="checkbox"/> Link S turns to a balanced stop | <input type="checkbox"/> Perform flat land tricks        |
| <input type="checkbox"/> Safely ride a chair lift        | <input type="checkbox"/> Demonstrate varying turn sizes  |
| <input type="checkbox"/> Control speed and direction     |  |



**Level 4**

= In Progress  
 = Mastered

<input type="checkbox"/> Ride beyond the beginner chair lift	<input type="checkbox"/> Control speed through varying turn size and shape on green runs
<input type="checkbox"/> Manage catwalks and flatter terrain	<input type="checkbox"/> Confident making turns on varying green pitches
<input type="checkbox"/> Perform Ollies and Nollies	



**Level 5**

= In Progress  
 = Mastered

<input type="checkbox"/> Understand the Responsibility Code	<input type="checkbox"/> Perform basic switch turns
<input type="checkbox"/> Manage speed through turn size on blue groomers	<input type="checkbox"/> Demonstrate basic carved turns
<input type="checkbox"/> Demonstrate skidded turns	<input type="checkbox"/> Learn smart style and basic tricks on progression features



## Level 6

 = In Progress

 = Mastered

- Consistently make dynamic turns on groomed blue runs
- Ride gladed terrain
- Make short turns with upper and lower body separation
- Ride powder and off-piste terrain
- Ride a groomed black run in control
- Ride easy bumps in control



## Level 7

 = In Progress

 = Mastered

- Demonstrate the Responsibility Code
- Proficient pressing and sliding on boxes/rails
- Ride groomed black runs in control with confidence
- Proficient throwing 1's (180 degrees) on small jumps
- Demonstrate dynamic carved turns
- Proficient at changing edges on the walls of bigger half-pipe or natural terrain features
- Confident in bumps on more difficult blue terrain



### Level 8

 = In Progress

 = Mastered

- Understand big mountain safety
- Demonstrate dynamic turns on steep terrain
- Confident carving and skidding switch turns on more difficult blue terrain
- Confident in bumps and trees on more difficult blue/black terrain
- Blend technique and tactics to match more difficult blue/black terrain
- Pressing and board sliding various sizes, types, and shapes of rails
- Proficient throwing 3's (360 degrees) on small jumps
- Aims at or above the lip on a bigger half-pipe or natural terrain features



### Level 9

 = In Progress

 = Mastered

- Demonstrate big mountain safety
- Powder slashes forward and switch
- Identify and ride different lines in variable conditions, powder and crud
- Confident riding medium jump features with style
- Ambassador of the Ski & Snowboard culture