

All-Terrain Advanced Module



Description

- recommended prerequisite = Terrain Assisted Development module
- 10 education credits
- recommended for L3 and L4 candidates

The All-Terrain Advanced module provides advanced ski improvement in bumps, varied terrain and snow conditions.

Schedule

❖ Registration

❖ On snow (5 hours)

- › **Warmup with assessment of terrain and conditions**
 - Physical and cognitive warm-up with focus on conditions
 - Identifying individual experience and expectations
- › **Ski Improvement in bumps and advanced terrain**
 - line interpretation in bumps, use of terrain
 - steering skills - adjusting line, turn shape and speed
 - adjusting to steep terrain
 - adjusting to snow conditions
 - development of technical skills
- › **Cool down with debrief**
 - Review of day's activities while cooling down on moderate terrain
 - Review of individual objectives and development strategies