



Canadian Ski Instructors' Alliance

CANADIAN SKI INSTRUCTORS' ALLIANCE

Level 3 Training Course Guide

2018-2019

Mission Statement:

“The Canadian Ski Instructors’ Alliance provides excellence in education for the profession of ski teaching, contributing to the growth and enjoyment of skiing.”

Certified as a designated Educational Institute by the
Canadian Department of Human Resources Development

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Canadian Ski Instructors' Alliance

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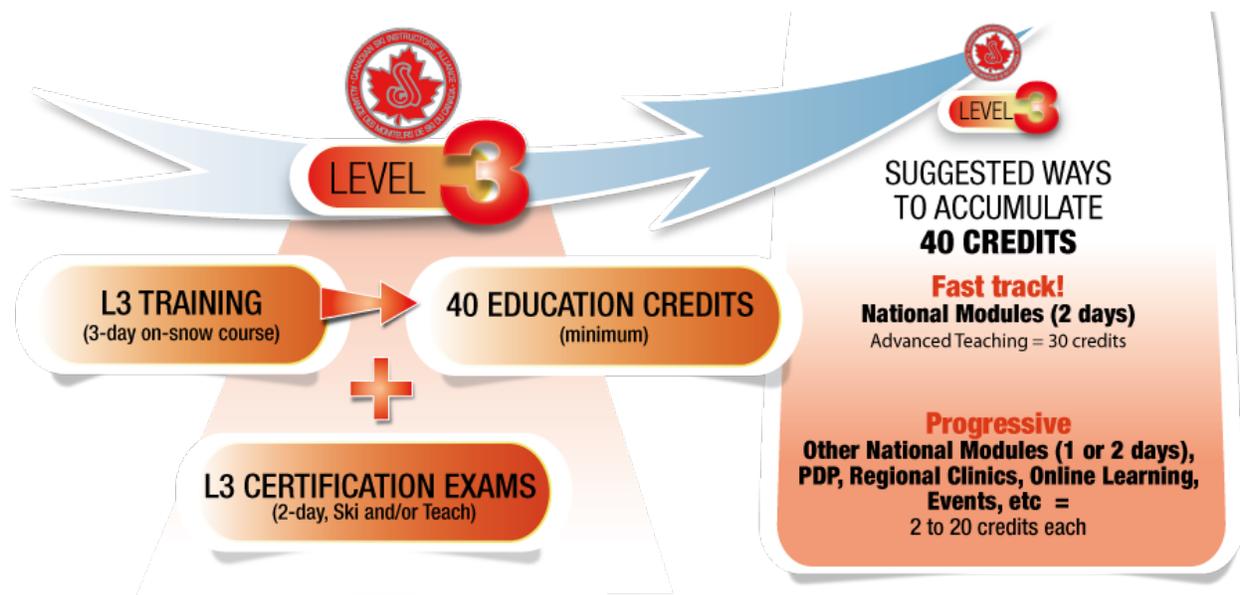
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Level 3 Introduction



The Level 3 ski instructor certification is for advanced skiers that have passed the Level 2 certification. The program develops ski instructors to an advanced level in practical ski teaching methods, technical understanding and development, and guest service skills. The successful candidate is certified to teach skiers up to an advanced parallel skill level.

Level 3 Certification Structure



- Both the Level 3 Training course and the “**Level 3 Eprep**” online module must be completed and the Education credits requirements must be fulfilled before attending the L3 exam.
- Level 2 instructors have already acquired at least 10 credits through the certification’s requirements.
- Exam candidates, including first-time participants, have the option to attend only the ski or teach exam.
- Members needing a retest on either component (ski or teach) can re-attend the exam at any time, without ever having to re-attend the Training course.
- The process of certification is not limited in time.

Level 3 Training Schedule



The Level 3 training course provides training in advanced skiing and teaching skills, with development strategies and recommendations for Level 3 exams.

DAY 1

❖ Registration

❖ On snow (4.5 hours)

› Ski improvement at advanced performance level

- Establishing technical reference points for advanced skiing
- Exposure to varied terrain
- Individual development objectives

❖ Indoor (1 hour)

- › Group debrief with video from the day

DAY 2

❖ On snow (4.5 hours)

› Development of advanced teaching skills

- Practice teaching with course conductor facilitation, based on technical priorities of day 1
 - Decision making process

❖ Indoor (45 min)

- › Group debrief
- › L3 Standards and exams workshop

DAY 3

❖ On snow (4 hours)

› Ski-off and individual strategies review

- Review individual development strategies with skill / drill practice
- Review ski-off runs and terrain

❖ Indoor (2 hours)

- › One-on-one assessments and exam recommendations (approx. 15 min per candidate)

Day 1 overview



Interpreting the charts in this section:

Performance Criteria define the standard for the evaluation process.

Learning Objectives are the goals for each session and align with the performance criteria.

By the end of the day, you will have been exposed to the following:

❖ **On snow - AM / PM – Ski Improvement** (Canadian Ski Teaching Manual, Chapter 6)

Performance Criteria
7. Skiing Objectives
8. Technique

Learning Objectives	Performance Criteria	
	7	8
Establish technical reference for advanced skiing	X	X
Exposure to varied terrain	X	
Individual development objectives	X	X

❖ **Indoor - PM - Group debrief with video from the day**

❖ **Reading assignment** (*CSIA Manual*):

- Reflective learning - Chapter 2
- Motor skills development – Chapter 5
- Technical reference – Chapter 6

Day 2 overview



By the end of the day, you will have been exposed to the following:

❖ **On snow - AM – Advanced Teaching Skills** (Canadian Ski Teaching Manual, Chapter 2, 3, 5)

Performance Criteria
1. Learning Contract
2. Situation
3. Skiing Objectives
5. Reflective Learning

Learning Objectives	Performance Criteria			
	1	2	3	5
Reflective Learning				X
Learning contract - student	X			
Practice Teaching – situation/skiing objectives		X	X	

❖ **On snow - PM – Advanced Teaching Skills** (Canadian Ski Teaching Manual, Chapter 2, 3, 5)

Performance Criteria
4. Motor Skill Development
6. Demonstrations

Learning Objectives	Performance Criteria	
Advanced Teaching	4	6
Practice Teaching – motor skill development	X	
Demonstration development		X

❖ **Indoor - PM**

- › Group debrief
- › L3 Standards and exams workshop

Day 3 overview



Day 3 reviews all of the performance criteria and focuses on individual development strategies. Typical ski-off terrain will be used.

- ❖ **On snow - AM / PM – Ski improvement and Individual strategies review**
- ❖ **Indoor - PM - One-on-one assessments and exam recommendations**

Level 3 Standard and Testing



Level 3 Exam Review

After completing the Level 3 Training course and the Level 3 Eprep online module, and having accumulated a total of 40 Education Credits or more, the participants can attend a scheduled 2-day exam with no time limitation. The exams are scheduled over two consecutive days; the teaching exam being held on day one and the ski off being held on day two. Candidates have the option of challenging only one of the two exams but must pass both skiing and teaching aspects to receive the full Level 3 certification.

Re-test on skiing or teaching

Candidates who fail skiing or teaching can be re-tested on that portion with no time limitation. Candidates passing one portion will never have to be re-tested for that portion.

EXAMS SCHEDULE

DAY 1

AM - Warm-up and terrain review
- Teaching exam

PM - Teaching Exam

DAY 2

AM - Warm-up and terrain review
- Ski Off

PM - Ski Off
- Results presentation

This schedule may be adjusted in consideration of conditions, weather and facilities.

❖ SKIING EVALUATION:

Skiing is evaluated in a ski-off. The ski-off is reviewed during the course and each candidate will be given clear directions for exam preparation. Adequate time must be devoted to skiing preparation and it is recommended to seek coaching from a current Level 4 during the winter training period.

- Brief review of the Ski-off runs during the warm-up.
- Ski-off runs: Intermediate Parallel Turns, Advanced Parallel Turns, Advanced Short Radius Turns and a Bump Run.
- Candidates will have 2 runs, with the best run to be counted.
- Course conductors determine the terrain and length for each run.
- Run criteria will be explained by the course conductors.

Marking system: Each run is marked on 10 points and the passing mark is 6 out of 10
Passing criteria.

- Obtain an overall of 60 % average
- Must pass 3 runs out of 4.
- Must pass the bump run.
- Must pass the Intermediate parallel run.

Each ski off run has an objective that relates to speed, turn shape and level of ski performance. Within all ski off runs, the CSIA technique is to be used to achieve these objectives. Both the objective and technique are considered in determining individual marks. The scale works as follows (read the mark of **6** first)

8 or higher – precise execution of run objective **AND** precise technical execution. *Example: can effectively control line in the bumps and maintain fast/advanced speeds AND is precise technically, well above the Level 3 standard.*

7 –precise execution of run objective **OR** precise technical execution. *Example: skier is able to control turn shape but at a higher speed and level of performance OR timing and coordination is more precise resulting in a more dynamic run.*

6 –achieves the objective of the run **AND** uses appropriate technique.

5 –achieves the objective of the run, but does not use appropriate technique **OR** uses appropriate technique but does not achieve the objective of the run. *Example: correct speed and turn shape, however, shows rotation OR good technique, but speed is too slow or too fast for the objective of the run.*

4 –fails to achieve the objective of the run **AND** does not demonstrate appropriate technique. *Example: rotation affects the ability to maintain speed control and turn shape.*

3 or lower – does not achieve the run objective **AND** technique is well below the L3 standard. *Example: basic skiing skills are deficient such as stance and balance, therefore, speed, turn shape and ski performance are greatly affected.*

❖ **TEACHING EVALUATION:**

- The teaching exam is 60 minutes in duration, including lift time.
- Candidates must teach to a minimum of 4 students and a maximum of 6.
- The choice of terrain is at the discretion of the candidates. However, if time or terrain availability is a problem, the course conductor may help direct terrain choice.
- Each candidate will teach an advanced lesson, based one of these themes :
 - Advanced Ski Improvement
 - Bumps
- Teaching assignments are given the morning of the exams.
- Teaching order is determined by assignments and terrain at the discretion of the course conductor.

Marking System: **NI = Needs Improvement, ME = Meets Expectations**

TEACHING ASSESSMENT

Learning Outcomes	Performance Criteria
<p>In an advanced lesson teaching peers, apply the CSIA Decision Making Process.</p>	<p><u>Decision Making Process</u></p> <ol style="list-style-type: none"> 1. Learning Contract: <ul style="list-style-type: none"> • Identify students' experience; • Establish achievable goals; • Assess students' physical condition and psychological state; • Apply two-way communications; • Provide individual feedback; • Use debriefings. 2. Situation: <ul style="list-style-type: none"> • Enforce safe teaching practices; • Apply class control tactics; • Select terrain to assist development; • Adapt to snow and weather conditions; • Develop appropriate lesson pace. 3. Skiing Objective: <ul style="list-style-type: none"> • Develop skiing objectives based on student; • Use skiing objectives based on the situation; • Choose skiing objective related to Technical Reference; 4. Motor Skill Development: <ul style="list-style-type: none"> • Use the Technical Reference to apply technical priorities; • Use task based on technical assessment; • Use task for the situation; • Apply knowledge of cause and effect; • Identify time on task • Select complexity or simplicity of task; 5. Reflective Learning <p>Task:</p> <ul style="list-style-type: none"> • Identify concrete tasks for learning <p>Reflect:</p> <ul style="list-style-type: none"> • Initiate reflection on the task. <p>Understand:</p> <ul style="list-style-type: none"> • Use debriefings to compare objectives and outcomes; <p>Vary:</p> <ul style="list-style-type: none"> • Select one variable at a time relative to skiing objective 6. Demonstrations <ul style="list-style-type: none"> • Adapt to skill level of student; • Apply turn shape; • Adapt to terrain; • Use technical principles.

TECHNICAL ASSESSMENT

Learning Outcomes	Performance Criteria
<p>Demonstrate effectively from intermediate to advanced level</p>	<p>General performance criteria for Advanced parallel on groomed black terrain:</p> <p>7. Objective:</p> <ul style="list-style-type: none"> • Maintain advanced speeds; • Blend skills to achieve a steered arc; • Maintain consistent turn shape relative to speed and terrain. <p>8. Technique:</p> <ul style="list-style-type: none"> • Use of all joints helps maintain balance, providing the ability to manage forces acting on the ski and skier • Turning is led by the lower body and the ski design. • Managing upper and lower body separation allows for angulation to provide grip. • Coordinated movement patterns direct the forces acting on the skis and the momentum of the skier from turn to turn.
	<p>Ski Off Run Objectives: (maintaining technical performance criteria above)</p> <p>Intermediate Parallel Turns:</p> <ul style="list-style-type: none"> • Symmetrical/rhythmical parallel turns on intermediate terrain (blue/black); • Maintains Intermediate speeds; • Consistent medium sized turns relative to speed and terrain; • Steering adjusted to terrain and speed. <p>Advanced Short Radius:</p> <ul style="list-style-type: none"> • Controlled round short turns on advanced (black) terrain; • Maintain consistent speed; • Maintain rhythm and symmetry for the entire run; • Maintain a consistent and rhythmical pole plant. <p>Bumps:</p> <ul style="list-style-type: none"> • Demonstrate control in advanced varied terrain (moderate black terrain); • Adjust technique to terrain and snow conditions; • Show the ability to choose a line in varied terrain; • Maintain snow contact the majority of the run. <p>Advanced Parallel:</p> <ul style="list-style-type: none"> • Linked and efficient parallel turns executed at advanced speed on groomed advanced (blue / black) terrain; • Manage medium to long radius turn shape relative to speed and terrain; • Utilize ski design to assist in a steered arc.



CSIA LEVEL 3 SKIING DEVELOPMENT PLAN FORM

Name: _____
Location: _____

Candidate #: _____
Date: _____

Technical Proficiency

Objective

- Maintains advanced speeds
- Blends skills to achieve a steered arc
- Maintains consistent turn shape relative to speed and terrain

Technique

- Use of all joints helps maintain balance, providing the ability to manage forces acting on the ski and skier
- Turning is led by the lower body and the ski design
- Managing upper and lower body separation allows for angulation to provide grip
- Coordinated movement patterns direct the forces acting on the skis and the momentum of the skier from turn to turn

Specific Skill Development Strategies

Demonstrations

Advanced skiing

Intermediate Parallel

Advanced Parallel

Short Radius

Bumps

Course Conductor: _____

