

SKI ABILITY LEVELS

SNOWBOARD ABILITY LEVELS

1

LEVEL ONE: INTRODUCTION TO SKIING

- Introduction to the Alpine Responsibility Code
- Able to put on and take off skis
- Can stand, walk and climb on skis
- Show good balance while straight running
- Able to get up from a fallen position
- Able to make a gliding snowplow
- Able to make a snowplow stop
- Can use the Magic Carpet

1

LEVEL ONE: FIRST TIME RIDER

- Introduction to the Alpine Responsibility Code
- Put on and take off snowboard
- Skate on flat terrain
- Able to sidestep up and down slight inclines
- Able to straight run on gentle slope
- Introduction to slide slipping

2

LEVEL TWO: BEGINNER SNOWPLOW

- Braking snowplow to control speed
- Able to side step on any hill
- Can turn legs to show direction change
- Can link snowplow turns down Paradise Bowl
- Can skate along flats
- Able to get on and off chairlifts and understands chairlift safety
- Skis under control at all times

2

LEVEL TWO: BEGINNER RIDER

- Begin to develop a balanced body position
- Side slipping on toes alone
- Side slipping on heels alone
- Introduction to Pendulum
- Able to get on and off chairlifts and understands chairlift safety

3

LEVEL THREE: BASIC PARALLEL

- Can use turn shape to control speed on all green runs
- Stands centered on skis
- Skis in a small snowplow
- Skis become parallel at the end of the turn
- Can balance on turning leg
- Demonstrates the ability to bend and extend legs
- Introduced to side-slipping and edging skills
- Can ski the Cut confidently

3

LEVEL THREE: NOVICE RIDER

- Pendulum with confidence
- Toe to heel turn
- Heel to toe turn
- Starting to use upper and lower body to direct snowboard
- Able to make it down The Cut without assistance

4

LEVEL FOUR: PARALLEL SKIING

- Can vary turn shape
- Controls speed with usage of turns
- Matching skis parallel in the middle of the turn
- Can make a hockey stop
- Introduced to ski poles
- Able to ski Expo and Centennial in control
- Can recite the Alpine Responsibility Code

4

LEVEL FOUR: INTERMEDIATE RIDER

- Link toe to heel and heel to toe turns
- Able to use turns to control speed
- Development of rotational balance
- Development of up and down movement throughout the turns
- Using upper body movement to start turns
- Can recite the Alpine Responsibility Code

5

LEVEL FIVE: INTERMEDIATE/ADVANCED PARALLEL

- Linked rhythmical turns
- Can release both edges simultaneously at the start of the turn
- Can make a parallel turn on blue terrain
- Can ski various conditions on blue terrain
- Begin to make short turns
- Introduced to beginner bumps
- Various radius of turns

5

LEVEL FIVE: CRUISING AND CARVING INTERMEDIATE

- Consistently carving on Green terrain
- Linked turns on intermediate terrain (Expo and Centennial)
- Able to absorb small bumps and rolls with lower body while upper body remains quiet
- Able to ride all terrain
- Show good rhythm while turning
- Able to hold and ride the Fall line

6

LEVEL SIX: ADVANCED PARALLEL AND BUMPS

- Can ski with control and confidence on Black Slopes
- Vary turn shape to match terrain and snow conditions
- Makes strong pole plants
- Improving edging to carve more
- Maintain balance throughout the turn
- Skis short radius turns
- Ski blue bumps in the Fall line

6

LEVEL SIX: ADVANCED RIDING

- Able to carve on all terrain
- Rides confidently on all terrain, on and off groomed runs
- Introduction to various approaches to riding bumps and steep terrain
- Developing timing and pressure control skills
- Shows good steering of the board throughout the whole turn
- Shows good angulation and flexion throughout the whole turn