



Alpine Ski Instructor Training Course, Level 2

Criteria for Technical Skills

1. The participant demonstrates their skills through a technical test and a skills card.
2. The trainer evaluates the technical test on a "Can/Not Yet Can" scale according to the specified assessment criteria.
3. The trainer determines the time, location, and method of the theory test during the on-site period of the course.
4. Evaluation of skills card tasks is done on a "Can/Not Yet Can" scale through self- and peer assessment with the support of the trainer. Skills card tasks are carried out during the on-site period of the course.

Skills Demonstrations – requirement: 4 out of 4 successfully completed

1. Short turn – red slope
 - ✓ The skier's basic position is correct, the stance is natural, and the skis are parallel.
 - ✓ The radius is short.
 - ✓ Movements within the turn have equal duration, and turns are symmetrical from side to side.
 - ✓ Turns are fully completed. Pole plant is included in the turn.
 - ✓ The skier maintains continuous snow contact with the skis, and the speed remains under control.
2. Sliding turns - Hourglass (Long-Short-Long) – red slope
 - ✓ The skier's basic position is correct, the stance is natural, and the skis are parallel.
 - ✓ The radius varies clearly between long and short.
 - ✓ Movements within the turn have equal duration, and turns are symmetrical from side to side.
 - ✓ Turns are fully completed. Pole plant is included in the turn.
 - ✓ The skier maintains continuous snow contact with the skis, and the speed remains under control.
3. Carving turns: Free ski run – red slope
 - ✓ The skier's basic position is correct, the stance is natural, and the turns are carving.
 - ✓ The run is fast and controlled.
 - ✓ The skier's movements are purposeful.
 - ✓ The overall performance is fluent and smooth.
 - ✓ Pole plant may be included in the turn.
4. Slopestyle ski run – red slope | (includes switch skiings, spins, 180° jumps, controlled sideways sliding)
 - ✓ The includes includes switch skiing (backward skiing), spins, 180° jumps, and controlled sideways sliding in both directions.
 - ✓ Skis detach from the snow at least once during the run.
 - ✓ The skier has an adaptive basic position.
 - ✓ The skier's movements are purposeful.
 - ✓ The skier maintains the speed under control.
 - ✓ The overall performance is smooth.

Skills Card- requirement: 4 out of 6 tasks successfully completed

The following tasks are completed during the on-site period of the course through self- and peer assessments with the support of the trainer.

1. Following existing ski tracks on the slope, laterally (sliding sideways) in both directions.
(The purpose of this task is to imitate the technic that is used when sliding on a press box / rail.)
2. Starting the turn sliding, finishing it as a carving turn - red slope
3. Skiing on one ski, both legs (the other ski held in the air).
4. Skiing backwards, sliding turns (switch).
5. Rhythm changes at a high-speed run – red slope | (e.g., 3 long - 3 short, etc.)
6. Jumping from a jump / kicker.

Professional Suitability Assessment | Assessment throughout the Course

- ✓ The participant's actions align with equality and non-discrimination principles and are suitable for customer service tasks. The trainer does not need to intervene in the participant's general behaviour during the course.
- ✓ The participant participates in the scheduled program with appropriate equipment.
- ✓ Due to compelling reasons, the participant may be absent for half a day. The participant must coordinate absences with the trainer.
- ✓ The participant actively participates in all self-directed, small group, and group activities during the course.
- ✓ The participant has the language and communication skills required for ski instruction tasks.