



Alpine Ski Instructor Training Course, Level 1

Criteria for Technical Skills

1. The participant demonstrates their skills through **skills demonstrations** 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. Snowplow turns
 - ✓ The skier has a natural, ready-to-move basic position.
 - ✓ The skis are clearly in a wedge (snowplow) position.
 - ✓ The skier's movements are purposeful.
 - ✓ The speed is suitable for the slope.
 - ✓ The radii of the turns are symmetric.
2. Free ski run – general technical skills
 - ✓ The run is controlled and may include changes in rhythm.
 - ✓ The skier has a terrain-adaptive, ready-to-move basic position.
 - ✓ Equipment is utilized accordingly to the environment in a versatile and purposeful manner.
 - ✓ The skier's movements are purposeful.
 - ✓ The skier maintains control of speed.
 - ✓ The overall performance is smooth.
3. Stem turn
 - ✓ The skier has a natural, ready-to-move basic position.
 - ✓ Skis become parallel at the latest in the fall line.
 - ✓ The skier's movements are purposeful.
 - ✓ The speed is suitable for the slope.
 - ✓ The radii of the turns are symmetric.
4. Parallel turns
 - ✓ The skier has a natural, ready-to-move basic position.
 - ✓ Skis are parallel.
 - ✓ The speed is suitable for the slope, and the turns are round shaped.
 - ✓ The skier's movements are purposeful.
 - ✓ The turns are sliding and the radii of the turns are symmetric
 - ✓ Pole plant is included in the turns.

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. A 360° to both directions in snow contact
2. A jump in a straight downhill run
3. Snowplow turns backwards
4. Hockey stops to both directions
5. Sliding and carving turns in one run (ability to separate them)
6. Fast skiing on a red slope

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.