



Ability Level Guide

Questions to ask for clarification:

- How would you describe your skiing/ snowboarding ability level? (Use the check boxes as a guide for this)
- What type of terrain are you comfortable skiing/ snowboarding on?
- What were you working on in your last lesson?
- Are you comfortable riding a beginner chairlift?

Summary:

Level 1 & 2 – First Time/ Beginner

Level 3 & 4 – Advanced Beginner

Level 5 & 6 – Intermediate


Level 7, 8 & 9 – Advanced/ Expert

Alpine Level Guide



Level 1

 = In Progress

 = Mastered

- | | |
|--|--|
| <input type="checkbox"/> Aware of the Responsibility Code | <input type="checkbox"/> Glide in a straight run and use counter slope to stop |
| <input type="checkbox"/> Put on/take off equipment and complete flat terrain activities | <input type="checkbox"/> Glide with varying wedge size |
| <input type="checkbox"/> Demonstrate side stepping and movement patterns from foot to foot | <input type="checkbox"/> Safely ride the Magic Carpet |
| <input type="checkbox"/> Learn to get up independently after a fall | <input type="checkbox"/> Demonstrate balanced, dynamic stance while sliding |



Level 2

 = In Progress

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|--|--|
| <input type="checkbox"/> Develop balance and mobility, skating and herring bone | <input type="checkbox"/> Turn out of the fall line to a stop in both directions (J turn) |
| <input type="checkbox"/> Comfortable gliding in a wedge and adjusting wedge size to stop | <input type="checkbox"/> Control speed by starting to link turns in both directions |
| <input type="checkbox"/> Demonstrate slight direction changes through turns in a gliding wedge | <input type="checkbox"/> Demonstrate Edge control movements |



Level 3

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- ☐ Knows responsibility code and skis in control
- ☐ Match skis between turns
- ☐ Safely ride a chair lift
- ☐ Demonstrate varying turn sizes and shapes
- ☐ Control speed and direction through linked turns
- ☐ Skid skis slightly at the end of the turn in both directions



Level 4

 = In Progress

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- ☐ Ski beyond the beginner chair lift
- ☐ Control speed through varying turn size and shape on green runs
- ☐ Balance on outside ski while completing a turn in both directions
- ☐ Consistently ski in a parallel stance after the fall line
- ☐ Steer inside foot to match skis at end of turn
- ☐ Demonstrate slide slipping in both directions
- ☐ Manage speed through skidded turns on varying green pitches



Level 5

 = In Progress

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|--|---|
| <input type="checkbox"/> Models the Responsibility Code | <input type="checkbox"/> Perform skidded turns in both directions |
| <input type="checkbox"/> Demonstrate proper pole position and usage | <input type="checkbox"/> Comfortable linking turns in control on gentle blue terrain |
| <input type="checkbox"/> Consistently hockey stop in both directions | <input type="checkbox"/> Consistently ski in a parallel stance slightly before and across the fall line |



Level 6

 = In Progress

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|---|--|
| <input type="checkbox"/> Demonstrate dynamic movements to match more difficult blue terrain | <input type="checkbox"/> Ski un-groomed blue terrain |
| <input type="checkbox"/> Balance and turn on one ski (outside ski to outside ski) | <input type="checkbox"/> Ski easy bumps in control |
| <input type="checkbox"/> Consistently use poles for timing and rhythm | <input type="checkbox"/> Ski a groomed black run in control |
| <input type="checkbox"/> Blend dynamic turns and tipping movements into skiing | <input type="checkbox"/> Consistently ski in a parallel stance throughout the turn |



Level 7

 = In Progress

 = Mastered

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|--|--|
| <input type="checkbox"/> Demonstrate the Responsibility Code | <input type="checkbox"/> Ski groomed black runs in control with confidence |
| <input type="checkbox"/> Demonstrate rail road track turns on green and blue groomed terrain | <input type="checkbox"/> Blend technique and tactics to match terrain |
| <input type="checkbox"/> Confident in bumps on more difficult blue terrain | <input type="checkbox"/> Make short turns with upper and lower body separation |

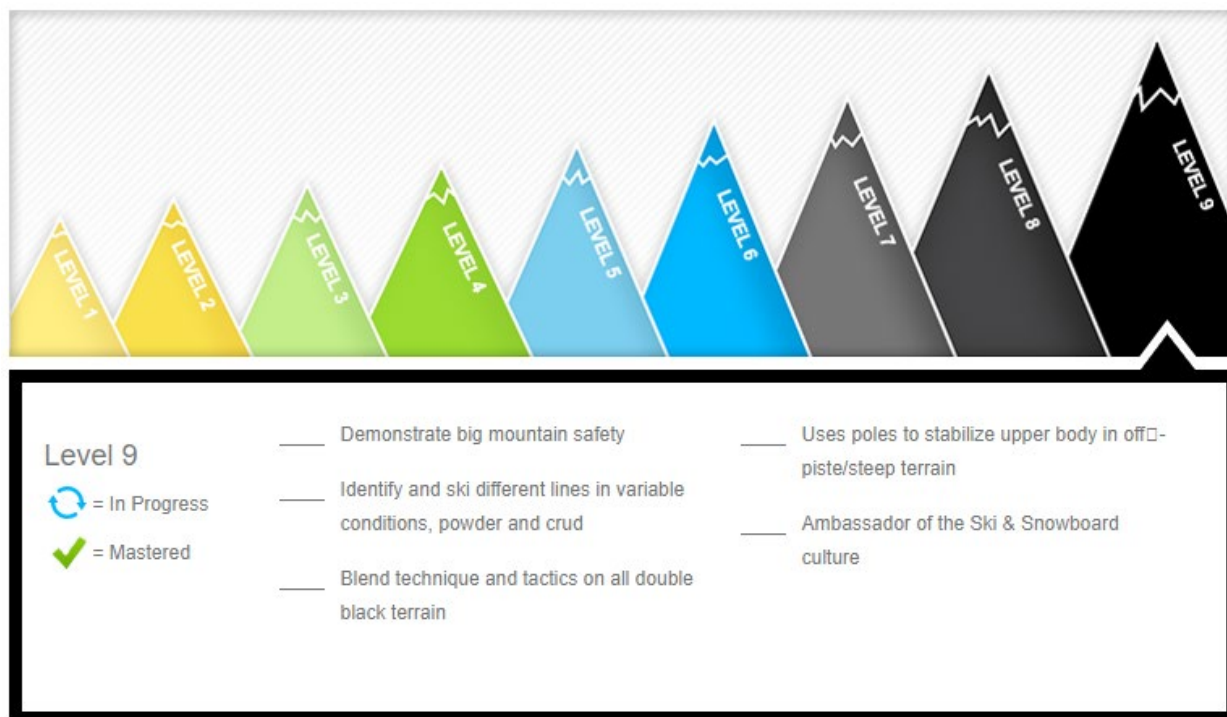


Level 8

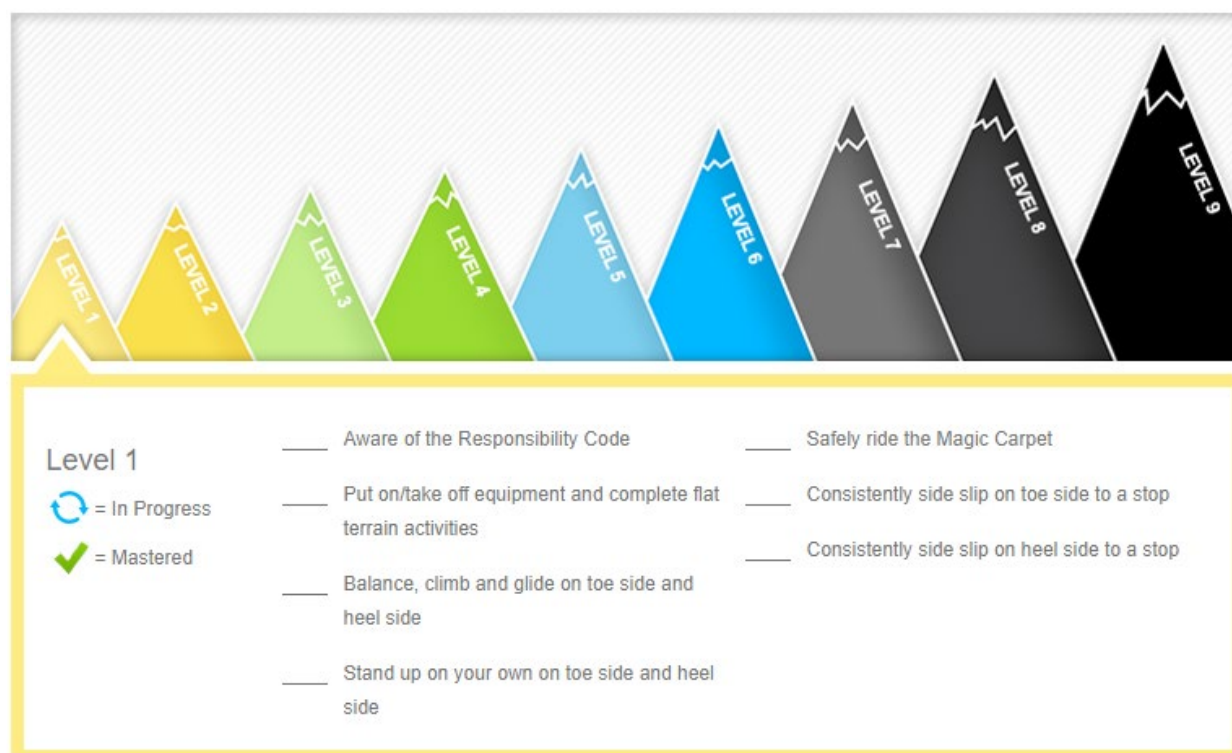
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|--|---|
| <input type="checkbox"/> Understand big mountain safety | <input type="checkbox"/> Comfortable on off-piste terrain |
| <input type="checkbox"/> Demonstrate dynamic turns on steep terrain with confidence | <input type="checkbox"/> Center of mass consistently moves down the hill |
| <input type="checkbox"/> Confident in bumps and trees on more difficult blue/black terrain | <input type="checkbox"/> Blend technique and tactics to match more difficult blue/black terrain |



Snowboard Level Guide





Level 2

 = In Progress

 = Mastered

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|--|--|
| <input type="checkbox"/> Comfortable performing falling leaf on toe side and heel side | <input type="checkbox"/> Garland on heel side |
| <input type="checkbox"/> Traverse across the hill on toe side and heel side | <input type="checkbox"/> J Turn to a balanced stop on toe side and heel side |
| <input type="checkbox"/> Garland on toe side | <input type="checkbox"/> C Turn to a balanced stop on toe side and heel side |



Level 3

 = In Progress

 = Mastered

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|--|--|
| <input type="checkbox"/> Know the Responsibility Code | <input type="checkbox"/> Confidently link multiple turns |
| <input type="checkbox"/> Link S turns to a balanced stop | <input type="checkbox"/> Perform flat land tricks |
| <input type="checkbox"/> Safely ride a chair lift | <input type="checkbox"/> Demonstrate varying turn sizes |
| <input type="checkbox"/> Control speed and direction | |



Level 4

= In Progress

= Mastered

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|--|--|
| <input type="checkbox"/> Ride beyond the beginner chair lift | <input type="checkbox"/> Control speed through varying turn size and shape on green runs |
| <input type="checkbox"/> Manage catwalks and flatter terrain | <input type="checkbox"/> Confident making turns on varying green pitches |
| <input type="checkbox"/> Perform Ollies and Nollies | |



Level 5

= In Progress


= Mastered

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|--|---|
| <input type="checkbox"/> Understand the Responsibility Code | <input type="checkbox"/> Perform basic switch turns |
| <input type="checkbox"/> Manage speed through turn size on blue groomers | <input type="checkbox"/> Demonstrate basic carved turns |
| <input type="checkbox"/> Demonstrate skidded turns | <input type="checkbox"/> Learn smart style and basic tricks on progression features |



Level 6

 = In Progress

 = Mastered

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|--|--|
| <input type="checkbox"/> Consistently make dynamic turns on groomed blue runs | <input type="checkbox"/> Ride gladed terrain |
| <input type="checkbox"/> Make short turns with upper and lower body separation | <input type="checkbox"/> Ride powder and off-piste terrain |
| <input type="checkbox"/> Ride a groomed black run in control | <input type="checkbox"/> Ride easy bumps in control |



Level 7

 = In Progress

 = Mastered

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|---|--|
| <input type="checkbox"/> Demonstrate the Responsibility Code | <input type="checkbox"/> Proficient pressing and sliding on boxes/rails |
| <input type="checkbox"/> Ride groomed black runs in control with confidence | <input type="checkbox"/> Proficient throwing 1's (180 degrees) on small jumps |
| <input type="checkbox"/> Demonstrate dynamic carved turns | <input type="checkbox"/> Proficient at changing edges on the walls of bigger half-pipe or natural terrain features |
| <input type="checkbox"/> Confident in bumps on more difficult blue terrain | |



Level 8

 = In Progress

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|---|---|
| <input type="checkbox"/> Understand big mountain safety | <input type="checkbox"/> Blend technique and tactics to match more difficult blue/black terrain |
| <input type="checkbox"/> Demonstrate dynamic turns on steep terrain | <input type="checkbox"/> Pressing and board sliding various sizes, types, and shapes of rails |
| <input type="checkbox"/> Confident carving and skidding switch turns on more difficult blue terrain | <input type="checkbox"/> Proficient throwing 3's (360 degrees) on small jumps |
| <input type="checkbox"/> Confident in bumps and trees on more difficult blue/black terrain | <input type="checkbox"/> Aims at or above the lip on a bigger half-pipe or natural terrain features |



Level 9

 = In Progress

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|--|---|
| <input type="checkbox"/> Demonstrate big mountain safety | <input type="checkbox"/> Confident riding medium jump features with style |
| <input type="checkbox"/> Powder slashes forward and switch | <input type="checkbox"/> Ambassador of the Ski & Snowboard culture |
| <input type="checkbox"/> Identify and ride different lines in variable conditions, powder and crud | |