

# Ski fundamentals

## Level one

### Getting the basics

I can safely carry my equipment and know how it works

I can put on and take off my skis

I can move around on my skis in a balanced position

I can side step and/or duck walk

I can change the size of my wedge

I can control my speed and stop using a wedge

I can ride the Beginner lift and get on and off safely

I can get myself up if I fall over

## Level two

### Learning to turn

I can ski in a balanced position

I can keep my arms in a good position to help me balance

I can change direction by turning my wedge

I can control my speed through turning

I can turn to a stop in both directions

I can do a hop whilst skiing

I can link my turns on green runs

I know how to ride the lift

## Level three

### Using different turns

I know which ski is my outside ski on each turn

I can balance on my outside ski when turning

I can steer my skis parallel at the end of my turns

I can control my speed by making round turns on easy blue terrain

I know how to change my turns to slow down around other people

I can keep my arms in the correct position in front of my body

I can glide backwards in a wedge on a beginner run

I know park safety etiquette and can 50/50 a box

## **Level four**

### **Exploring more of the mountain**

- I can link turns and control my speed on blue runs
- I can ski with parallel skis all the time on green and easy blues
- I can ski with my skis mostly parallel on medium blues
- I know how to ski some easy off trail terrain and absorb bumps
- I can ski with poles
- I can sideslip on each side
- I can ski backwards in a wedge and make small changes of direction
- I can do a small jump on a natural and/or manmade feature

## **Level five**

### **Riding the whole mountain**

- I can link small, medium and large turn sizes
- I have started to learn to pole touch and carry them on the lift
- I can use turn size to control my speed on easy black runs
- I can ski parallel on all blue and groomed black runs
- I can ski off trail making turns on blue and some black runs
- I can do hockey stops on both sides
- I can do flatland 180's in both directions
- I can link turns in switch (wedge parallel) on green terrain

## **Level six**

- Ripping the whole mountain
- I can ski parallel on all black runs (on and off piste)
- I use a pole touch with ease
- I can adjust my turns to suit terrain and snow conditions
- I understand and can make good line choices when skiing off piste runs
- I can make carved turns on blue runs
- I can make some railroad turns on easy/flat terrain
- I can do a jump and land centred over a small park jump
- I can do flat land 360's