



SKIER DEVELOPMENT PROGRAM



Name: _____

SnowschooL: _____

Instructor: _____

Program/Day: _____

AM PM



SKIER DEVELOPMENT PROGRAM

The CSIA **Skier Development Program** provides guidelines for the development of young skiers. These reference points provide clear and achievable objectives to motivate skiers and guidelines for instructors to develop skills in a safe and fun environment.

ABOUT THE OBSERVATION CRITERIA

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The observation criteria are built around 4 Skiing objectives – **Gliding, Direction Change, Speed Management and Mobility** in the skiing environment. At each level key activities target the four objectives. An additional Free Ski Challenge uses terrain or other fun activity.



Gliding

Skiers learn to slide, reducing fatigue and developing confidence.

Direction Change

Skiers use turn shape for control and efficiency, and link turns to develop rhythm and flow.

Speed Management

Skiers learn to control, maintain or accelerate depending on the terrain and situation.

Mobility in the skiing environment

Skiers gain access to the environment and learn ways to move around the mountain.



HOW SKILLS DEVELOP

It is important for instructors, parents, and skiers of all ages to understand that skiing skills develop gradually. New skills may be apparent on easy terrain but not always present in more challenging situations. This is why the observation criteria for each development level have two degrees of execution.

- **Acquisition:** The skier performs the skills some of the time in a controlled environment. Movements are in the right order but may lack smoothness and coordination, especially in more challenging situations.
- **Consolidation:** The skier performs the skills all of the time in a controlled environment. Movements become smooth and coordinated. High precision in easy situations and moderate precision as challenge increases.

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Remember, the development of skills takes time and a broad range of activities. A good instructor will provide a variety of learning environments.



Exploration 1

Bronze

GOAL:
Linked snowplow turns

 Easy terrain
(Green/Beginner area)

DEMONSTRATES

	Acquisition	Consolidation
Straight run with skis parallel on flat terrain	<input type="checkbox"/>	<input type="checkbox"/>
Snowplow turns, both side	<input type="checkbox"/>	<input type="checkbox"/>
A controlled stop in a snowplow	<input type="checkbox"/>	<input type="checkbox"/>
Moves from foot to foot across the flats	<input type="checkbox"/>	<input type="checkbox"/>
 Comfortable in small rollers	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

Instructor: _____

Date: _____ Next level: _____

Exploration 2


Silver

GOAL:
Parallel skis some
of the time



● Easy terrain (Green)

DEMONSTRATES

	Acquisition	Consolidation
Looks ahead and maintains speed on flat sections	<input type="checkbox"/>	<input type="checkbox"/>
Shows a variety of turn shapes	<input type="checkbox"/>	<input type="checkbox"/>
Controls steeper sections by completing turns	<input type="checkbox"/>	<input type="checkbox"/>
Can push with ski poles on flat terrain	<input type="checkbox"/>	<input type="checkbox"/>
 Skis on side-hills and banked turns	<input type="checkbox"/>	<input type="checkbox"/>

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Comments: _____

Instructor: _____

Date: _____ Next level: _____




Exploration 3

Gold

GOAL:
Parallel skis most of the time

● ■ Moderate terrain
(Green/blue)

DEMONSTRATES

	Acquisition	Consolidation
Maintains even speed while turning	●	●
Maintains balance on the outside ski most of the time	●	●
A controlled hockey stop, both sides	●	●
Coordinates pushing of poles while skating	●	●
 Can jump and land mini-jumps in a centred position	●	●

Comments: _____

Instructor: _____

Date: _____ Next level: _____

Adventure 1

Bronze

GOAL:
Exposure to varied terrain

  Moderate terrain
(Green/blue)



DEMONSTRATES

Acquisition
Consolidation

Can alternate skidding and side slipping on edges



A basic pole plant



Can slow down on request



Can traverse a steeper slope on parallel skis



Can ski "switch" (backwards) on easy terrain



Comments: _____

Instructor: _____

Date: _____ Next level: _____




Adventure 2

Silver

GOAL:
Linked parallel turns

■ Intermediate terrain (Blue)

DEMONSTRATES

	Acquisition	Consolidation
Maintains balance on downhill ski	<input type="checkbox"/>	<input type="checkbox"/>
A well timed pole plant	<input type="checkbox"/>	<input type="checkbox"/>
Maintains control in steeper blue terrain	<input type="checkbox"/>	<input type="checkbox"/>
Comfortable in easy un-groomed terrain	<input type="checkbox"/>	<input type="checkbox"/>
<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;">Can do a "360°" on-snow</div> </div>	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

Instructor: _____

Date: _____ Next level: _____

Adventure 3

Gold

GOAL:
Consistent parallel skiing



  **Advanced Intermediate terrain (Blue/Black)**

DEMONSTRATES

Acquisition
Consolidation

Maintains centred stance
in most situations



Carves on moderate
intermediate terrain



Controls speed on black terrain



Can do “tuck turns” to travel
across flat terrain



Can straight slide a flat box



Comments: _____

Instructor: _____

Date: _____ Next level: _____




Performance 1 Bronze

GOAL:
Steering Versatility

◆ Advanced Intermediate terrain (Blue/Black)

DEMONSTRATES

	Acquisition	Consolidation
Can carve clean parallel tracks on blue terrain	<input type="checkbox"/>	<input type="checkbox"/>
Changes direction using legs, without involving upper body	<input type="checkbox"/>	<input type="checkbox"/>
Can hop edge to edge without accelerating	<input type="checkbox"/>	<input type="checkbox"/>
Uses controlled jumps in the bumps to choose or change line	<input type="checkbox"/>	<input type="checkbox"/>
 Linked "switch" skiing with skis parallel at all times	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

Instructor: _____

Date: _____ Next level: _____

Performance 2

Silver

GOAL:
Linked parallel skiing



◆ Advanced terrain (Black)

DEMONSTRATES

Acquisition
Consolidation

Maintains contact with the snow at higher speed



Uses reaction of ski for rebound and turn linking



Can control speed in any terrain



Smooth line and control in un-groomed terrain



Small jumps safely with centred take-off and landing



Comments: _____

Instructor: _____

Date: _____ Next level: _____




Performance 3

Gold

GOAL:
Dynamic skiing

◆ All terrain (Black)

DEMONSTRATES

	Acquisition	Consolidation
Can use "avalement" (downward flexion) as a way of linking turns	<input type="checkbox"/>	<input type="checkbox"/>
Change turn shapes while maintaining speed	<input type="checkbox"/>	<input type="checkbox"/>
Can control speed in any terrain	<input type="checkbox"/>	<input type="checkbox"/>
Adjusts stance to different conditions and terrain	<input type="checkbox"/>	<input type="checkbox"/>
 Can do a grab while jumping	<input type="checkbox"/>	<input type="checkbox"/>

Comments: _____

Instructor: _____

Date: _____ Next level: _____



THE NEXT STEP

If you have completed any of the Performance levels, consider becoming an apprentice ski instructor (14 years and up). Inquire at your snow school if an apprentice program is available. Skiers 15 years and up can take a CSIA Level 1 certification and become a certified instructor.





ALPINE RESPONSIBILITY CODE

1. Always stay in control. You must be able to stop, or avoid other people or objects.
2. People ahead of you have the right-of-way. It is your responsibility to avoid them.
3. Do not stop where you obstruct a trail or are not visible from above.
4. Before starting downhill or merging onto a trail, look uphill and yield to others.
5. If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the ski patrol.
6. Always wear proper devices to help prevent runaway equipment.
7. Observe and obey all posted signs and warnings.
8. Keep off closed trails and closed areas.
9. You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.
10. You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.



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