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## The Edge Clinic - Pre-requisites for Level 1 & Level 2 Assessments

### Pre-requisites

The Alpine Level 1 Instructor is the entry-level course for students who wish to join the BASI Education System. You will need:

- To be able to ski parallel confidently, coping with a variety of conditions
- To be able to ski parallel on red runs, making rhythmical short turns at a steady pace
- To be able to ski parallel long turns on a green or easy blue slope with the skis carving the last two thirds of the turn
- Have a minimum age 16 years old
- It is recommended that applicants have completed at least 16 full weeks of skiing

This is a 5 day training and assessment course in which the following subjects are covered and assessed.

### Technical Assessment Criteria

- Perform all phases of the Central Theme
- Clearly show definition between each phase of the Central Theme
- Understand how to achieve effective posture and balance

#### Piste Short

- Perform round parallel turns on a blue or easy red piste without traverse
- Use a variety of corridor widths
- Show the ability to maintain a constant speed
- Understand how to achieve effective posture and balance

#### Piste Long

- Clearly carve the last two thirds of the turn on a green or easy blue piste without traverse
- Understand how to achieve effective posture and balance

### Teaching Assessment Criteria

#### Understanding the Central Theme

- Perform all phases of the Central Theme
- Clearly show definition between phases of the Central Theme
- Understand how to achieve effective posture and balance

#### Understanding Beyond the Central Theme

- Describe how the Fundamental Elements link to piste performance
- Develop an awareness of how the Fundamental Elements link to the other Strands

#### Performance Analysis - the Central Theme

- Identify and evaluate major faults and provide effective solutions for the learner

#### Performance Analysis - Beyond the Central Theme

- Develop a basic understanding of major faults and effective solutions in piste performance



### Understanding Learning

- Develop a basic understanding of the TIED model
- Show a basic understanding of the Skill Acquisition model
- Develop an awareness of the different teaching styles
- Show a basic understanding of goal setting and the relevance to snow sport Teaching

### Delivery

#### Enjoyment

- Ensure that the principle of 'maximum class activity' is employed during teaching sessions
- Sessions should result with a sense of achievement for the learners

#### Communication

- Be clear, concise and audible with your Instructors
- Ensure that your message relates to the goals of your session
- Show an awareness of how different ways of communicating will affect different types of learner (VAK)
- Develop an awareness of the importance of listening to others and reacting appropriately

#### Feedback

- Deliver feedback in a supportive, positive way
- Deliver feedback that is directly related to the task
- Show an understanding of the relevance of intrinsic and extrinsic feedback
- Develop an awareness of how the TIED model provides a feedback loop

#### Achieving the Goals

- Show the ability to build the team
- Establish appropriate group goals and work towards achieving them

#### Structure and Content

- Tailor the session to the needs of the individuals in the group
- Deliver planned sessions that flow from introduction through to conclusion

#### Reviewing

- Develop an understanding of reviewing skills

### Safety

#### Principles

- Show a comprehensive understanding of the Ski-Way Code and of the FIS regulations

#### People

- Demonstrate safe group management and injury prevention procedure
- Show an effective understanding of an emergency procedure

#### Equipment/Lifts

- Show a comprehensive understanding of how to keep group members safe in relation to equipment and lifts

#### Mountain Environment

Show a comprehensive understanding of how to keep group members safe in relation to the mountain environment



### **Further requirements for Level 2 Ski Instructor Qualifications:**

This is a 10 day on snow training and assessment module in which the following subjects are developed and assessed:

- Central Theme, Piste Performance, Bumps, Steeps, Variable Snow and Freestyle
- Technical understanding of the Central Theme and beyond
- Performance analysis of the Central Theme and beyond
- Communication skills
- Developing performance
- Match teaching to customer needs
- Teaching principles
- Use of teaching tools
- Lesson flow and content
- Climate setting
- Reviewing skills

### **Entry Criteria**

Students should arrive with an understanding of both the technical and teaching philosophy of BASI.

### **Pre-requisites**

The following pre-requisites must be met before attending an Alpine Level 2 Instructor course. Students must have:

- Successful completion of the Alpine Level 1 Instructor Qualification
- An additional 35 hours of snow sport School Experience is required between completion of the Alpine Level 1 Instructor course and attendance of the Alpine Level 2 Instructor course

### **Outcome**

Successful students will be able to ski to a competent level, and have the knowledge, ability and understanding to safely teach alpine skiing up to and including parallel standard on marked pistes. Individuals who do not reach the required level may be required to re-sit all or part of the course.