

SNOW SPORTS INSTRUCTOR GUIDELINES

Guest Service Basics

- Welcome your guests
- Connect with your guests
- Thank your guests
- Invite your guests back

SAFETY + FUN = LEARNING



General Class Handling

- Treat others as you wish to be treated - Greet and connect.
- Safety, fun and learning
- Terrain selection is based on lowest skilled guest in group.
- The skill emphasis and drills should be individualized.
- Beginner lift - Show guests how, assist them, have them do it on their own.
- Chair lift first ride
 - Explain, watch, read, go - don't get in a hurry
 - Ask lift attendant to slow lift down
 - Pair up. If rascals, each child needs a big person to ride with.
 - Instructors should go up last. If TA is available, they should go first and help to organize the group.
 - Or send strongest student first and tell them where to wait. Send others to wait by this student.
- Lessons should end at the same place they started from, the number sign.
- Thank guests and invite them back.

BEGINNER ZONE - LEVEL 2 PROGRESSION

Gliding wedge and wedge turns. Improve control with linked round wedge turns and turning to a stop. Ski on easiest Beginner terrain.

- **Fan progression** - In parallel and open wedge.
- **Add flexion and extension** - To aid in rhythm and efficiency of turning.
- **Fan progression** - Increase the degree of turning by steering both skis more across the hill.
- **Ski around obstacles** - Progressively change the path for different turn shapes and sizes.
- **Introduction to riding chairlift.**

BEGINNER ZONE - LEVEL 3 PROGRESSION

Reduce size of the wedge and control speed by varying turn shape. Begin working on slight matching of skis. Ski all Green terrain.

- **Only wedge while turning, then match. Use shuffle to help match.**
- **Sideslips on both sides.**
- **Uphill christies - Fan progression** - Focus on skidded finish.
- **J-turns** - Emphasize need to turn uphill to slow down - fast slow down.
- **Review of riding chairlift.**

BEGINNER ZONE - LEVEL 1 PROGRESSION

Skis off:

- Become accustomed to moving in the boots.
- Flex at the ankles, knees and hips - bounce to find a sense of balance underfoot.
- Move both legs together to jump up, hop side to side.
- Move legs independently, twist the leg in and out, swing the leg back and forth, draw foot arcs, sidestep to familiarize with the inside and outside of the foot.
- Hold up brakes and put ski on snow flat and point it in some direction. Then tip ski on edge and try to point it.

Skis on:

- Learn how bindings work - how to put on and take off skis
- Put one ski on and scoot around in circles, then a bit down the hill, turning uphill to stop
- Repeat with two skis onto two skis.
- Change from the normal stance to a bowlegged position to knocked knee while stationary. Look at skis as they tip.
- Explore the relationships of outside / inside edges and flat skis.
- Walk and sidestep with skis flat, tipped to right edges, to left edges, and tipped to inside edges.
- Observe when skis grip and when they slide.
- Learn to stand from a sitting or kneeling position: Remove one ski. Stand up.
- **180 degree turns** - Pinwheel turn. Bullfighter turn.
- **Walk in figure eight pattern.**
- **Scooter turns.**
- **Experiment with use of poles** - For propulsion and avoid using them for stopping.
- **Shuffle feet** - Focusing on the feet and legs, not the upper body.
- **Slide straight by pushing with poles** - Add variations, balance on one leg, bend and stretch, etc.
- **Practice wedging movements - wedge change-ups.** Push with poles to slide forward and repeat.
- **Herringbone on flats.**
- **Straight run, stepping across hill to a stop.**
- **Introduction to beginner tow.**

BEGINNER ZONE - LEVEL 4 PROGRESSION

Earlier matching of skis and very small wedge: Expanding the comfort zone (increasing speed, improving balance, varying terrain/snow). Improved confidence and control on all Green and easiest Blue terrain.

- **Patience turns - open wedge or open parallel stance** - Focus on releasing edges to initiate, and engaging to complete.
- **Wedge christies.**
- **Hockey stops and hockey slips.**
- **Funnel** - Medium to short radius turns. Short to medium radius.
- **Cadence turns** - For speed control, focus on turn shape, not turn size.
- **C shapes to slow and comma shapes to speed up.**
- **Follow the leader** - Trace the leader's tracks. Mirror the leader's rhythm (turn when they turn.)