

Half Way - Main Slope

Two star skier

I can climb and ski down a short ski run, plough turning to control my speed and direction of travel. When I am skiing I can make wider and narrower turns if I need to. I no longer have to climb a slope, instead I can use a ski lift. I can pick a safe route and avoid other skiers. I know where I can stop and wait safely on a ski run.

Examples of tasks

Slow down and speed up as instructed

Make turns as instructed

Climb up slope without sliding down (approx 5m) - 2 methods

Follow a buddy, mirroring speed and turns

Use plough to control speed and direction of travel (obstacle course)

Know where to stand and look before starting

Stop in designated area

3 wider turns followed by 3 narrower turns (use counting if appropriate)

Use ski lift to halfway on main slope

Safety - know what to do before setting off and who has priority

Top of Main Slope

Three star skier

I am now skiing more quickly. I can make a series of linked turns where I start with my skis ploughing and then finish with my skis becoming parallel. When I do this my skis become parallel at the end of each turn.

Examples of tasks

Ski through marked course maintaining control of speed and line (top half of slope)

Get up from sitting on snow

Complete slalom course without missing any gates - ploughing allowed

Consistently use ski lift to top of main slope safely and unaided

Go over small jump, absorbing the jump, showing correct cushioning and maintaining control

Follow the line of another skier showing varying speed and size of turns (6 turns)

Change direction as instructed

Ski backwards in plough from halfway in a straight line

Ski roller maintaining control

Safety - know and explain 3 rules of Ski Way Code

Top of Main Slope

Four star

I am able to ski more quickly and I am feeling balanced against my outside ski earlier in each turn. My turning is more fluid and my tracks are S shaped. When making plough - parallel turns my skis now naturally want to become parallel in or even before the middle of each turn (the fall line)

Examples of tasks

Ski backwards in plough from halfway in a straight line and with turns.

Go over small jump, taking a little air, maintaining control by correct posture and weight distribution

Balance exercises - shuffle/step/jump whilst traversing

Ski roller, changing direction

Get up from sitting on snow after changing ski direction, whilst prone

Stop when instructed (within 5m)

Ski from top using different size plough to vary speed and width of turn

Follow the line of another skier showing varying speed and size of turns (10 turns)

Demonstrate controlled side slip, stopping on command

Complete slalom course without missing any gates - some ploughing

Safety - know and explain 5 rules of Ski Way Code

Top of Main Slope

Five star skier

I can turn both skis at the same time and consistently. This is basic parallel turning. I am still working on improving my posture. Although I can descend a run on my own and select my route, my turns are not as smooth as I would like.

Examples of tasks

Stop within 50cm of designated point

Demonstrate a series of linked turns describing an S shape with consistency of speed and radius

Synchro ski demo - 2 people, min 10 turns

Turning on roller, match skis after turn

Lift inside leg during turn

Falling leaf/side slip

Ski a medium corridor (10m) using skid turns

Demonstrate req'd posture when stationary and understanding of why that posture is necessary

Chinese plough

Complete slalom course without missing any gates - minimal ploughing

Safety - know and explain 7 rules of Ski Way Code

Top of Main Slope

Six star skier

When I am parallel turning I can now use a well co-coordinated pole plant for timing and my turns are becoming smoother and more rhythmical. I take charge of my skis rather than them taking charge of me. My tracks are now S shaped where they used to look more like Zs

Examples of tasks

Stop on command - hockey stop in both directions "emergency stop"

Shadow instructor - varied turn radius and speed

Carve turn from fall line in both directions on lower main slope

Make two carved marks with skis - single turn, both directions

Lead partner through series of wide to narrow turns - funneling

Run through bottom part of turn

Ski a narrow corridor (5m) using skid turns

360 degree spin, skis on ground, both directions (lower main slope)

Initiate turn with small jump - before fall line for min 2 long radius turns

Initial pole plant - where does it need to be planted and why

Safety - know and explain 9 rules of Ski Way Code

Skiway Code

It is vital, for safety reasons, to follow a few simple, but important, rules on the mountain:

1. RESPECT FOR OTHERS

Be aware of all skiers around you and do not endanger them. Give priority to skiers downhill of you. When overtaking or crossing the path of another skier, it is your responsibility to ensure that you do not collide or cause him/her to fall.

2. CONTROL OF SPEED

Only ski within the limits of your ability and be sure you can always stop safely.

3. CHOICE OF ROUTE

Pick your route carefully and be prepared to handle changing situations with other skiers/boarders and the mountain itself.

4. OVERTAKING

Always allow space for others to make their turns and remember that those ahead of you have right of way. The slower skier/boarder also has right of way.

5. START IN SAFETY

Look up and down before starting off or entering a piste and ensure enough space to avoid the path of other piste users.

6. STOPPING ON THE PISTE

Never stop to rest in the middle of a piste or on blind corners or sudden drops. Get to the side of the piste where it is safer. After a fall, move quickly to the side.

7. RESPECT FOR SIGNS AND MARKINGS

Always obey signs. They provide vital information for YOU and YOUR safety on the mountain.

8. HELP AT ACCIDENTS

9. IDENTIFY YOURSELF AT AN ACCIDENT

Understand accident procedures and be prepared to help. Witnesses must provide names and addresses.

Remember, never ski alone. Always ski in a group of at least 4 and, in the event of an accident, two people can seek help while the other can remain with the injured person. This is the official advice from the English Ski Council.