

UK Snowsport

Ski Instructor Overview v8.00 updated 18-9-19

QUALIFICATION SUMMARY

LICENSED REMIT: The remit of a licensed UK Snowsport Instructor is to teach skiers ranging from complete novice to those who are able to show continuously linked parallel turning and are ready to become more *specialised* in their development.

LICENSED ENVIRONMENT: The licensed UK Snowsport Instructor is authorised and insured to operate at UK Artificial Centres¹.

¹ Candidates can also teach at Scottish Mountain Centres provided they have also passed the 1-day Mountain Induction Training.

COURSE ENTRY PRE-REQUISITES

All candidates entering this course must be **currently** licenced as a UK Snowsport Foundation Instructor or apply to enter this course via equivalency or APL (accredited prior learning). Contact the relevant National Governing Body for further details on this.

TECHNICAL PERFORMANCE: All candidates must be approaching the technical performance standard laid down in the assessment criteria.

KNOWLEDGE: Candidates should be comfortable working with and developing novice skiers. It is not necessary for candidates to have in-depth knowledge and experience of working with advanced skiers, but they should be familiar with the UK Snowsport qualifications framework.

PRE-READING: Before attending the course, all candidates should familiarise themselves with the course content which is available for download (see below)

STAGES TO BECOME LICENSED: -

There are 4 stages for candidates to complete to become licensed: -

1. Prepare for the course by familiarising themselves with the course resources, ensuring they arrive with sound understanding of any prescribed learning or reading
2. Attend the training course, where the candidate will receive a Personal Development Plan (PDP)
3. Undertake the activities outlined in their Personal Development Plan and complete a logbook of designated tasks and supervised hours focusing on the remit of the award within a workplace. They must also ensure they have attended a First Aid course, Enhanced DBS check (not applicable in Scotland), and Child Protection/Safeguarding training. Each NGB requires certain levels and courses to be completed please check with your awarding body to ensure you complete the correct level
4. On completion of all actions in the Personal Development Plan and logbook, candidates must then attend and pass an assessment conducted by an appointed tutor.

STAGE 1: DOWNLOAD YOUR COURSE PACK [HERE](#) [add hyperlink]

Prior to attending your training course, you should spend some time reading the materials available to you, paying particular attention to any required pre-reading or tasks. Being familiar with content will allow greater discussion and conversation during the course.

STAGE 2: ATTEND THE SKI INSTRUCTOR TRAINING COURSE: -

This is a 2-day *training* course delivered by an appointed Tutor. The course will last for a minimum of 14 hours [or 2 days]. It may be delivered over two days, together or separate or a series of shorter sessions with a minimum duration of 2 hours each.

The course will cover:

- The technical fundamentals of skiing in relation to intermediate to advanced skiers
- The fundamentals of planning and delivering *safe, enjoyable* sessions, which *build the foundations for further learning* for intermediate to advanced skiers
- How to analyse the performance of intermediate to advanced skiers and identify appropriate tasks to develop skiing skill and understanding.
- The candidates' own personal skiing performance

STAGE 3: WORK TOWARDS ASSESSMENT & LICENSING

At the end of their Ski Instructor Training Course candidates will receive a personal development plan (PDP) which will provide a focused framework for further personal and professional development. In addition to working on any points identified in their personal development plan candidates will be required to:

- Complete a logbook of required tasks and record a minimum of 20 hours of **supervised** delivery in the workplace. This should be recorded in their logbook and signed off by a mentor. Once the logbook is complete it will need to be verified by an appointed tutor or verifier and then uploaded to your NGB membership profile for checking/approval.
- Undertake certified First Aid Training (as determined by your NGB)
- Complete a Safeguarding/Child Protection training course (as determined by your NGB)
- Have an Enhanced DBS check – via the appropriate NGB (England and Wales only). In Scotland, licensing of qualification does not require a PVG check, however this is required by employers.

At this stage candidates are considered **TRAINED** within the remit of this award, as such they are insured to assist a qualified and licensed instructor with the delivery of advanced sessions. They can work with a licenced instructor under **DIRECT SUPERVISION** which means they must be within sight and earshot of the licenced supervising instructor.

STAGE 4: ATTEND THE SKI INSTRUCTOR ASSESSMENT

The 4th and final stage is for candidates to attend and pass an assessment conducted by an NGB appointed tutor. Assessments are scheduled by the NGB during the year or by arrangement (contact your NGB)

All candidates must ensure their membership of the NGB is current at the point of assessment. There are areas of competency and a body of knowledge which is assessed as follows:-

1. Skiing performance
2. Teaching & Session delivery
3. Underpinning knowledge
4. Movement Analysis

1. Skiing Performance - UK Snowsport Instructor

UK Snowsport Ski Instructors must be able to ski all areas of artificial ski slopes* demonstrating appropriate posture, consistent balance and control of speed and direction of travel. Demonstrations must display an “understandable picture” of the technical elements of skiing suitable for all recreational skiers; from novice to expert.

*-If they are seeking licensing for the Scottish Mountains their ability in this environment will be assessed on the Mountain Induction Course.

Ploughing, plough steering, plough parallel and parallel turns are mandatory tasks in the assessment. In all aspects of skiing the candidate will show appropriate movements in motion and sound posture.

Ploughing and Plough steering – the candidate shall demonstrate a set of linked, steered plough turns. The candidate will show balanced posture and body alignment (and therefore the absence of inappropriate upper body movements). Appropriate size and shape of plough, which should be consistent through the series of turns. Speed should be controlled through turn shape rather than the size of the plough. Movements in motion which are smooth and appropriate

Plough Parallel – the candidate will show a *smooth development* of plough steering to parallel steering. The skis will match as a result of a progressive increase in speed of travel and tempo of turning, causing the outside ski to support the skier progressively earlier in each arc.

Parallel Turning - the candidate shall demonstrate a series of rhythmical, continuously linked parallel turns with appropriate use of poles. The examiners will require the candidates to illustrate versatile skiing and to illustrate parallel skiing at a variety of speeds and turn sizes/amplitudes for short to long radius. Candidates are expected to show a sensitivity to the forces acting on them, to show good posture and to make movements in motion appropriate to the task at hand.

The following tasks are examples of additional exercises that the examiner may request Candidates to perform to demonstrate versatility and adaptability.

- From a steep descent skid to a halt
- A free run
- Core Form
- [Parallel] skiing around markers/mini rapid gates

2. Session Delivery - UK Snowsport Ski Instructor

The UK Snowsport Ski Instructor should expect to work with skiers ranging from complete novice to those who are ready to *specialize* in their skiing. A basic understanding of how to manage the learning environment for different types of skier is required.

The quality of their teaching session delivery will be assessed by the Instructor delivering a practical teaching session working with their peers *at their own Level of skiing performance* and through discussion and questioning from the assessor.

Teaching Session Delivery Criteria

UK Snowsport Ski Instructors **must** be able to:-

Teach the skiing public from novice to expert and provide sound foundations for further learning
To focus on participants motivations so they get the most out of their session
Demonstrate an ability to develop a relationship of trust and understanding between instructor and students
Identify learning styles and preferences and discuss examples of how to use them in a lesson
Identify a progression based on the needs of students specific to the instructor's slope
Handle a group based on group energy levels, conditions, safety and lesson content.
Understand how to create an appropriate learning environment and discuss how to incorporate this knowledge into sessions that will maximize opportunities for safety, enjoyment and further learning
Identify the components of good skiing & understand the needs of specific groups of skiers
Discuss opportunities to create an appropriate learning environment for Skiers with differing needs and at different stages of development when dealing with advanced and expert skiers

3. Underpinning Knowledge

UK Snowsport Ski Instructors will demonstrate a solid foundation of information, and experience necessary to be an effective Instructor for skiers ranging in ability from novice to expert.

Underpinning knowledge requirements for instructors reflects a practical awareness of general terms and concepts, and an ability to use these concepts in sessions. The UK Snowsport Instructor will be imaginative, responding to the ***needs of their skiers***.

Specifically, the UK Snowsport Ski Instructors must be able to:-

Understand the fundamental skiing movements of pressure control, edge control steering and balancing
Define and explain wider skiing terminology
Understand the FIS Rules and discuss to emphasise appropriate behaviours when teaching advanced and expert skiers
Identify equipment needs for skiers from novice to expert and is able to identify and recognise common equipment issues
Categorize the benefits of modern ski designs and advise skiers on how appropriate equipment might influence their performance

4. Movement Analysis

UK Snowsport Ski Instructors must be able to critically observe and analyse general movement patterns as found amongst advanced and expert skiers with a view to identifying key tasks that will achieve the desired outcomes of the student.

Specifically, the UK Snowsport Ski Instructors must be able to:-

Critically observe and analyse general movement patterns as found amongst advanced and expert skiers
Successfully identify errors in dynamic posture and balancing
Identify and explain exercises and tasks which will address a student's needs (with consideration of the equipment being used, terrain options, etc.)
Blend and link a range of activity/tasks that complement each other and are fitting to the level of skier concerned
Create an activity/task list appropriate to the needs of their skiers

