

Level 1 Skiing Assessment Activities		
<p>Integrated Activities require the skier to combine three or more Technical Fundamentals through all turn phases to achieve prescribed ski performance in beginner to intermediate zones. The ability to combine the fundamentals accurately creates the Common Threads which can be seen in all Integrated Activities.</p>		
The Common Threads	Both skis stay on the snow.	
	Ankles work in unison creating matching forward angles.	
	The skis are simultaneously guided to begin the turn.	
	A countered relationship is maintained through the transition between turns.	
	The legs flex and extend independent of each other to move the Center of Mass from turn to turn.	
Torso stability creates lower body mobility.		
Activity	Description	Key Element
Wedge Turns	Maintain a converging relationship throughout a series of linked turns.	Wedge is maintained continuously.
Wedge Christie Turns	Release the edges at the same time to begin turn. Outside ski turns faster to the middle of the turn to create wedge. Inside ski turns faster to the end of the turn to create a match.	Skis are guided to create the wedge and the match.
Basic Parallel Turns	Linked, round turns in a medium radius corridor. Skis tip/turn together and at the same rate.	Ski edges are released simultaneously.
<p>Individual Activities require the skier to manage the Technical Fundamentals as prescribe and speak to the skier's ability to emphasize any fundamental on command. Accurate performance of these activities is a way for the skier to demonstrate the ability to adapt their fundamental combinations.</p>		
Activity	Description	Key Element
Carved Uphill Arc	A single turn. Edged skis create the turn. The turn ends facing somewhat uphill.	Demonstrate obvious ski and body performance that features edge control with leg tipping.
Guided Uphill Arc	A single turn. Steered skis create the turn. The turn ends facing somewhat uphill.	Demonstrate obvious ski and body performance that features a turning of the skis with the legs, separate of the upper body.
Straight Run Leapers	Glide with the skis parallel to the fall line. Make a series of hops so the skis leave the snow.	Demonstrate obvious ski and body performance that features control of the overall magnitude of pressure.
Skate on Flat Terrain	Balance on one ski. Tip ski to inside edge. Push off and step to outside edge of the other ski.	Demonstrate obvious ski and body performance that features controlling pressure from ski to ski and directing pressure towards the outside ski.
Vertical Side Slip	A slip down the hill with skis aimed across the fall line. The skis stay in a consistent corridor straight down the fall line throughout the slip.	Demonstrate obvious ski and body performance that features controlling the relationship of the center of mass to the base of support to direct pressure along the length of the ski.
<p>Versatility Activities require the skier /combine the fundamentals in order to manage turn shape, turn size, and line as needed in beginner through intermediate zones. Accurate performance of these activities shows the skier ability to create outcomes common to good skiing across a range of activities.</p>		
Outcomes	Linked turns	
	Consistent rhythm	
	Consistent speed throughout a series of turns	
Activity	Description	Key Element
Basic Parallel - Varied Radius	Link a series of turns, varying radius as defined by the assors (for example 3 short - 3 medium). Maintain parallel skis through a majority of the turns.	Adjust turn size and shape as directed or as needed to adapt to the environment.
Freeski	Link a series of round turns using preferred speed and turn size. Ski are parallel through most of the turn.	Manage speed and rhythm with intent.
<p>Note: The activities in this Activity Guide can be varied at the discretion of the assessor to help in evaluating the Assessment Criteria. Any variations will be chosen for the benefit of the candidate.</p>		