

**Level 2 Skiing Assessment Activities**

**Integrated Activities** require the skier to combine three or more Technical Fundamentals through all turn phases to achieve prescribed ski performance in beginner to easy advanced zones. The ability to combine the fundamentals accurately creates the Common Threads which can be seen in all Integrated Activities.

**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 - Medium	Linked, round turns in a medium radius corridor. Skis tip/turn together and at the same rate.	Maintain parallel skis and achieve a simultaneous release. The width between the boots remains the same throughout the turn.

**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.

Activity	Description	Key Element
Leapers	A round turn made with a hop through transition. Skis remain parallel to the slope the whole time and edge change occurs in the air.	Demonstrate obvious ski and body performance that features control of the overall magnitude of pressure.
Thousand Steps	A round turn made while stepping from ski to ski throughout.	Demonstrate obvious ski and body performance that features controlling pressure from ski to ski.
Carved Outside Ski Turn	A series of turns made with a carving outside ski and a flatter inside ski.	Demonstrate obvious ski and body performance that features controlling pressure from ski to ski.
Linked Pivot Slips	A slip down the hill with skis facing across the hill. Skis are then twisted progressively 180° to face the opposite side and held, then repeated. Skis stay in a consistent corridor throughout.	Demonstrate obvious ski and body performance that features a turning of the skis with the legs, separate of the upper body.
One-Ski Hops	A straight glide down the hill on one ski. While gliding hop off the snow and land on the same ski. Switch to the other ski and repeat.	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.
Hockey Stop	Begin in a gliding straight run, pivot the skis 90 degrees, briefly hold a sideslip, then apply a firm edge set to stop.	Demonstrate obvious ski and body performance that features edge control with the lower body.
Stork Turn	A round turn made on the outside ski, tail of the inside ski is lifted throughout while tip is flexed into the snow.	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.
Skate to Shape	Begin by skating down the fall line. As speed increases turn shape develops. Skating then stops and shaped turns begin. Turns can be short to medium radius.	Demonstrate obvious ski and body performance that features controlling pressure from ski to ski.
Crab Wedge	Begin gliding down the fall line with skis in a wedge. Shift weight from outside ski to outside ski, while increasing edge angle of outside ski to move across the slope, skis do not pivot, wedge remains pointed down the fall line.	Demonstrate obvious ski and body performance that features controlling pressure from ski to ski.

**Versatility Activities** require the skier combine the fundamentals in order to manage turn shape, turn size, and line as needed in beginner through easiest advanced zones. Accurate performance of these activities shows the skier ability to create outcomes common to good skiing across a range of activities.

Outcomes	Linked turns	
	Consistent rhythm	
	Consistent speed throughout a series of turns	
Activity	Description	Key Element
Basic Parallel Turns - Short	Linked, round turns in a short radius corridor. Skis tip/turn together and at the same rate.	Maintain parallel skis and achieve a simultaneous release. The width between the boots remains the same throughout the turn.
Moguls	Linked, round parallel turns. Speed is consistent and controlled with turn shape.	Control turn size and line to adapt to the conditions and terrain.
Parallel Freeski - Off Piste	Linked, round parallel turns. Speed is consistent and controlled with turn shape.	Actively creates different turn sizes and shapes as appropriate to terrain and speed.
Basic Parallel - Medium/Short/Medium	Link a series of turns, varying radius as defined by the assors (for example 3 medium - 3 short - 3 Medium). Maintain parallel skis through al the turns.	Adjust turn size and shape as directed or as needed to adapt to the environment.

**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.