

Level 3 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 all 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
Basic Parallel Turns	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 and engagement. The width between the boots remains the same throughout the turn.
Dynamic Medium Radius	Parallel medium radius turns. Skis leave carved round tracks with minimal displacement. Speed is fast and maintained.	Maximize ski/snow engagement in the shaping phase of 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
Dynamic Stork Turn	A dynamic turn made on the outside ski, tail of the inside ski is lifted throughout while tip is flexed into the snow. The outside ski leaves a narrow track.	Demonstrate obvious ski and body performance that features controlling edge angles.
Short Turn Leapers	A round short radius turn made with a leap through transition. Skis remain level the whole time and edge change occurs in the air.	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.
Pivot Slip/Short Radius Combo	Alternate between a series of short radius turns, a series of pivot slips, then back to short radius.	Demonstrate obvious ski and body performance that features edge control with the lower body.
Railroad Track	A shallow turn (more down than across) created by tipping both skis onto edge, leaving two clean lines in the snow.	Progressive edge control with the lower body. Active moments to align to the outside.
1-Ski Hockey Stop	Performed on one ski. Begin in a straight run, pivot ski to a sideslip so the ski is on the downhill side, then apply a firm edge set to stop.	Demonstrate obvious ski and body performance that features a turning of the skis with the legs, separate of the upper body.
Retraction Pivot Slip	A series of linked pivot slips. Release edges by retraction of the lower body. Edges release and pressure decrease are simultaneous. Skis and COM move directly down fall line.	Demonstrate obvious ski and body performance that features control of the overall magnitude of pressure.
One Ski Turn/Medium Radius	A series of medium radius turns made entirely on one ski. Switch skis after 4 or 5 turns.	Demonstrate obvious ski and body performance that features controlling pressure from ski to ski.
Pivot Slip Change Up	Slip down the hill with skis facing across the hill. Skis pivot 90° into the fall line, hold a straight run for 3 ski lengths, then pivot another 90° to face the opposite direction. Repeat.	Demonstrate obvious ski and body performance that features a turning of the skis with the legs, separate of the upper body.
White Pass Turn	A large, round turn made on one ski. Switch from inside ski to outside ski during the apex. Edge change is made while on the outside ski, then it becomes the inside ski. Repeat.	Demonstrate obvious ski and body performance that features controlling pressure from ski to ski.
Edge Change on Flexion	A round turn made where the edge change is made using flexion in lower body to reduce pressure on skis simultaneously.	Demonstrate obvious ski and body performance that features control of the overall magnitude of pressure.
Crab Walk	A straight run. Extend one ski out to the side, place it on its edge, then guide it back under the body. Repeated on both sides.	Demonstrate obvious ski and body performance that features edge control with the lower body.
Basic Outside Ski	Similar to Basic Parallel, performed only on the outside ski. Transition from outside ski to outside ski is controlled.	Demonstrate obvious ski and body performance that features a turning of the outside ski with the leg, separate of the upper body.

Versatility Activities require the skier combine the fundamentals in order to manage turn shape, turn size, and line as needed in all zones, beginner through expert. 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
Dynamic Short Radius	Parallel turns, mostly carved and made within a 5 meter corridor. Speed is fast and maintained.	Maximize ski/snow engagement in the shaping phase of the turn.
Moguls	Linked turns, line is direct/down the fall line, speed is fast and consistent.	Be able to adapt turns to variations in terrain. Be able to maintain turn size and shape while adjusting to the terrain.
Off Trail Basic Parallel	Linked round turns. Skis tip and turn at the same time and rate. Speed is moderate. The tracks are more brushed than carved.	Be able to actively adjust line, size and shape to adapt to terrain and conditions.
Dynamic Freeski - Offpiste	Vary turn size to adapt to changes in terrain and conditions. Speed is fast and maintained.	Be able to create intentional and varied outcomes for line, shape and size of turns in all terrain and conditions.
Dynamic - Large/Short/Large	Link a series of turns, varying radius as defined by the assors (for example 3 Large - 3 short - 3 Large). Skis leave carved round tracks with minimal displacement. Speed is fast and maintained.	Be able to maintain and vary the turn radius as requested while managing pressure and speed throughout.

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.

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