

**PSIA - ROCKY MOUNTAIN -  
AASI ADAPTIVE  
CERTIFICATION STANDARDS**  
**Adaptive Alpine Assessment Material**  
Individual Development Pathway  
Adaptive Skiing Standards

Revision 08-01-20



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# Individual Development Pathway Adaptive Skiing Standards

## Alpine Skiing Fundamentals Relative to the Skills Concept

<b>Pressure Control</b>	Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis. (Fore/aft pressure)
<b>Pressure Control</b>	Control pressure from ski to ski and direct pressure toward the outside ski. (Ski to ski pressure)
<b>Edge Control</b>	Control edge angles through a combination of inclination and angulation.
<b>Rotational Control</b>	Control the skis rotation with leg rotation, separate from the upper body.
<b>Pressure Control</b>	Regulate the magnitude of pressure created through ski/snow interaction. (Overall magnitude of pressure)

### Skills - Highlighted

The following tasks are designed to highlight edge, pressure, and rotational control skills. Competency in performing these tasks contributes to mastering the skills. Tasks are described relative to ski and body performance and tactical requirements.

Candidates will be asked to perform 2 tasks chosen by the assessment manager.

		RMT	
		LEVEL III	Rocky Mountain Trainer candidates should be able to accurately demonstrate any highlighted skill in any task.
		LEVELS I & II	
		Linked Sideslips	
		Rotational/Pressure Control	Rotational/Pressure Control
<b>Highlighted Skills</b>	<b>Why This Task?</b>	This maneuver highlights rotational and pressure control skills and can be extremely valuable when working with any number of diagnoses, as well as a method used when tethering bi-skis and guiding blind skiers.	This maneuver highlights rotational and pressure control skills and can be extremely valuable when working with any number of diagnoses, as well as a method used when tethering bi-skis and guiding blind skiers. This maneuver demonstrates the ability to rotate the legs simultaneously and quickly.

	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>– Starting in a straight run, skis pivot 90° to a sideslip</li> <li>– Then, skis pivot 90° to a straight run</li> <li>– Then, skis pivot 90° to a sideslip in the other direction</li> <li>– Skis pivot under the foot and bend from the center</li> <li>– At the end of the maneuver, slip to a full stop</li> <li>– Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	<ul style="list-style-type: none"> <li>– Starting in a straight run, skis pivot 90° to a sideslip</li> <li>– Then, skis pivot 180° to the other direction</li> <li>– Then, skis pivot 180° to the other direction</li> <li>– Skis pivot under the foot and bend from the center</li> <li>– At the end of the maneuver, slip to a full stop</li> <li>– Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>– Turn skis with leg rotation under stable upper body</li> <li>– Angulate to direct pressure toward the downhill foot when slipping</li> </ul>	<ul style="list-style-type: none"> <li>– Turn skis with leg rotation under stable upper body</li> <li>– Continuously rotate legs throughout the maneuver</li> <li>– Angulate to direct pressure toward the downhill foot when slipping</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>– Corridor is less than 1 cat track wide</li> <li>– Performed both directions</li> <li>– 90° pivot</li> <li>– Finish with a hockey stop</li> <li>– Groomed blue terrain</li> </ul>	<ul style="list-style-type: none"> <li>– Corridor is less than 1 cat track wide</li> <li>– Performed both directions</li> <li>– 180° pivot</li> <li>– Finish with a hockey stop</li> <li>– Groomed blue terrain</li> </ul>	

		<u><a href="#">Railroad Tracks</a></u>	<u><a href="#">Crab Walk</a></u>	
		Edge/Pressure Control	Edge/Pressure Control	
<b>Highlighted Skills</b>	<b>Why This Task?</b>	<p>This maneuver highlights edging and pressure control skills and isolates movements to the lower legs and feet. The movements used to manage the edge and pressure control skills are building blocks toward the parallel turn. Instructors may use this movement when little friction is desired such as moving across flat areas while trying to maintain or generate speed when tethering a student. Instructors should also be able to accurately demonstrate this movement to visual learners working to acquire more advanced movements of corresponding edging movements themselves.</p>	<p>This maneuver highlights edge and pressure control skills and demonstrates the ability to create and maintain a tipped ski with varied amounts of pressure. Instructors should also be able to accurately demonstrate this movement to visual learners working to acquire more advanced movements of corresponding edging movements themselves.</p>	

	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>- Tails follow tips to create carved ski performance</li> <li>- Link tracks in both directions</li> <li>- Skis stay the same distance apart</li> <li>- Skis flatten and edge at the same rate, time, and for same duration</li> <li>- At the end of the maneuver, skid to a full stop</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	<ul style="list-style-type: none"> <li>- Straight run, ski lifted and extended away from body, turned slightly inward, and placed on edge in snow.</li> <li>- Extended ski carves back under body</li> <li>- Skis release and are flat and travels down the fall line</li> <li>- Both skis bend from the center</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>- Tipping movements and angulation start with the lower body</li> <li>- Tip legs at the same time and rate</li> <li>- Keep the center of mass over the base of support as you flex and extend</li> </ul>	<ul style="list-style-type: none"> <li>- Move from a low stance with ankles, knees, hips/spine flexed</li> <li>- Lengthen extended leg to achieve highest edge angle</li> <li>- Transfer sufficient weight to extended ski to bend the edged ski</li> <li>- Flex extended leg to flatten ski as it carves toward base ski</li> <li>- Center of mass tracks about 1 meter sideways (may be adjusted to accommodate task)</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>- Corridor is fall line oriented, maximum 1 cat track wide</li> <li>- Linked both directions</li> <li>- Leaves tracks in snow like railroad tracks</li> <li>- No pole touch is present</li> <li>- Finish with a hockey stop</li> <li>- Groomed green terrain</li> </ul>	<ul style="list-style-type: none"> <li>- Corridor is approximately 1 cat track wide</li> <li>- Finish with a hockey stop</li> <li>- Groomed green terrain</li> </ul>	

		<b>Outside Ski Turn</b>	<b>Advanced Outside Ski Turn</b>	
		Pressure Control	Pressure Control	
<b>Highlighted Skill</b>	<b>Why This Task?</b>	This maneuver highlights pressure control skills, specifically the ability to direct pressure to the outside ski. Outside Ski Turns require key elements in all aspects of modern skiing including balance and coordination. Instructors must be handy on their skis when providing close-in assists such as two-point holds where the majority of pressure may be required on the outside ski to direct the student on a necessary path or provide needed support. Instructors should also be able to accurately demonstrate this movement to visual learners working to acquire understanding and movements of foot-to-foot pressure and directing pressure toward their outside ski.	This maneuver highlights pressure control skills, specifically the ability to direct pressure to the outside ski. Outside Ski Turns require key elements in all aspects of modern skiing including balance and coordination. Instructors must be handy on their skis when providing close-in assists such as two-point holds where the majority of pressure may be required on the outside ski to direct the student on a necessary path or provide needed support. Instructors should also be able to accurately demonstrate this movement to visual learners working to acquire understanding and movements of foot-to-foot pressure and directing pressure toward their outside ski.	
	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>– Inside ski tip is on the snow and tail is raised off the snow from mid-initiation through mid-finish phases</li> <li>– Outside ski bends through all turn phases</li> <li>– Outside ski leaves brushed track in snow</li> <li>– At the end of the maneuver, skid to a full stop</li> <li>– Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	<ul style="list-style-type: none"> <li>– New inside ski is off snow prior to edge change and through all turn phases</li> <li>– Inside ski is approximately parallel to snow surface</li> <li>– Outside ski bends through all turn phases</li> <li>– Outside ski leaves brushed track in snow</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>– Flex leg to raise tail of inside ski midway through initiation and return ski to snow midway through finish phase</li> <li>– Angulate to direct pressure toward the outside foot</li> <li>– Flex or extend to maintain fore/aft balance</li> <li>– Rotate legs and edge ski(s) under a stable upper body</li> </ul>	<ul style="list-style-type: none"> <li>– Upper/lower body separation helps maintain balance on outside ski as legs rotate under stable upper body</li> <li>– Flex inside leg to lift ski completely off the snow</li> <li>– Flex or extend progressively to maintain fore/aft balance</li> <li>– Rotate legs and edge ski(s) under a stable upper body</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>– Tip of inside ski remains on snow</li> <li>– Tail lifted from mid-initiation to mid-finish</li> <li>– Finish with a hockey stop</li> <li>– Groomed gentle green</li> </ul>	<ul style="list-style-type: none"> <li>– Finish with a hockey stop</li> <li>– Groomed harder green to low angle blue terrain</li> </ul>	

## Skills – Basic Blended

The following tasks are designed to exhibit blending of pressure-, rotational-, and edge-control skills at slower speeds. Emphasis is on the complementary execution of skills to demonstrate a task accurately.

Candidates will be asked to perform 2 tasks chosen by the assessment manager.

<b>RMT</b>			
<b>LEVEL III</b>			Rocky Mountain Trainer candidates should be able to accurately demonstrate any basic blended skill in any task.
<b>LEVELS I &amp; II</b>			
<u>Wedge Turn</u>	<u>Stem Christie</u>		
<b>Basic Blended Skill</b>	<b>Why This Task?</b>	<p>This maneuver highlights ideal blending skills at lower speeds. Because the outside ski is already at an angle steering toward the next turn, the wedge turn makes it easier for skiers to turn the skis in the intended directions. Instructors may use wedge turns when a wider and very stable base is required when assisting students on flatter terrain. Instructors should also be able to accurately demonstrate wedge turns, a maneuver regularly taught at a variety of levels, for visual learners working to acquire the movements themselves.</p>	<p>This maneuver is an excellent way to quickly change direction. It is extremely important in maintaining speed control when tethering because it minimizes time spent in the fall line when changing directions. This maneuver is also referred to as a blocking turn to stop and change the direction of travel. Stem turns are valuable when working with any number of diagnoses, as well as a method used frequently when tethering. This task demonstrates the ability to blend the five alpine fundamentals at lower speeds on easier terrain.</p>
	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>– Start with a narrow wedge with tips together and tails apart on inside edges</li> <li>– New inside ski flattens as both tips steer into the fall line</li> <li>– Skis turn at the same rate throughout the turn</li> <li>– Skis bend from center</li> <li>– At the end of the maneuver, skis are brought to an obvious stop through turn shape and increased pressuring of edges</li> </ul>	<ul style="list-style-type: none"> <li>– New outside ski rotates, brushing the snow at an angle (stem)</li> <li>– Old downhill ski retains inside edge as new outside ski stems</li> <li>– Stemmed ski bends as new inside ski stems</li> <li>– Stemmed ski bends as new inside ski rotates, brushing the snow, creating a parallel relationship</li> <li>– Skis are parallel before the fall line</li> <li>– Both skis steer, leaving brushed tracks through turn completion</li> </ul>

	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>- Turn legs inward to create narrow wedge, maintain consistent width</li> <li>- Tip feet and legs to manage edge angles</li> <li>- Turn skis with leg rotation under stable upper body</li> </ul>	<ul style="list-style-type: none"> <li>- Tip feet and legs sequentially at initiation, and simultaneously after matching occurs</li> <li>- Transfer weight to the outside foot (stemmed ski) to control the arc of the turn</li> <li>- Tip and turn (steer) the inside leg to a parallel relationship before the fall line</li> <li>- Start angulating in the shaping phase to aid balance toward the outside ski</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>- No pole plants</li> <li>- Speed controlled through turn shape</li> <li>- Opposing edges throughout</li> <li>- Low speed</li> <li>- Finish with a controlled stop</li> <li>- Groomed green terrain</li> </ul>	<ul style="list-style-type: none"> <li>- At end of turn, stem uphill ski into converging (wedge) position</li> <li>- Transfer weight to uphill ski to initiate turning</li> <li>- Speed controlled through turn shape</li> <li>- Stemming ski brushes across the snow</li> <li>- Finish with a controlled stop</li> <li>- Groomed blue terrain</li> </ul>	

		<u><b>Wedge Christie</b></u>	<b>Hourglass in Blue Bumps</b>	
<b>Basic Blended Skill</b>	<b>Why This Task?</b>	<p>This maneuver highlights ability to blend the skills as well as adjust the duration, intensity, rate, and timing (DIRT) through all phases of a turn. This traditional maneuver helps skiers become aware of, and develop, the ability to turn the feet and legs independently and separate from the upper body. Instructors may use the wedge Christie when a stable base is required for assisting students. Instructors should also be able to accurately demonstrate wedge Christies for visual learners working to acquire the movements themselves.</p>	<p>It is important to be able to change the radius of your turns while maintaining speed control in order to manage specialized adaptive equipment safely. Hourglass turns are an excellent way for instructors and students practice reducing turn radii. This task demonstrates the ability to blend the five alpine fundamentals in more advanced terrain. Hourglass turns on blue bumps may be necessary when guiding more advanced students.</p>	

	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>– At initiation, edges of parallel skis release (flatten) and open to a small wedge</li> <li>– Both tips steer down the hill</li> <li>– Outside ski turns faster to fall line to create wedge</li> <li>– From fall line, inside ski turns faster to create parallel skis</li> <li>– Skis bend from center</li> <li>– At the end of the maneuver, skis are brought to an obvious stop with the skis in a matched position exhibiting increased pressure and edge angle</li> </ul>	<ul style="list-style-type: none"> <li>– Both skis sideslip and skid through a series of medium, progressively reducing radius turns to a very small radius</li> <li>– At the halfway point, progressively return to a medium radius</li> <li>– At the end of the maneuver, skid to a full stop</li> <li>– Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>– Allow turn forces to transfer more weight to the outside ski through the shaping phase</li> <li>– Steer lighter inside ski parallel to outside ski</li> <li>– Rotate legs and edge skis under a stable upper body</li> <li>– Adjust ski performance and balance with subtle fore/aft and vertical movements</li> </ul>	<ul style="list-style-type: none"> <li>– Feet and legs flex and extend to maintain efficient pressure fore/aft and foot to foot</li> <li>– Feet and legs tip to allow for adjustment of foot to snow angles</li> <li>– Feet and legs rotate at a slow rate and progressively quicker and return to a slower rate</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>– Control speed through turn shape</li> <li>– Turns start as wedge and end as parallel due to low speed and active leg steering</li> <li>– Finish with a controlled stop</li> <li>– Groomed green terrain</li> </ul>	<ul style="list-style-type: none"> <li>– A basic parallel linked turn starting with medium radius</li> <li>– Control speed through turn shape</li> <li>– Hourglass is symmetric from left to right and top to bottom</li> <li>– Sequence might look like this, 6 – 5 – 4 – 3 – 2 – 2 – 3 – 4 – 5 – 6 if numbers were assigned to each turn size</li> <li>– Pole plants provide timing and stability</li> <li>– Finish with a hockey stop</li> <li>– Blue Bumps</li> </ul>	

		<u>Lane Change</u>	<b>Braking &amp; Gliding Parallel Turns</b>	
<b>Basic Blended Skill</b>	<b>Why This Task?</b>	<p>This maneuver highlights a blend of the skills. Also demonstrated are the ability to modify the duration, intensity, rate, and timing of all movements at a higher rate of speed than the Wedge Christie. Instructors routinely employ lane change tactics when guiding, tethering, and assisting students as well as to avoid other guests and obstacles.</p>	<p>It is important to be able to apply changes of duration, intensity, rate, and timing to your performance on advanced terrain. Instructors routinely employ tactics to adjust duration, intensity, rate, and timing when guiding, tethering, and assisting students as well as to avoid other guests and obstacles.</p>	

	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>- Skis scribe a series of 3 short radius turns, then travel across the hill and scribe 3 short turns in a new lane; repeat</li> <li>- Skis scribe short radius turns in the fall line</li> <li>- Turns are round and linked with smooth transition to new lane</li> <li>- Skis steer through turns, or carve through phases of turns</li> <li>- Outside ski bends more than inside ski</li> <li>- At the end of the maneuver, skid to a full stop</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	<ul style="list-style-type: none"> <li>- Skis scribe a series of three braking turns followed by a series of three gliding turns</li> <li>- Skis are released in initiation</li> <li>- Skis are tipped and rotated at a fast rate</li> <li>- In braking turns, highest edge angle just after the fall line creating maximum snow spray after fall line and progressively flatten until initiation of next turn</li> <li>- In gliding turns, parallel skis leave round, brushed tracks of consistent width</li> <li>- Skis tip and turn at same time and rate in most turns</li> <li>- Width of skis stays consistent</li> <li>- Skis steer from center</li> <li>- At the end of the maneuver, skid to a full stop</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>- Adjust degree of counter to coincide with the radius of upcoming turns</li> <li>- Rotate legs under a stable upper body</li> <li>- Flex ankles, knees, hips/spine to manage pressure in first turn of series</li> <li>- Tip legs at the same rate and time</li> </ul>	<ul style="list-style-type: none"> <li>- In braking turns, feet and legs rotate at a fast rate into the fall line and stop after the fall line</li> <li>- In braking turns, feet and legs tip at a fast rate into the fall line at are at the highest angle after the fall line</li> <li>- In gliding turns, feet and legs tip and rotate progressively through the fall line</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>- 3 short radius turns; hold third turn to move across hill; and 3 short turns in new lane</li> <li>- Deliberate pole plants down the hill aids transition to short turns</li> <li>- Rhythm of short turns and speed are consistent</li> <li>- Finish with a hockey stop</li> <li>- Groomed blue terrain</li> </ul>	<ul style="list-style-type: none"> <li>- Three turns alternating between braking turns and gliding turns</li> <li>- Control speed through turn shape</li> <li>- Medium radius turns</li> <li>- Groomed black terrain</li> </ul>	

		<b>Parallel on Groomed Terrain</b>	<b>Switch/Inverted Wedge</b>	
<b>Basic Blended Skill</b>	<b>Why This Task?</b>	This maneuver highlights a blend of skills. This application of the skiing fundamentals and skills is frequently performed as a demonstration. Parallel skiing is often the most effective and safe way to ski when teaching adaptive lessons. Instructors should also be able to accurately demonstrate parallel technique accurately for visual learners working to acquire the movements themselves.	This demonstrates your ability to ski backward on easier terrain. This may be a tactic used when working with students, but also when leading instructor training.	
	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>- Parallel skis leave round, brushed tracks of consistent width</li> <li>- Skis tip and turn at same time and rate in most turns</li> <li>- Width of skis stays consistent</li> <li>- Outside ski bends more than the inside ski before the fall line in most turns</li> <li>- Skis steer from center</li> <li>- At the end of the maneuver, skid to a full stop</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	<ul style="list-style-type: none"> <li>- With skis parallel tips facing uphill in the fall line, skis internally rotate for backward skate down fall line to gain momentum</li> <li>- Flatten both skis</li> <li>- Externally rotate skis into inverted wedge</li> <li>- Both skis bend from the center while the outside ski bends more than the inside ski</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>- Steer both skis at the same rate and time</li> <li>- Turning comes from the legs and not the upper body</li> <li>- Flex/extend joints and adjust fore/aft to stay in balance</li> <li>- Director more pressure toward the outside ski</li> </ul>	<ul style="list-style-type: none"> <li>- Use athletic stance, flex and extend legs to skate backwards</li> <li>- While facing uphill bring feet underneath COM</li> <li>- Rotate both legs internally to skate backwards and externally to create inverted wedge</li> <li>- Flex inside leg more than outside leg</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>- Basic parallel</li> <li>- Pole plants are functional</li> <li>- Control speed through turn shape</li> <li>- Medium radius turns</li> <li>- Performed at moderate speed</li> <li>- Finish with a hockey stop</li> <li>- Groomed harder green to easy blue terrain</li> </ul>	<ul style="list-style-type: none"> <li>- Link a series of turns with consistent shape and tempo followed by another series of turns of varying shapes and tempos</li> <li>- Groomed harder green to easier blue terrain</li> </ul>	

## Skills – Applied

The following tasks are designed to demonstrate ability to adapt to terrain challenges and increased speed. Tasks require tactical solutions to blend pressure-, rotational-, and edge-control skills effectively for different outcomes. Candidates must consider the implications of duration, intensity, rate, and timing of movements to achieve their desired outcomes.

Candidates will be asked to perform 4 tasks chosen by the assessment manager.

<b>RMT</b>				
<b>LEVEL III</b>			Rocky Mountain Trainer candidates should be able to accurately demonstrate any applied skill in any task.	
<b>LEVELS I &amp; II</b>				
		<u>Skiing Variable Terrain</u>	<b>Skiing Variable Terrain Without Poles</b>	
<b>Applied Skill</b>	<b>Why This Task?</b>	<p>This maneuver displays your ability to adapt your skiing and adjust turns to meet the demands of varying terrain and snow conditions. This also allows for an assessment of your basic skiing mechanics. Most skiers have specific styles and preferred turning mechanisms that either enhance or hinder their ability to ski a variety of terrain or perform specific skill-based maneuvers with accuracy. Teaching and assisting occur on all types of terrain and in varying conditions. Qualified instructors should be able to address terrain and conditions safely in their personal skiing and while assisting guests in lessons. It is important to be able to demonstrate skiing techniques and tactics while teaching on this type of terrain in and these conditions.</p>	<p>This maneuver displays your ability to adapt your skiing and adjust turns to meet the demands of varying terrain and snow conditions. This also allows for an assessment of your basic skiing mechanics. Most skiers have specific styles and preferred turning mechanisms that either enhance or hinder their ability to ski a variety of terrain or perform specific skill-based maneuvers with accuracy. Teaching and assisting occur on all types of terrain and in varying conditions and there may be times in which you may not have your poles in order to best assist your students. Qualified instructors should be able to address terrain and conditions safely in their personal skiing and while assisting guests in lessons. It is important to be able to demonstrate skiing techniques and tactics while teaching on this type of terrain in and these conditions, such as when guiding more advanced students with visual diagnoses or those mono-skiing.</p>	

	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>- Parallel skis make different sized, linked turns that flow smoothly over varied terrain</li> <li>- Skis steer through turn, or may be carved in phases</li> <li>- Skis bend and turn from center in majority of turns</li> <li>- Skis edge simultaneously commensurate with terrain</li> <li>- Skis maintain contact with the snow when appropriate</li> <li>- At the end of the maneuver, skid to a full stop</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	<ul style="list-style-type: none"> <li>- Parallel skis make different sized, linked turns that flow smoothly over varied terrain</li> <li>- Skis steer through turn, or may be carved in phases</li> <li>- Skis bend and turn from center in majority of turns</li> <li>- Skis edge simultaneously commensurate with terrain</li> <li>- Skis maintain contact with the snow when appropriate</li> <li>- At the end of the maneuver, skid to a full stop</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>- Vary turn size and flex (absorb) and extend to promote ski/snow contact over uneven terrain</li> <li>- Adjust fore/aft stance to maintain balance</li> <li>- Turning movements are progressive, appropriate to the terrain</li> <li>- Rotate legs and edge skis from the lower body, separate from and under a stable upper body</li> <li>- Skis maintain contact with snow unless deliberate jump</li> </ul>	<ul style="list-style-type: none"> <li>- Vary turn size and flex (absorb) and extend to promote ski/snow contact over uneven terrain</li> <li>- Adjust fore/aft stance to maintain balance</li> <li>- Turning movements are progressive, appropriate to the terrain</li> <li>- Rotate legs and edge skis from the lower body, separate from and under a stable upper body</li> <li>- Skis maintain contact with snow unless deliberate jump</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>- Pole plants are functional</li> <li>- Series of linked parallel turns</li> <li>- Turn size and shape may vary, but speed is controlled</li> <li>- Speed down the hill may vary, but does not get out of control</li> <li>- Finish with a hockey stop</li> <li>- Ungroomed blue terrain</li> </ul>	<ul style="list-style-type: none"> <li>- No poles</li> <li>- Series of linked parallel turns</li> <li>- Turn size and shape may vary, but speed is controlled</li> <li>- Speed down the hill may vary, but does not get out of control</li> <li>- Ungroomed black terrain</li> </ul>	

		<u>Skiing Bumps</u>	<b>Skiing Bumps Without Poles</b>	
<b>Applied Skill</b>	<b>Why This Task?</b>	Bumps happen, especially here in the Rocky Mountains. Our soft snow that starts off as groomed in the morning can quickly become bumps by the afternoon. It is important for you to be able to ski in bumps so you can effectively work with mountain skiing students in a variety of conditions.	Bumps happen, especially here in the Rocky Mountains. Our soft snow that starts off as groomed in the morning can quickly become bumps by the afternoon. It is important for you to be able to ski in bumps so you can effectively work with mountain skiing students in a variety of conditions. Teaching and assisting occur on all types of terrain and in varying conditions and there may be times in which you may not have your poles in order to best assist your students, such as when guiding more advanced students with visual diagnoses or those mono-skiing.	
	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>- Skis turn in short-radius turns over, against, and around bumps, close to the fall line</li> <li>- Skis turn at same time and rate in as round a line as possible</li> <li>- Skis maintain contact with the snow</li> <li>- Skis bend from center as much as possible, but will vary with ski/snow contact in abrupt terrain</li> <li>- Skis edge/flatten at same times although edge angles may vary due to terrain</li> <li>- At the end of the maneuver, skid to a full stop</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	<ul style="list-style-type: none"> <li>- Skis turn in short-radius turns over, against, and around bumps, close to the fall line</li> <li>- Skis turn at same time and rate in as round a line as possible</li> <li>- Skis maintain contact with the snow</li> <li>- Skis bend from center as much as possible, but will vary with ski/snow contact in abrupt terrain</li> <li>- Skis edge/flatten at same times although edge angles may vary due to terrain</li> <li>- At the end of the maneuver, skid to a full stop</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>- Turn feet/legs simultaneously and engage edges to shape turns to match terrain</li> <li>- Use pole plants to stabilize and keep upper body facing downhill, enabling leg rotation</li> <li>- Maintain relatively level upper body as legs/spine flex to absorb terrain and extend to maintain ski/snow contact</li> <li>- Skis maintain contact with the snow</li> </ul>	<ul style="list-style-type: none"> <li>- Turn feet/legs simultaneously and engage edges to shape turns to match terrain</li> <li>- Use pole plants to stabilize and keep upper body facing downhill, enabling leg rotation</li> <li>- Maintain relatively level upper body as legs/spine flex to absorb terrain and extend to maintain ski/snow contact</li> <li>- Skis maintain contact with the snow</li> </ul>	

	<b>Tactics</b>	<ul style="list-style-type: none"> <li>- Pole plants provide timing and stability</li> <li>- Series of linked parallel turns</li> <li>- Turn size and shape may vary, but speed is controlled</li> <li>- Look ahead to choose a smooth line over, against, and around bumps, close to the fall line</li> <li>- Turn shape and line control speed</li> <li>- Finish with a hockey stop</li> <li>- Blue Bumps</li> </ul>	<ul style="list-style-type: none"> <li>- No poles</li> <li>- Series of linked parallel turns</li> <li>- Turn size and shape may vary, but speed is controlled</li> <li>- Look ahead to choose a smooth line over, against, and around bumps, close to the fall line</li> <li>- Turn shape and line control speed</li> <li>- Finish with a hockey stop</li> <li>- Black Bumps</li> </ul>	
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		<b><u>Stem – Step Turns</u></b>	<b>Carved Medium Radius Turns</b>	
<b>Applied Skills</b>	<b>Why This Task?</b>	<p>This maneuver is an excellent way to quickly change direction. It is extremely important in maintaining speed control when tethering because it minimizes time spent in the fall line when changing directions. This maneuver is also referred to as a blocking turn to stop and change the direction of travel. Stem Step Turns are valuable when working with any number of diagnoses, as well as a method used frequently when tethering.</p>	<p>This maneuver demonstrates your ability to tip and edge your skis with increased speed on advanced terrain. You also need to be able to accurately demonstrate this maneuver as it is a tactic used by more advanced skiers and racers.</p>	
	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>- New outside ski rotates, brushing the snow at an angle (stem) or is lifted and placed laterally away (step)</li> <li>- Old downhill ski retains inside edge as new outside ski stems or steps</li> <li>- Stemmed or stepped ski bends as new inside ski rotates, brushing the snow, creating a parallel relationship</li> <li>- Skis are parallel before the fall line</li> <li>- Both skis steer, leaving brushed tracks through turn completion</li> <li>- At the end of the maneuver, both skis are pivoted to a hockey slide (90°) to the fall line</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	<ul style="list-style-type: none"> <li>- Parallel skis turn in a medium radius leaving round, carved tracks</li> <li>- Edged skis are bowed, creating arcs with no to very minimal sideways travel</li> <li>- Skis travel forward through the arc of the turn</li> <li>- Skis edge and bend most in shaping phase</li> <li>- Both skis tip similar amount throughout turn</li> </ul>	

	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>– Tip feet and legs sequentially at initiation, and simultaneously after matching occurs</li> <li>– Transfer weight to the outside foot (stemmed or stepped ski) to control the arc of the turn</li> <li>– Tip and turn (Steer) the inside leg to a parallel relationship before the fall line</li> <li>– Start angulating in the shaping phase to aid balance toward the outside ski</li> </ul>	<ul style="list-style-type: none"> <li>– Transfer weight early, tip feed and lower legs, and direct pressure towards the new outside ski</li> <li>– Direct the upper body toward the apex of upcoming turn</li> <li>– Subtle fore/aft adjustments keep center of mass balanced over base of support</li> <li>– Legs rotate under stable upper body</li> </ul>	
	<b>Tactics</b>	<ul style="list-style-type: none"> <li>– At end of turn, stem or step uphill ski into converging (wedge) position</li> <li>– Transfer weight to uphill ski to initiate turning</li> <li>– Finish with a controlled stop</li> <li>– Groomed blue to black terrain</li> </ul>	<ul style="list-style-type: none"> <li>– Pole touch occurs with edge change or slightly after</li> <li>– Link turns of consistent size and speed</li> <li>– Groomed blue to black terrain</li> </ul>	

		<b>Hourglass Turns</b>	<b>Dynamic Short Radius Turns</b>	
<b>Applied Skills</b>	<b>Why This Task?</b>	It is important to be able to change the radius of your turns while maintaining speed control in order to manage specialized adaptive equipment safely. Hourglass turns are an excellent way for instructors and students practice reducing turn radii.	This maneuver demonstrates your ability to quickly and efficiently perform short radius turns at higher speeds and on advanced terrain. You also need to be able to accurately demonstrate this maneuver as it is a tactic used by more advanced skiers.	
	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>– Both skis sideslip and skid through a series of medium, progressively reducing radius turns to a very small radius</li> <li>– At the halfway point, progressively return to a medium radius</li> <li>– At the end of the maneuver, skid to a full stop</li> <li>– Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	<ul style="list-style-type: none"> <li>– Ski performance is as carved as possible given terrain, snow conditions, and turning radius of skis</li> <li>– Skis travel primarily forward through the arc of the turn</li> <li>– Skis change edges before turning</li> <li>– Skis are parallel with similar edge angles</li> <li>– Both skis bend most in shaping phase</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>– Feet and legs flex and extend to maintain efficient pressure fore/aft and foot to foot</li> <li>– Feet and legs tip to allow for adjustment of foot to snow angles</li> <li>– Feet and legs rotate at a slow rate and progressively quicker and return to a slower rate</li> </ul>	<ul style="list-style-type: none"> <li>– Transfer weight early, tip feet and lower legs, and direct pressure toward the new outside ski</li> <li>– Direct the upper body down the fall line</li> <li>– Match the inside ski with the actions of the outside ski</li> <li>– Legs rotate under stable upper body</li> </ul>	

	<b>Tactics</b>	<ul style="list-style-type: none"> <li>- A basic parallel linked turn starting with medium radius</li> <li>- Control speed through turn shape</li> <li>- Hourglass is symmetric from left to right and top to bottom</li> <li>- Sequence might look like this, 6 – 5 – 4 – 3 – 2 – 2 – 3 – 4 – 5 – 6 if numbers were assigned to each turn size</li> <li>- Finish with a hockey stop</li> <li>- Groomed harder blue to black terrain</li> </ul>	<ul style="list-style-type: none"> <li>- Timing of pole plant compliments body movement and ski action</li> <li>- Link completed turns of consistent size and rhythm</li> <li>- Groomed harder blue to black terrain</li> </ul>	
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		<u>Synchronized Skiing</u>	<b>Synchronized Skiing on Variable Terrain</b>	
<b>Applied Skill</b>	<b>Why This Task?</b>	This maneuver highlights skiers' ability to adapt their skills to another skier(s). Synchronized Skiing is extremely valuable when working with any number of diagnoses, as well as a method used when tethering bi-skis and guiding students with visual diagnoses.	This maneuver highlights skiers' ability to adapt their skills to another skier(s). Synchronized Skiing is extremely valuable when working with any number of diagnoses, as well as a method used when tethering bi-skis and guiding skiers with visual diagnoses. As you will be working with more advanced students, your ability to demonstrate your adaptability on more advanced terrain. This will demonstrate speed management while helping another skier to maintain consistent momentum.	
	<b>Ski Performance</b>	<ul style="list-style-type: none"> <li>- 2 or more skiers ski a series of linked parallel turns at the same time as one another</li> <li>- Parallel skis leave round, brushed tracks of consistent width</li> <li>- Skiers skis tip and turn at same time and rate</li> <li>- At the end of the maneuver, skier(s) skid to a full stop</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	<ul style="list-style-type: none"> <li>- 2 or more skiers ski a series of linked parallel turns at the same time as one another</li> <li>- Parallel skis leave round, brushed tracks of consistent width</li> <li>- Skiers skis tip and turn at same time and rate</li> <li>- At the end of the maneuver, skier(s) skid to a full stop</li> <li>- Skis are equally pressured ski to ski and tipped simultaneously to an obvious stop</li> </ul>	
	<b>Body Performance</b>	<ul style="list-style-type: none"> <li>- Lower body uses a combination of flexion and extension, along with turning and tipping to create efficient ski to snow interaction</li> </ul>	<ul style="list-style-type: none"> <li>- Lower body uses a combination of flexion and extension, along with turning and tipping to create efficient ski to snow interaction</li> </ul>	

	<b>Tactics</b>	<ul style="list-style-type: none"> <li>- Lead and follow in a series of linked parallel turns</li> <li>- Cue off the designated leader and match turns exactly</li> <li>- Voice cues may be used</li> <li>- Rhythm, flow, and consistency through a series of turns are consistent</li> <li>- Consistency as the leader and adaptability as the follower</li> <li>- Remain in close proximity to other skier(s)</li> <li>- Groups may include 2 or more skiers</li> <li>- Group formations can include side-by-side, skier in front and behind, lines, and V formations</li> <li>- Finish with a coordinated hockey stop</li> <li>- Groomed harder blue to black terrain</li> </ul>	<ul style="list-style-type: none"> <li>- Lead and follow in a series of linked parallel turns</li> <li>- Cue off the designated leader and match turns exactly</li> <li>- Voice cues may be used</li> <li>- Rhythm, flow, and consistency through a series of turns are consistent</li> <li>- Consistency as the leader and adaptability as the follower</li> <li>- Remain in close proximity to other skier(s)</li> <li>- Groups may include 2 or more skiers</li> <li>- Group formations can include side-by-side, skier in front and behind, lines, and V formations</li> <li>- Leader may be asked to change formations while moving</li> <li>- Finish with a coordinated hockey stop</li> <li>- Ungroomed harder blue to black terrain</li> </ul>	
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