PSIA-RM Individual Development Pathway
Alpine Skiing Standards

Updated November 2025

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

Individual Fundamentals

The following Assessment Activities are used to assess the adaptation and blending of the Technical Fundamentals as prescribed. Each activity highlights pressure, rotational, and edge-control skills and fundamentals. Competency in performing these Assessment Activities contributes to mastering the skills and fundamentals. Assessment Activities are described relative to ski and body performance and tactical requirements.Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s).

Individual Fundamentals		LEVEL I		
		Sideslips with Edge Set	**Guided Uphill Arc**	**Carved Up Hill Arc**
	Fundamental Focus	**Control edge angles through a combination of inclination and angulation.** ***Or*** **Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.**	**Control the skis' rotation with leg rotation, separate from the upper body.** ***Or*** **Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.**	**Control edge angles through a combination of inclination and angulation.** ***Or*** **Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.**
	Ski Performance	•Skis slip sideways down the fall line •Edge angles are the same •Skis are parallel throughout sideslip •Uphill ski is ahead of downhill ski •Skis slip at a consistent rate	•Skis tip and turn at the same time to steer skis •Both skis progressively tip the same amount •Both skis turn progressively the same amount •Skis bend from center	•Ski tracks show arcs with two parallel carved lines in snow •Skis tip at same time and rate for same duration •Skis tip progressively •Skis bend from center •Manage edge angle to maintain a carved arc.
	Body Performance	•Stance exhibits leg rotation under stable upper body •Tipping movements come from feet and legs (angulation)	•Leg rotation and tipping movements steer the ski to an arc •Tipping movements and angulation start with the lower body •Flex joints proportionately to keep center of mass over base of support •Legs rotate under a stable upper body	•Tipping movements and angulation start with the lower body •Flex joints proportionately to keep center of mass over base of support
	Terrain and Tactics	•Groomed blue terrain	•Green to Blue terrain	•Groomed green to Blue terrain

		LEVEL I		
		Step Turn into the Fall Line	Outside Ski J-Turn	Straight Run Leaper
Individual Fundamentals	Fundamental Focus	**Control pressure from ski to ski and direct pressure toward the outside ski.** ***Or*** **Control the skis' rotation with leg rotation, separate from the upper body.**	**Control pressure from ski to ski and direct pressure toward the outside ski.** ***Or*** **Control edge angles through a combination of inclination and angulation.**	**Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.** ***Or*** **Regulate the magnitude of pressure created through ski/snow interaction.**
	Ski Performance	•Skis start perpendicular to fall line •Downhill ski lifts, rotates, and returns to snow in a divergent step toward turn •Uphill ski lifts, rotates, and returns to snow parallel to first ski •Skis continue to step downhill until parallel in the fall line •Lifted skis are parallel to the snow surface •Skis continue in a skidded turn from the falline through the finish phase of the turn to a stop.	•Skis slide straight down the fall line •Skis turn at same time and rate •Skis continue to turn until they come to a stop •After turning begins, inside ski tip is on the snow and tail is raised off snow	•Skis maintain parallel relationship, flat on the snow •Skis slide straight down the fall line •Skis are level to the surface when in the air; tips and tails are at the same height. •Skis are same height as each other in the air •Skis leave the snow and land at the same time
	Body Performance	•Flex/extend legs independently to transfer weight from foot to foot •Turn skis with leg rotation under stable upper body •Flex joints proportionately to keep center of mass over base of support •Bend skis from center when on the snow •From fall line to finish, ankles have equal forward angles creating a basic parallel position.	•Steer legs under a stable upper body to turn •Flex the inside leg to lift the inside tail and direct pressure towards the outside ski •Flex joints progressively to keep center of mass over base of support •Tipping and angulation start with the lower body	•Joints flex and extend proportionately to keep center of mass over base of support at all times •Feet maintain consistent width •Weight is evenly distributed between feet •Legs and upper body pointed in the direction the skis are sliding
	Terrain and Tactics	•Gentle green terrain	•Gentle green terrain	•Easiest green groomed terrain • Leapers are done at consistent intervals with soft landing to promote balanced landings and takeoffs • No active speed control

		LEVEL I		
		Wedge Change Ups	Skating - Flat Terrain	1-Ski Straight Run
Individual Fundamentals	Fundamental Focus	**Control the skis' rotation with leg rotation, separate from the upper body.** ***Or*** **Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.**	**Control pressure from ski to ski and direct pressure to the outside ski.** ***Or*** **Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.**	**Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.** ***Or*** **Control pressure from ski to ski and direct pressure toward the outside ski.**
	Ski Performance	•Skis alternate between wedge and parallel relationship •Ski alternate between being on opposing edges (wedge) and flat (parallel) •Skis pivot under the foot • Tips move closer together to form a wedge from parallel alignment and farther apart when making a wedge • Tails move closer together from a wedge to parallel and farther apart to form a wedge from parallel alignment •Skis move apart to form a wedge and come closer together when transitioning to parallel	•One ski glides on outside edge, then tips to inside edge to create a platform to move from •Other (lifted) ski, returns to snow diverging from 1st ski with tails nearly crossing. 2nd ski glides on outside edge as 1st ski is lifted from the snow. •Lifting and gliding repeat to propel the skier down the hill •Skis diverge more when going slow and diverge less as speed increases •Ski on snow bends from center	• A straight run where one ski tail is lifted off the snow and the tip remains on the snow. • Skis run as straight as possible. Some slight wobbles are expected depending on snow surface as long as straight run is preserved. • The ski that is lifted remains parallel to the ski on the snow. • Skis are flat on the snow
	Body Performance	• The legs rotate inward and abduct to transition from parallel to gliding wedge •The legs rotate outward and adduct to transition from gliding wedge to parallel •The upper body is directed downhill throughout the actiivity	•Extension and forward movement off inside edge transfers weight to new gliding ski dynamically •Unweighted foot is returned alongside and diverging from the weighted foot •Joints flex while on new gliding ski to prepare for extension at weight transfer	• The knee and hip bend to lift the tail of the ski off the snow. • Hips and shoulders remain level. • Height of hips doesn't change with ski lifting or being placed back on snow. • Upper body will align over the ski that is completely on the snow to maintain balance
	Terrain and Tactics	• Easy green terrain • Speed change is minimal between wedge and parallel.	•Flattest areas available (bottom or top of ski lifts, or beginner areas). The skier should ideally not glide downhill without propulsion. •Tempo from outside edge to inside edge, and ski to ski is consistent	• Very flat green terrain • Speed should continue to increase as the terrain allows

		LEVEL II		
		Skating- Down the Hill	Hockey Stops	Railroad Track Turns
Individual Fundamentals	Fundamental Focus	**Control pressure from ski to ski and direct pressure toward the outside ski.** ***Or*** **Control edge angles through a combination of inclination and angulation.**	**Control the skis' rotation with leg rotation, separate from the upper body.** ***Or*** **Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.**	**Control edge angles through a combination of inclination and angulation.** ***Or*** **Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.**
	Ski Performance	•One ski glides on outside edge, then tips to inside edge to create a platform to move from •Other (lifted) ski, returns to snow diverging from 1st ski with tails nearly crossing. 2nd ski glides on outside edge as 1st ski is lifted from the snow. •Lifting and gliding repeat to propel the skier down the hill •Skis diverge more when going slow and diverge less as speed increases •Ski on snow bends from center	•Skis bend from center throughout assessment activity •Skis run flat in fall line •Skis rotate 90 degrees before engaging edges •Skis come to a complete stop while perpendicular to fall line	•Tails follow tips to create carved ski performance •Link tracks in both directions •Skis stay the same distance apart •Skis flatten and edge at the same rate, time, and for same duration
	Body Performance	•Extend and move forward off inside edge to transfer weight to new gliding ski dynamically Return unweighted foot alongside and diverging from the weighted foot •Flex joints while on new gliding ski to prepare for extension at weight transfer	•Rotate legs at same time and rate separate from the upper body •Angulation supports edge control and lateral balance while the skis slow down and stop •Flex joints proportionately to keep center of mass over base of support	•Inclination creates the initial edge angle •Angulation starts with the lower body to increase edge angle •Legs tip at the same time and rate to create angulation •Legs flex and extend independent of each other to create inclincation
	Terrain and Tactics	•Cat track, beginner slope, or similar •Tempo from outside edge to inside edge, and ski to ski is consistent	•Groomed blue terrain	•Green terrain •No pole touch is present •Corridor is fall line oriented, maximum 1 cat track wide

		LEVEL II		
		1000 Steps	Stork Turn	Diagonal Sideslip
Individual Fundamentals	Fundamental Focus	**Control pressure from ski to ski and direct pressure toward the outside ski.** ***Or*** **Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.**	**Control edge angles through a combination of inclination and angulation** ***Or*** **Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.**	**Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.** ***Or*** **Control edge angles through a combination of inclination and angulation.**
	Ski Performance	•Skis start perpendicular to fall line and step through a minimum of 2 turns •Inside ski lifts, rotates, and returns to snow in direction of turn creating a divergent step •Outside ski steps parallel to inside ski •Lifted ski is parallel to snow surface. Weighted ski bends from center. •Skis step until turn finish. Actions repeat in other direction	•Inside ski tip is on the snow and tail is raised off the snow from mid•initiation through mid•finish phases •Outside ski bends through all turn phases •Outside ski leaves brushed track in snow	• Skis maintain parallel relationship on corresponding edges •Skis skid diagonally across and down the hill •Pressure is directed to downhill ski •Uphill ski is slightly ahead of downhill ski
	Body Performance	•Bend skis from center when on the snow •Flex and extend joints proportionately to balance over weighted foot. •Turn skis with leg rotation under stable upper body •Flex/extend legs independently to transfer weight from foot to foot	•Flex leg to raise tail of inside ski during initiation phase and return ski to snow during finish phase •Angulate to contol edge angel with outside foot/leg •Flex or extend to maintain fore/aft balance •Rotate legs and tip ski(s) under a stable upper body	•Ankles are flexed equally •Downhill knee and hip are more extended than uphill knee and hip •The virtual axis between the ankles, knees, hips, and shoulders are parallel to each other •Edge grip is controlled primarily through lateral movement in the ankles and knees • The upper body is angled parallel to the slope (seen through the virtual axis between the shoulders).
	Terrain and Tactics	•Groomed green to blue terrain	•Gentle green to low angle blue terrain	•Moderate groomed blue or steep groomed green terrain • Speed is controlled through edge grip •Skis point across the fall line, not up the hill or down the hill

		LEVEL II		
		Falling Leaf	Crab Wedge	Wedge Wiggles
Individual Fundamentals	Fundamental Focus	**Control pressure from ski to ski and direct pressure toward the outside ski.** ***Or*** **Control edge angles through a combination of inclination and angulation.**	**Control edge angles through a combination of inclination and angulation.** ***Or*** **Control pressure from ski to ski and direct pressure toward the outside ski.**	**Control the skis' rotation with leg rotation, separate from the upper body.** ***Or*** **Control edge angles through a combination of inclination and angulation.**
	Ski Performance	• Linked diagonal sideslips foreward and backward • Skis remain parallel and stay the same distance apart • Ski are turned slighty downhill to create forward diagonal sidelsip; tips are downhill from tails • Skis are turned slightly uphill to create backward diagonal sideslip; tail is downhill from tips	• Linked direction changes in a gliding wedge where the tips always point downill while travelling across the hill. • From a gliding wedge, the outside ski edge angle is increased and the inside ski edge angle is lowered to almost flat. • Direction changes are the result of the new outside ski edge angle increasing and the new inside edge angle decreasing to almost flat. • Inside ski skims across the surface and is slightly ahead of the outside ski	• A series of small pivots made while the skis are in a gliding wedge. The overall direction of travel is relatively straight downhill. • Wedge shape and size remains consistent while it is pivoted. • Skis pivot simultaneously. Pivots are no more than a few degrees to each side of the fall line.
	Body Performance	•Uphill knee and hip are bent more than down hill hip and knee; pressure is directed toward downhill ski •Legs turn under a stable upper body • The upper body is angled parallel to the slope (seen through the virtual axis between the shoulders and hips).	• Legs are turned inward and abducted to create and maintain a gliding wedge. • Edge angles are controlled through lower leg and foot tipping. • The legs and torso control the rotation of the skis so that they don't turn as a result of the difference in edge angles between the skis	• Pivoting of the skis occurs primarily from the lower legs (from the knee down to the foot). • The upper body faces downhill with only slight changes depending on the steepness of the slope. (More steep = more change) • The legs flex and extend independent of each other to support the lower leg/ foot rotation. • Edge angles are minimal; primarily dictated by the leg abduction to create the gliding wedge
	Terrain and Tactics	•Moderate blue groomed terrain • Speed doesn't change due to braking of skis and increased edge angle. •Speed change is a result of diagonal sideslips uphill and downhill	• Flat green terrain	• Flat green terrain • Speed may continue to increase; there shouldn't be speed control through any turn shape since it is pivoted.

		LEVEL III		
		Pivot Slips	Hop Turns	White Pass Turn
Individual Fundamentals	Fundamental Focus	**Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.** ***Or*** **Control the skis' rotation with leg rotation, separate from the upper body.**	**Control the skis' rotation with leg rotation, separate from the upper body.** ***Or*** **Regulate the magnitude of pressure created through ski/snow interaction.**	**Control edge angles through a combination of inclination and angulation.** ***Or*** **Control pressure from ski to ski and direct pressure toward the outside ski.**
	Ski Performance	•From a sideslip, ski tips turn downhill as skis pivot 180° to sideslip in other direction. Repeat •Skis turn simultaneously at a consistent rate •Skis pivot under center of foot •Skis bend from the center	•Skis and pole come off the ground and land at the same time. •Skis are close to parallel through take off, rotation, and landing. •Pivot point is under the foot •Skis leave distinctly edged tracks upon landing to establish a stable platform for takeoff	•Inside ski lifts in finish phase through initiation as it becomes the outside ski •Raised ski is relatively level to the snow •New outside ski returns to snow in shaping phase and bends from center •Only one ski is on the snow piror to edge change
	Body Performance	•Turn skis with leg rotation under stable upper body •Angulate to direct pressure towards the downhill foot while slipping	•Time extension with edge release •Skis are turned in the air with counter rotation of the upper and lower body •Separate upper/lower body, flex, and weight outside ski to balance at finish phase •Use the pole plant to stabilize the upper body when landing	•Turn ski(s) at a consistent rate through all 3 turn phases •Direct pressure towards the outside ski starting in the shaping phase and remain balanced on the same ski through initiation with the unweighted ski lifted off the snow •In the shaping phase, extend the outside leg, place the ski on the snow, and angulate to direct pressure onto the outside ski.
	Terrain and Tactics	•Blue terrain •Corridor is less than 1 cat track wide	•Groomed green terrain or easy blue terrain •Ski tracks are roughly 45 degrees from the fall line (90 degrees total from each other).	•Green to blue terrain •Demonstration may be steered or carved depending on terrain and speed

		LEVEL III		
		Stem Christie	Short Radius Leapers	Outside Ski Turn
Individual Fundamentals	Fundamental Focus	**Control pressure from ski to ski and direct pressure toward the outside ski.** ***Or*** **Control the skis' rotation with leg rotation, separate from the upper body.**	**Regulate the magnitude of pressure created through ski/snow interaction.** ***Or*** **Control edge angles through a combination of inclination and angulation.**	**Control edge angles through a combination of inclination and angulation.** ***Or*** **Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.**
	Ski Performance	•New outside ski rotates, brushing the snow at an angle (stem) •Old downhill ski retains inside edge as new outside ski stems •Stemmed ski bends as new inside ski rotates, brushing the snow, creating a parallel relationship •Skis are parallel before the fall line •Both skis steer, leaving brushed tracks through turn completion	•Short Radius Turns with the edge change occuring in the air •Ski performance is as carved as possible given terrain, snow conditions, and turning radius of skis • The "leap" occurs with the skis on the edge at the finish of the turn • The amount of edge change is dependent on speed. More importantly, when the skis land, they are not on the old edges anymore. • The trajectory of the skis doesn't change while they are in the air. •There is a minimal change in where the skis are pointed when they are in the air.	•New inside ski is off snow prior to edge change and through all turn phases •Inside ski is approximately parallel to snow surface •Outside ski bends through all turn phases •Outside ski leaves brushed track in snow
	Body Performance	•Tip feet and legs sequentially at initiation, and simultaneously after matching occurs •Transfer weight to the outside foot (stemmed ski) to control the arc of the turn •Tip and turn (steer) the inside leg to a parallel relationship before the fall line •Start angulating in the shaping phase to aid balance toward the outside ski	•Time extension with forces that build at completion and change edges in the air •Flex upon landing to manage forces •Shape turn by tipping feet and lower legs at same rate and time •Angulate to direct pressure toward outside foot •Rotate legs at a consistent rate under a stable upper body throughout turn	•Upper/lower body separation helps maintain balance on outside ski as legs rotate under stable upper body •Flex inside leg to lift ski off the snow •Flex or extend progressively to maintain fore/aft balance •Rotate legs and edge ski(s) under a stable upper body
	Terrain and Tactics	•Green or blue terrain •Skis maintain contact with snow at all times	•Blue terrain	•Gentle green to low angle blue terrain

		LEVEL III		
		Javelin Turns	Reverse Javelin Turn	Falling Leaf with Edge Change
Individual Fundamentals	Fundamental Focus	**Control the skis' rotation with leg rotation, separate from the upper body** ***Or*** **Regulate the magnitude of pressure created through ski/snow interaction.**	**Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis** ***Or*** **Control the skis' rotation with leg rotation, separate from the upper body.**	**Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis** ***Or*** **Control edge angles through a combination of inclination and angulation.**
	Ski Performance	•Forebody of outside ski steers under forebody of lifted ski and skis stay crossed until turn finish •Inside ski sets down parallel to outside ski, and becomes new outside ski •Outside ski leaves brushed track in the snow •Angle of crossed skis is maintained from shaping through finish phase of turn	•Prior to edge change, upcoming outside is weighted as new inside ski comes off the snow •At initiation, tail of inside ski crosses above tail of outside ski •Inside ski points towards the apex of the turn •Outside ski steers towards the fall line until the skis are parallel in the shaping phase •Inside ski returns to snow just after fall line •Both skis are on snow through finish phase	•Skis sidelslip diagonally forward and backward •After sideslipping forward once, and backward once, the skis are pivoted roughly 180 degrees with the tips pointing downhill •Skis sidelslip diagonally forward and backward pointing across the hill in the opposite direction from the previous Falling Leaf •Edge angle is managed and remains fairly consistent. There is no braking action from increasing edge angles.
	Body Performance	•Throughout the turn, rotate outside leg at a consistent rate under a stable upper body •Align lifted inside leg with the direction of the upper body, creating countered position •Angulate to allow for edge control throughout the turn •Exhibit upper/lower body separation through end of shaping and finish phases	•Lift inside leg and align it to face the direction of the upper body towards the apex of the turn •Match outside ski parallel to inside ski in shaping phase and lower outside ski to snow •Steer leg(s) under a stable upper body throughout the turn •Angulate to control edge angle with outside foot/leg	•The lower body turns more than the upper body throughout the falling leaf. •The upper and lower body align briefly during the pivot when Falling Leafs change sides
	Terrain and Tactics	•Green or easy blue terrain •Control speed through turn shape	• Green or easy blue terrain • Turn shape controls speed	• Moderate blue groomed terrain • Pivots happen near the center of the corridor of the Falling Leafs

Integrating Fundamentals

The following assessment activities are used to assess the integration of fundamentals through all turn phases to achieve the prescribed ski performance.They are all performed in a medium radius turn, with consistent turn sizes and turn shapes that are symmetrical above and below the fall line, to maintain consistent speed. In addition to the descriptions below, the following "Common Threads" are observed:

1. Both skis stay on the snow
2. The ankles work in unison creating matching forward angles
3. The skis are simultaneuously guided to begin the turn
4. A countered relationship is maintained through the transition between turns
5. The legs flex and extend independently of each other to move the Center of Mass from turn to turn
6. Torso stability supports lower body mobility and movement

LEVEL III

LEVEL II

LEVEL I

Integrating Fundamentals		Wedge Turn	Wedge Christie Turn	Basic Parallel Turn	Dynamic Parallel Turn
	Ski Performance	Range of Ski Track Width 	Range of Ski Track Width 	Range of Ski Track Width 	Range of Ski Track Width 
		• Skis maintain a consistent wedge shape, with tips together and tails apart on oppposing edges.	•At initiation, edges of parallel skis release (flatten) and open to a small wedge	•Skis maintain a parallel relationship the same distance apart	•Skis change edges simultaneously at initiation
		•Skis maintain a consistent wedge size	•Both tips steer down the hill at the initiation as the wedge is created	•Skis tip and turn at same time and rate	•Skis travel forward through the arc of the turn
		•Skis turn at the same rate throughout the turn	•The outside ski turns faster in the initiation as the wedge is created	•Both skis tip similar amount throughout turn	•Skis edge and bend most in shaping and finish phases
		•Both skis steer into the fall line as the inside edge flattens and outside edge increases	•From fall line, the inside ski turns faster and until it matches the outside ski to create a christie turn	•Skis bend from center	•Pressure from the snow turns the skis from the shaping to finish phase
		•Skis bend from center	•Skis bend from center		•Both skis tip similar amount throughout turn
	Body Performance	•Turn legs inward to create narrow wedge, maintain consistent width	•Allow turn forces to transfer more weight to the outside ski through the shaping phase	•Tipping movements and angulation start with the legs and are at the same rate and time	•Transfer weight early, tip feet and lower legs, and direct pressure towards the new outside ski
		•Center of Mass stays in between feet all of the time, moving laterally toward the inside of the turn.	•Steer lighter inside ski to match the outside ski and create a christie turn	•Center of Mass crosses from the inside one turn to the next in the transition.	•Direct the upper body towards the apex of upcoming turn
			•The Center of Mass is in between the feet like a wedge turn for the wedge portion of the turn. The Center of Mass moves farther to the inside of the turn during the shaping phase like a parallel turn to promote the christie portion of the turn.		•Center of Mass crosses from the inside one turn to the next in the transition.
	Terrain and Tactics	•Green terrain	•Green terrain	•Green or blue terrain	•Groomed blue terrain
		•No pole plant	•No pole plant	•Pole touch corresponds with edge change	•Pole touch corresponds with edge change
		•Control speed through turn shape	•Control speed through turn shape	•Control speed through turn shape	•Control speed through turn shape
		Range of Relative Skiing Speed 	Range of Relative Skiing Speed 	Range of Relative Skiing Speed 	Range of Relative Skiing Speed 

Varying Turn Shape, Size, and Line

The following assessment activities are used to assess the ability to vary turn shape, turn size, and line as needed or prescribed. They require the ability to adapt to terrain challenges and increased speed. Each assessment activity requires tactical solutions to blend pressure, rotational, and edge-control skills and fundamentals effectively for different outcomes. Candidates must consider the implications of duration, intensity, rate, and timing of movements to achieve their desired outcomes. Variations in Speed, Accuracy, and Environment may be asked at the discretion of the Examiner(s).

Varying Turn Shape, Size, and Line		LEVEL I: Parallel Skiing | Groomed Terrain	LEVEL II: Dynamic Short Turns	LEVEL III: Carved Long Turns	LEVEL III: Performance Short Turns
	Ski Performance	•Parallel skis leave round, brushed tracks of consistent width •Skis tip and turn at same time and rate in most turns •Width of skis stays consistent •Both skis steer towards the fall line at the same rate and time in most turns	•Parallel skis turn in a short radius leaving round, carved, carved in phases, or narrow brushed tracks •Skis change edges simultaneously at initiation •Skis travel forward through the arc of the turn •Skis edge and bend most in shaping phase •Both skis tip similar amount throughout turn	•Parallel skis turn in a medium radius leaving round, carved tracks •Edged skis are bowed, creating arcs with no to very minimal sideways travel •Skis travel forward through the arc of the turn •Skis edge and bend most in shaping phase •Both skis tip similar amount throughout turn	•Ski performance is as carved as possible given terrain, snow conditions, and turning radius of skis •Skis travel primarily forward through the arc of the turn •Skis change edges before turning •Skis are parallel with similar edge angles •Both skis bend most in shaping phase
	Body Performance	•Turning comes from the legs and not the upper body •Flex/extend joints and adjust fore/aft to stay in balance •Direct more pressure towards the outside ski	•Transfer weight early, engage edges, and direct pressure towards the new outside ski •Orient the upper body down the hill •Rotate legs under stable upper body •Subtle fore/aft adjustments maintain balance	•Transfer weight early, tip feet and lower legs, and direct pressure towards the new outside ski •Orient the upper body towards the apex of upcoming turn •Subtle fore/aft adjustments keeps center of mass balanced over base of support •Legs rotate under stable upper body	•Transfer weight early, tip feet and lower legs, and direct pressure towards the new outside ski •Orient the upper body down the fall line •Match the inside ski with the actions of the outside ski •Legs rotate under stable upper body
	Terrain and Tactics	•Groomed green to blue Terrain •Pole touch corresponds with edge change •Control speed with turn shape	•Groomed blue terrain •Pole touch corresponds with edge change •Corridor is approximately one snowcat track wide •Link turns of consistent size and speed	•Groomed blue to black terrain •Pole touch corresponds with edge change •Link turns of consistent speed and size (3 snowcat tracks wide)	•Groomed blue to black terrain •Pole touch corresponds with edge change •Link completed turns of consistent rhythm and size (not more than 1 snowcat track wide)

		LEVEL III			
		LEVEL II			
		LEVEL I			
		Parallel Skiing | Variable Terrain	Variable Conditions and Terrain	Variable Conditions and Terrain	Large Turns | Bumps
Varying Turn Shape, Size, and Line	Ski Performance	•Skis make round, linked turns that flow smoothly at a controlled speed in most turns •Skis steer (edge and rotate) at same time and rate in most turns •Skis bend from center in majority of turns •Skis maintain contact with the snow	•Parallel Skis make different sized, linked turns that flow smoothly over varied terrain •Skis steer through turn, or may be carved in phases •Skis bend and turn from center in majority of turns •Skis edge simultaneously commensurate with terrain •Skis maintain contact with the snow when appropriate	•Parallel skis make different sized, linked turns that flow with speed, smoothly over varied terrain •Skis steer through turn, or carve in phases •Skis bend, edge, and turn to match terrain variations •Skis edge simultaneously commensurate with terrain •Skis maintain contact with the snow when appropriate	•Skis turn in large•radius linked turns, over, against, and around bumps •Skis bend from center as much as possible, but will vary with ski/snow contact in abrupt terrain •Skis edge/flatten at same times although edge angles may vary due to terrain •Skis turn at same time and rate •Skis maintain contact with snow wherever possible
	Body Performance	•Steer skis in round•shaped, linked turns, leaving brushed tracks •Turns are completed across the fall line to control speed •Flex (absorb) and extend to promote ski/snow contact and smooth skiing •Adjust fore/aft stance to maintain balance •Direct pressure towards the outside ski	•Vary turn size and flex (absorb) and extend to promote ski/snow contact over uneven terrain •Adjust fore/aft stance to maintain balance •Turning movements are progressive, appropriate to the terrain •Rotate legs and edge skis from the lower body, separate from and under a stable upper body •Skis maintain contact with snow unless deliberate jump	•Maintain relatively level upper body as legs & spine flex to absorb terrain and extend to maintain ski/snow contact •Vary intensity, rate, timing, and duration of skills to vary turn size and adjust to terrain/conditions •When absorbing terrain/pressure at turn initiation, body flexion flattens skis to facilitate turning •Flexion/extension movements enhance turn shape and help regulate pressure magnitude •Rotate legs and tip feet from the lower body, separate from and under a stable upper body	•Turn feet/legs simultaneously. Engage edges to shape turns to match terrain •At initiation, upper body is oriented towards apex of turn •Maintain relatively level upper body as legs & spine flex to absorb terrain and extend to maintain ski/snow contact •Maintain upper/lower body separation to assist in edge and rotational control to promote dynamic balance •Adjust fore/aft stance to maintain balance
	Terrain and Tactics	•Green terrain with small bumps or an irregular snow surface •Pole plant is present and supports stability of the torso •Control speed through turn shape	•Ungroomed blue terrain •Pole plant is present and supports stability of the torso •Speed down the hill may vary, but does not get out of control	•Ungroomed black or double black terrain •Pole plant is present and supports stability of the torso •Speed down the hill may vary, but does not get out of control •Turn shape and line control speed	•Blue-Black to Black, moderately formed bumps. •Distance across the fall line is similar for all turns • Pole swing aids in timing of Center of Mass movement forward and across Base of Support in transition of turns •Turn size and shape will vary based on conditions and demands of terrain.

		LEVEL III			
		LEVEL II			
		Lane Change	Short Turns | Bumps	Short Turns | Bumps	Basic Parallel Short Turns | Bumps
Varying Turn Shape, Size, and Line	Ski Performance	•Skis scribe a series of 3 short radius turns, then travel across the hill and scribe 3 short turns in a new lane. Repeat. •Skis scribe short radius turns in the fall line. •Turns are round and linked with smooth transition to new lane •Skis steer through turns, or carve through phases of turns	•Skis turn in short-radius turns over, against, and around bumps, close to the fall line •Skis turn at same time and rate in as round a line as possible •Skis maintain contact with the snow •Skis bend from center as much as possible, but will vary with ski/snow contact in abrupt terrain •Skis edge/flatten at same times although edge angles may vary due to terrain	•Skis turn in short-radius turns over, against, and around bumps, close to the fall line •Skis maintain contact with snow wherever possible •Skis turn at same time and rate •Skis bend from center as much as possible, but will vary with ski/snow contact in abrupt terrain •Skis edge/flatten at same times although edge angles may vary due to terrain	•Skis steer (tip and turn at same time) leaving round, brushed tracks •Turn radius is short, and speed is slow •Skis leave brushed, round tracks •Skis remain in contact with snow
	Body Performance	•Adjust degree of counter to coincide with the radius of upcoming turns •Rotate legs under a stable upper body •Flex ankles, knees, hips/spine to manage pressure in first turn of series •Tip legs at the same rate and time	•Turn feet/legs simultaneously. Engage edges to shape turns to match terrain •Use pole plant to stabilize and keep upper body facing downhill, enabling leg rotation •Maintain relatively level upper body as legs/spine flex to absorb terrain and extend to maintain ski/snow contact •Skis maintain contact with the snow	•Turn feet/legs simultaneously. Engage edges to shape turns to match terrain •Use pole plant to stabilize and keep upper body facing downhill, enabling leg rotation •Vary the D.I.R.T. of rotation and edging movements •Flexion/extension movements enhance turn shape and help regulate pressure magnitude •Angulate to direct pressure toward outside foot •Adjust fore/aft stance to maintain balance	•Rotate and tip legs to shape turns. Finish turns with upper/lower body separation •Angulate to direct pressure towards the outside foot •Flex and extend to maintain fore/aft balance
	Terrain and Tactics	•Groomed Blue terrain •Rhythm of short turns and speed are consistent	• Blue Bumps •Look ahead to choose a smooth line over, against, and around bumps, close to the fall line •Pole plant provides timing and stability •Turn shape and line control speed	•Black or double black bumps •Skier's line may vary slightly due to abrupt terrain •Pole plant provides timing and stability •Turn shape and line controls speed	• Blue Bumps •Pole plant complements body movement and ski action •Line choice promotes linked short turns at slow speed

Varying Turn Shape, Size, and Line		**LEVEL III** **LEVEL II** **Performance Medium Turns**
	Ski Performance	•Parallel skis turn in a medium radius leaving round, carved or narrow brushed tracks •Skis change edges simultaneously at initiation •Skis travel forward through the arc of the turn •Skis edge and bend most in shaping phase •Both skis tip similar amount throughout turn
	Body Performance	•Transfer weight early, tip feet and lower legs, and direct pressure towards the new outside ski •Direct the upper body towards the apex of upcoming turn •Subtle fore/aft adjustments keeps center of mass balanced over base of support •Legs rotate under stable upper body
	Terrain and Tactics	•Groomed blue terrain •Pole touch corresponds with edge change •Link turns of consistent size and speed

Important Changes and Updates for the 25/26 season

This list outlines important changes and updates to the IDP from its previous version. Not all changes in content are noted. There are other grammatical edits to the document that do not

1	Terrain updated for all activities.

Videos and Hyperlinks

1	Added November 2025- New videos added so all Individual Assessment Activities have supporting video.
2	Added November 2025- All Integrated Videos updated Added November 2025
3	Added November 2025- New videos for Common Threads
4	Added November 2025- Hyperlinks updated to all Assessment Activities where possible.

Individual Fundamentals

1	Assessment Activities are grouped and limited to specific Certification Levels. Only Cert 3 Assessment Activities will be used for Cert 3 Assessments. Only Cert 2 Assessment Activities will be used for Cert 2 Assessments. Only Cert 1 Assessment Activities will be used for Cert 1 Assessments.
2	A choice of Fundamental Focus is given for each activity.
Cert 1	
1	Assessment Activities removed from Cert 1: Straight Run in the Fall Line
2	Assessment Activities added to Cert 1: Straight Run Leapers, Wedge Change Ups, Skating on Flats, 1-Ski Straight Run
Cert 2	
1	Assessment Activities Changed: Outside Ski Turn is now Stork Turn
2	Assessment Activities Added: Diagonal Sideslip, Falling Leaf, Crab Wedge Turn, Wedge Wiggles
Cert 3	
1	Assessment Activities removed: Pivot Slip Leapers, Linked Sideslips, Crab Walk
2	Assessment Activities Changed: Leapers are now Short Turn Leapers
3	Assessment Activities Added: Falling Leaf with Edge Change

Versatility Name Changes

Cert 1	
1	Parallel Skiign on Groomed Terrain is now Parallel Skiing | Groomed Terrain
2	Skiing Variable Terrain is now Parallel Skiing | Variable Terrain
Cert 2	
1	Dynamic Short Radius is now Dynamic Short Turns
2	Skiing Varibale Terrain is now Variable Conditions and Terrain
3	Skiing Bumps is now Short Turns | Bumps
4	Perforamnce Medium Radius Turns is now Performance Medium Turns

Cert 3	
1	Carved Large Radius Turns is now Carved Long Turns
2	Performance Short Radius is now Performance Short Turns
3	Skiing Varibale Terrain is now Variable Conditions and Terrain
4	Large Radius Bumps is now Long Turns | Bumps
5	Performance Bumps is now Short Radius | Bumps
6	Short Radius Basic Parallel in Bumps is now Basic Parallel Short Turns | Bumps