



Alpine Level 1 Assessment Form

Name
Date
Location
Examiner(s)

Safety and Professionalism (must pass)
 Demonstrates consistent, professional behavior that creates a safe and respectful learning environment

Teaching/Tech **Attained** **Did Not Attain**

Welcome and Introduction (must average 4 or higher)
 Establish trust and rapport
 Provide an overview of desired outcome

Goal Statement
 Describe current ski and body performance
 Describe final ski and body performance
 Describe student's motivations and desired outcomes

Lesson Presentation
 Manage information, activities, terrain selection, and pacing
 Promote play, experimentation and exploration
 Facilitate learners' abilities to reflect on experiences and sensations
 Manage physical and emotional risk
 Review, preview, and invite students to return

MA/Technical **Attained** **Did Not Attain**

Applies to advanced beginner skiers (must average 4 or higher)
Observes and describes skier performance
Observation of body to ski performance (ski to ski pressure, rotational, or edge control)
Describes more effective ski/body performance

Comments

Attained Level 1 Certification
 Did Not Attain Level 1 Certification

Skiing **Attained** **Did Not Attain**

Highlighted Tasks (must average 4 or higher)
 Fore/Aft Pressure Control
 Ski/Ski Pressure Control
 Rotational Control
 Edge Control
Basic Blended (must pass)
 Wedge Turns
Intermediate Turns (must average 4 or higher)
 Free Run on Groomed Terrain
 Free Run on Ungroomed Terrain

Scoring Criteria
 1: Essential elements were not observed or not present.
 2: Essential elements are beginning to appear.
 3: Essential elements appear, but not with consistency.
 4: Essential elements appear regularly at a satisfactory level.
 5: Essential elements appear frequently, above required level.
 6: Essential elements appear continuously, at a superior level.