



# **The XC Certification Guidebook**

## **Rocky Mountain Division- PSIA-AASI**

**Revised September /2021**

Drennan and Banks



Professional Ski Instructors of America

# **ROCKY MOUNTAIN**

American Association of Snowboard Instructors

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***Welcome!!!*** Thank you for visiting the PSIA Rocky Mountain *Cross Country Guidebook*.

The *Cross Country Guide book* has been prepared specifically to help PSIA-Rocky Mountain members understand the process of becoming a certified Cross Country instructor and to answer some of the most common questions asked by potential candidates. Most professions measure proficiency with some type of certification. Ski instruction is no exception. We believe that Cross Country certification is a process which is well worth pursuing.

The first step toward certification is ...

## **PSIA-RM Membership**

A candidate for any type of certification must be a current active member of PSIA/AASI and must meet all of the prerequisites for the desired certification level.

**To become a Registered Member of PSIA-RM-** Please go to [www.psia-rm.org](http://www.psia-rm.org) to register and pay yearly dues. The deadline for payment in the Rocky Mountain office is June 30th. Also note that *membership in PSIA may be maintained even if you are no longer teaching at a ski school as long as clinic credits and dues are current. New members of PSIA-RM will receive a New Member Handbook or you can access this on line at <http://www.psia-rm.org/membership/faqs>*

### **Maintaining Member status**

- If you are a registered member, your only requirement is to pay your annual membership dues.
- If you are certified at any level, in addition to paying your yearly dues on time, you must also attend at least twelve hours (two days) of clinics for credit every other season.

### **Benefits of being a registered PSIA-RM member**

- An active voice: A registered member is entitled to vote in PSIA-RM general elections. (Certified instructors with active status in good standing are eligible to hold office by vote of the general membership.)
- Top quality educational events and training: A registered member can attend any type of training event offered by PSIA with membership as the only prerequisite; i.e. Nordic, alpine, snowboard, adaptive, kids or seniors.
- Discounted lift tickets at many Rocky Mountain member schools
- Scholarship programs
- PSIA accessories catalogue purchases
- Publications: monthly *32 Degrees: The Journal of Professional Snowsports Instruction* and quarterly *From Instructor to Instructor*
- PSIA website access with event calendar, down-loadable educational material, on-line registration etc.
- Various additional discounts: See [www.psia-rm.org](http://www.psia-rm.org) and [www.thesnowpros.org](http://www.thesnowpros.org) for a complete listing of benefits as well as pro deals.

### **Nordic Event Schedule and Fees**

Please refer to [www.psia-rm.org](http://www.psia-rm.org) for a schedule of events, pertinent application forms and current event prices. The deadline dates for event registration will be published in the PSIA-RM Event Calendar. **For other information regarding Membership issues including Transferring PSIA membership from another division, See Appendix 2**

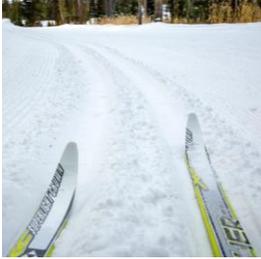
## **Certification:**

### **What is PSIA-RM Cross Country Certification?**

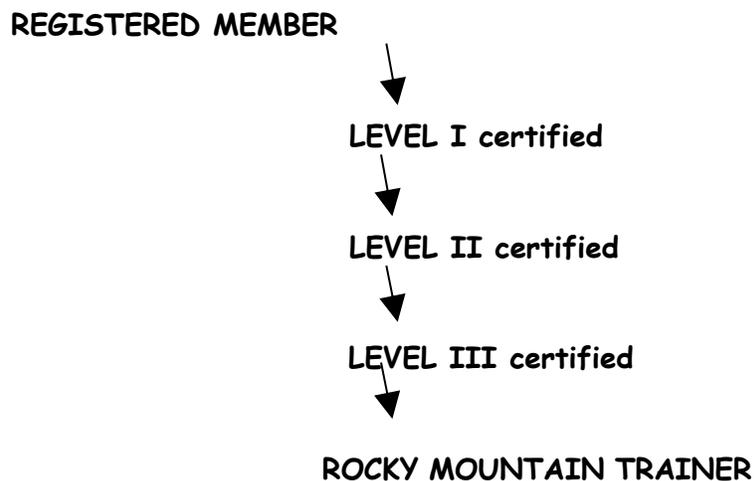
The PSIA-RM Cross Country program is designed to train and certify current and potential instructors. Each level of certification represents a greater degree of proficiency in people, teaching, skiing skills and technical knowledge.

- A certified Level I XC instructor is able to offer a sound beginner classic or skate cross country ski lesson, including appropriate skiing techniques.
- A certified Level II XC instructor is able to offer an effective beginner or intermediate classic or skate cross country ski lesson, including appropriate skiing techniques.

- A Level III instructor is able to teach all levels of classic and skate cross country skiing as well as proficiently demonstrate any skate or classic technique.
- A level III certified instructor can receive verification as a Rocky Mountain Trainer (RMT), who then is able to provide certification training at any level of fellow instructors. The progression of certification levels is illustrated in the Cross Country Certification Pathway Map below.



## Cross Country Certification Pathway Map



### ***Why Get Certified?***

In addition to the benefits of certification itself, the preparation for certification at every level is a valuable growth process. The Certification offered by PSIA-RM serves the Cross Country Ski professional by encouraging and providing training to develop people skills, teaching skills, and skiing/technical skills. The certification process also functions as a method of evaluating instructor abilities. Furthermore, PSIA certification signifies excellent instruction to the skiing public by ensuring that they will be provided with the most consistent, professional instruction available.

### ***How do I prepare for PSIA-RM Certification?***

#### **For level 1 level of certification you will need to:**

Complete the XC E-learning module "Delivering the beginner experience – Cross Country" at least 72 hours before the assessment. You can access the course at: <https://lms.thesnowpros.org/> (then log in using your username and password).

- Sign-up and take a Level 1 Preparation clinic
- Complete to the best of your knowledge the level 1 workbook before the prep clinic
- Complete the level 1 workbook and turn in on assessment day

- Ski at an intermediate level in **both** Classic and Skate
- Sign-up, take and pass the level 1 assessment

### **For 2 level of certification you will need to:**

Complete the XC E-learning module "Delivering the beginner experience – Cross Country" at least 72 hours before the assessment. You can access the course at: <https://lms.thesnowpros.org/> (then log in using your username and password).

- Sign-up and take a Level 2 prep clinic
- Complete to the best of your knowledge the level 2 workbook before the prep clinic
- Complete the Level 2 workbook and turn in on the first day of assessment
- Ski at an advanced level (Including black trails) in both Classic and Skate
- Sign-up, take and pass the Level 2 assessment.

### **For 3 level of certification you will need to:**

Complete the XC E-learning module "Delivering the beginner experience – Cross Country" at least 72 hours before the assessment. You can access the course at: <https://lms.thesnowpros.org/> (then log in using your username and password).

- Sign-up and take a Level 3 prep clinic
  - Complete to the best of your knowledge the Level 3 workbook before the prep clinic
- Complete the Level 3 workbook and turn in on the first day of the assessment
- Ski at an expert level (Any trail, any condition) in both Classic and Skate
- Sign-up, take and pass the Level 3 assessment.

***PSIA certification involves studying and understanding specific educational materials*** which have been carefully developed over time by many dedicated skiing professionals. These materials reflect an agreed-upon belief system of what constitutes effective people skills, XC skiing skills, teaching skills and technical understanding. It is our hope that in pursuing PSIA certification, you will enhance and add to the effective knowledge, skills, and strengths you already possess.

### **The Certification Journey**

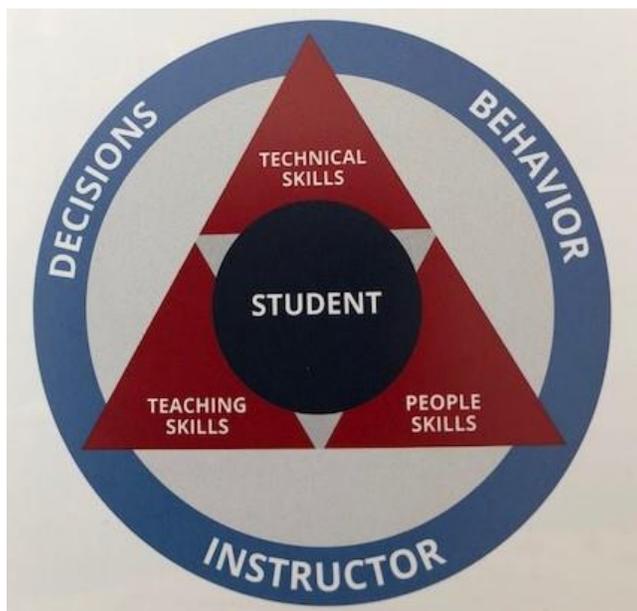
To prepare for certification you will need to....

- understand the PSIA course content for a your level
- do the homework for your level
- be very familiar with PSIA National published Manuals
- take the Preparation course for your level to practice and receive feedback on your teaching, people, skiing skills and technical knowledge. You will also receive feedback on all aspects of your skiing, including tasks and techniques that help people learn how to ski effectively. Please complete the workbooks to the best of your knowledge **before** your prep clinic. This will allow you to be prepared to ask any questions you may have about the workbook before completing it for your assessment
- have mastered the PSIA people, teaching and technical/skiing skills standards for your level
- **GO Teach XC Skiing!!!**

**Please Note:** If you do not study the PSIA materials, prepare, and attend the pre assessment events, you may not achieve your desired level of certification -- not because you are a bad skier or a bad teacher, but because you are not prepared. An analogous situation would be that of a college student who is well versed in political science. This student enrolls in a political science class, but does not buy the textbook, do the homework, or attend any lectures. He/she simply goes to the final and still expects to do well. Unfortunately, this student has failed to recognize that the assessment is based on the course content, not his/her personal knowledge. In a similar way, some candidates for PSIA certification have simply attended the certification event expecting to pass on their skiing ability and experience alone, without properly preparing. their results. In most circumstances, these candidates have been disappointed with

Pursuing PSIA certification requires work on your part, but your effort will pay big dividends. The journey to certification will help you become an even better skier and educator than you already are, and if you are willing, you'll have a lot of fun along the way.

## *Learning Connection*



The Learning Connection, pictured above, forms the framework for all of PSIA educational material. All of our skills as instructors focus on the student who is at the center of the model. These instructor skills are further divided into People Skills, Teaching Skills, Skiing skills and Technical Skills. PSIA reference materials cover these skill groups individually. *The Snowsports Teaching Manual* covers *People Skills* and *Teaching Skills*. *The Cross Country Technical Manual* covers Cross Country Technical Skills and Skiing Skills. You also can gain an in depth understanding of these concepts and their application at PSIA prep clinics. We encourage you to grow by learning as much as possible from the additional educational material offered at [www.psia-rm.org](http://www.psia-rm.org) and [www.thesnowpros.org](http://www.thesnowpros.org)

**Required Reference Manuals:** available for purchase at <http://www.thesnowpros.org/shop/catalog/education>)

- Teaching Snowsports Manual
- Cross Country Technical Manual

**Reference Materials available on the RM website:** <https://www.psia-rm.org/education/cross-country/>

- Prep clinic outlines
- Assessment outline/ What to expect on assessment day
- Assessment Form

**Reference Materials available on the PSIA National website:**

- XC National Certification Standards and Performance guide: <https://www.psia-rm.org/download/resources/cross-country-documents/xc-level-1/national-standards.html>
- Workbooks: <https://www.psia-rm.org/download/resources/cross-country-documents/XC-Level-3/rocky-mountain-workbooks.html>



**Rocky Mountain Divisional website:** [www.psia-rm.org](http://www.psia-rm.org)

**PSIA National website:** [www.thesnowpros.org](http://www.thesnowpros.org)



This Guidebook provides the pathway, information about the process, and reference materials necessary to move forward on certification. So commit to pursuing certification and grow as a skier and an instructor!!! You will enjoy the process!

Best, PSIA-RM Education Staff

### ***Other Fun reading:***

Abraham, Horst. *The American Teaching Method, Part II*, Progression and ki Mechanic, CO: PSIA, 1977.

Barnes, Bob. *The Complete Encyclopedia of Skiing, 3rd Edition*. Silverthorne, Colorado: The Snowline Press, 1999.

Foster, Mary H. "Skadi Hunting in the Mountains." from *Asgard Stories: Tales from Norse Mythology*'. Silver, Burdett and Company, 1901.

Loring, Maggie. *Core Concepts for Snowsport Instructors*. USA: American Web, Inc, 2001.

Markova, Dawna. *The Open Mind*. Boston, Massachusetts: Conari Press, 1996.

Peterson, Kim et al. *Guest Centered Teaching Workbook*. Winter Park, Colorado: Winter Park Recreational Association, 2001.

Schrupp, Wendy, Rebecca Ayers, and Jessie Halverson (ed.). *Children's Instruction Manual*. Lakewood, Colorado: American Snowsports Education Foundation, 2008.

Still, Steven. *The American Teaching System*, 2<sup>nd</sup> ed. USA: Professional Ski Instructors of America, 1993.

The Learning Connection. <http://www.interski-2015.org/wp-content/uploads/PSIA-AASI-Interski-Presentations.pdf>

### ***Acknowledgements***

A special thanks to Linda Guerrette for the photographs taken at PSIA-RM Nordic Rendezvous 2015

