

## ***XC Level 3 Assessment Outline***

*Edited 8/2/18*

### ***Prerequisite:***

- XC Level 2 certification
  - 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).
- Attend 1 of the prerequisite courses:
  - Cross Country 2/3 Prep
  - Cross Country Ski Improvement

### ***Assessment Description:***

This assessment process will verify your teaching, personal skiing, and technical knowledge for both Classic and Skate, which will be *evaluated according to the PSIA National standards*. Please complete and turn in the Level 3 workbook on the first morning of the assessment. The Level 3 Workbook and National Standards can be downloaded at <https://www.psia-rm.org/education/cross-country/>

### ***Assessment Criteria***

Assessment is based on the PSIA Level 3 Assessment Form. The Assessment Form can be downloaded at: <https://www.psia-rm.org/education/cross-country/>

### ***Assessment Activities:***

- Candidates will demonstrate many to all tasks and techniques listed in the Level 3 Scorecard.
- Candidates will teach advanced lessons to fellow instructors applying the criteria listed on the Level 3 Scorecard. Candidates will incorporate the skiers' responsibility code in their teaching.

Candidates will demonstrate technical knowledge and MA applying the criteria listed on the level 3 Assessment Form. MA will be on video and possibly outside on other skiers. The candidate will use the format described on the "MA format for XC Level 3 assessment" document which can be found at:

<https://www.psia-rm.org/education/cross-country/>

### ***Materials Needed:***

- Classic and skate skis, boots, poles, and appropriate wax for groomed tracks
- Completed Level 3 Workbook by first morning of the assessment