



# Cross Country Level 1 Assessment Form

Name  
Date  
Location  
Examiner(s)

**Candidate's Workbook Completed**

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

**Classic**

Push-off

Weight Transfer

Glide

Average Score (Must Average 4)

**Skate**

Push-off

Weight Transfer

Glide

Average Score (Must Average 4)

Downhill Maneuvers (Braking): Manage Speed & Direction change (Need a 4 to Pass)

*Possible skiing/teaching maneuvers Diag stride, V1, V2 or V2A, DP, Herringbone, step turn, marathon skate, 1/2 wedge, wedge, wedge turn.*

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

Demonstrates basic application of XC technical model

Understands waxing (glide/kick/waxable/fish scale/skins)

Recognizes kick double pole

**Performs M.A. on Beginner X-C Skier using RM MA format:**

Describes Body Position and Fund Movement in one phase

Determines Cause & Effect

Prescribes Effective Change

Average MA/Technical Score (Must Average 4)

**Attained Level 1 Certification**

**Did Not Attain Level 1 Certification**

**Teaching**  **Attained**  **Did Not Attain**

**Beginner Teaching Topics Are:**

Assess goals: identify goals/performances/understanding

Develops rapport/engages group

Information/demos/progressions are relevant and accurate

Pacing: Productive use of movement, practice, time, terrain

Feedback: Communicates change in performance

Review/Preview: relates change in performance to lesson outcomes

Limits physical risk

Professionalism

Average Teaching Score (Must Average 4)

**Scoring Criteria for X-C Certified Level 1 (Must Average 4 to Pass)**

- 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.

**Comments**