



ROCKY MOUNTAIN

Cross Country Level 1 On-Snow Assessment

Discipline: Cross Country

Duration: 1 day (6 CEUs)

Setting: Groomed Cross Country Ski trails & Indoor Spaces for Movement Analysis

On-Snow Assessment Description:

The on-snow assessment will verify that candidates can demonstrate competency in the people skills, teaching skills, and technical/skiing skills as outlined in the PSIA Cross Country Level 1 Certification Standards. During this process, candidates will be assessed on the criteria for Level 1 certification and receive feedback on performance.

Prerequisites Courses and Skills:

- Completed Cross Country Level 1 Preparation Clinic
- Online Courses: The following E-Learning Courses will help you prepare for the on-snow assessment. They are available at <https://lms.thesnowpros.org/> and are to be completed at least 72 hours prior to attending the on-snow assessment.
 - [New Instructor E-Learning Course](#)
 - [Delivering the Beginner Experience Cross Country E-Learning Course](#)
 - [Cross Country Level 1 E-Learning Course](#)

Helpful Resources and Tools to Help Candidates Prepare:

- [PSIA Level 1 Cross Country National Certification Standards](#) – identifies the fundamentals of People, Teaching and Skiing/Technical skills and defines the assessment criteria within PSIA-AASI's certification process.
- [Cross Country Level 1 Assessment Form](#) – outlines assessment criteria you will demonstrate during the on-snow assessment.
- [Performance Guides \(Cross Country, Teaching Skills, People Skills\)](#) – gives examples of “successful contributors” and “unsuccessful contributors” to all assessment criteria on the Assessment Form.
- [Matrix videos](#) – Select “Exam Task” and then “Cross Country” to show videoed demonstrations of Level 1 tasks and assessment activities you may be asked to demonstrate during the on-snow assessment. Note that The Matrix is being updated over the next couple of years, so refer to the Performance Guide for the most updated written descriptions of ski performance.



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Equipment Needed:

- Classic skis (scales, skin, or waxable), boots, poles, and appropriate wax if skiing on waxable skis
- Skate skis, boots, and poles
- Proper clothing for extended periods outdoors, sunscreen, water, and snacks
- *Note: Equipment rental may be available*

What to Expect on Assessment Day:

Information, thoughts, things to consider:

- The Assessment Educators are here to help you learn and succeed.
- Our greatest strength and learning opportunity is the group. Let's create a fun and rewarding certification event together!
- Please be an active learner: contribute, share, listen, be open-minded. Please be sensitive to group needs, as well as share your needs with the group.
- Educators will be as transparent as possible and will make time to meet with each candidate during the process to go over feedback notes.
- Candidates will receive a copy of the Level 1 Assessment Form at the beginning of the event. This assessment form is for you to keep, to write down your personal feedback, notes, thoughts, fresh insights, new cool teaching ideas, etc.

Tentative Agenda

* There is a possibility of a Zoom meeting prior to the assessment event for introductions/questions.

- **Day 1:** Check-in, introduction, overview of the day, sharing of personal goals, answer questions, head out on snow. Typically, classic skiing is scheduled for the morning and skate skiing for the afternoon.

Throughout the day, the below skills will be verified according to the PSIA Level 1 Cross Country Certification Standards/Performance Guide:

Skiing Skills: Candidates will ski through a variety of assessment activities (XC skiing techniques and tasks) to verify they are able to demonstrate the Level 1 Assessment Criteria. Some tasks/maneuvers may be videoed and reviewed. Receiving personal feedback on performance of the skiing activities is an essential part of the verification process.



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Teaching Skills: Candidates will lead one or two teaching sessions, lasting 15-30 minutes each. Level 1 candidates will teach participants who are beginners or at the novice level. The actual duration of the sessions will depend on the event logistics. If candidates require assistance in planning teaching sessions, they can seek guidance from their peers and educators.

- Throughout the assessment, be sure to take the opportunity to get to know the other candidates and discover their goals, as this will assist in designing teaching sessions.
- 1st teaching topic will be the candidate's choice, and in consideration of the goals of their peers.
- 2nd teaching topic may be chosen for the candidate by the educator.
- If additional teaching scenarios are assigned, educators will inform the candidate how the topics are determined.
- Candidates will practice giving each other feedback according to the Teaching Skills and People Skills assessment criteria.
- After each teaching session, the group and educators will review the session with the candidate.

People Skills: People Skills "Communication" and "Relationships with Others" will be assessed during the teaching segments. People Skills "Professionalism" and "Self Management" will be assessed throughout the assessment.

Movement Analysis (MA) and Technical Understanding: Assessment activities for MA may include watching a video of skiing, a video of a candidate, and/or performing MA on skiers on snow. The candidate may be asked technical questions during the teaching segment and throughout the event related to MA.

The MA assessment process could look something like the following:

In a quiet location the educator(s) will choose a video of a skier to observe.

The video will be played at its normal speed for 1-2 minutes, and in slow motion if needed. The candidate will have a couple of minutes to write notes if needed, and then give his or her analysis. The educator(s) will ask questions to clarify the information the candidate offers and may coach the candidate through the process. Each individual session should take about 15 minutes.



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Additional:

After the event, candidates will receive an online Assessment Event Evaluation/Feedback Form. PSIA-AASI would very much like to hear how the assessment experience was, what was positive, and opportunities for improvement.

The assessment day is scheduled to wrap up by 4:30-ish (as long as Mother Nature cooperates). Candidates will receive a verbal confirmation if they have been successful or not by the end of the day. The completed assessment form will be e-mailed to the candidate, typically within 24 hours.