



PSIA-Rocky Mountain-AASI



Cross-Country Level 2/3 Exam

Edited 8/1/18

Prerequisites:

- XC Level 1 Certification or Level 2 Certification in another discipline
- Must have attended a Cross Country Level 2/3 Prep Clinic or eligible bypass requirements (please see Bypassing Certification Courses Policy doc under XC Reference Materials)

Note: Upon approval by the XC Chairperson, the following clinics may be used to fulfill this prerequisite: XC Ski Improvement and XC Beyond Level 2. Approval must be obtained prior to attendance in order for the alternates to fulfill the prerequisite.

Exam Description:

This event is designed to verify your teaching skills, skiing skills, and technical knowledge in both Classic and Skate XC Ski technique according to the PSIA National Standards for Levels 2 and 3 Cross Country. The exam will cover the XC Level 2/3 Certification Workbook. This must be completed and turned in at the beginning of the exam.

The XC Level 2/3 Certification Workbook can be downloaded at:

<http://www.psia-rm.org/education/cross-country/reference-materials>

Note: Exam participants possessing and demonstrating the skills, knowledge, and experience to be certified at Level 3 may elect to skip Level 2 Certification and be verified according to Level 3 standards. Candidates must declare which level of certification they are trying to obtain on the first morning of the Exam.

Assessment Criteria:

- PSIA National Standards for Level 2/3 Cross Country
- Based on the PSIA-RM scorecard
- Download PSIA Level 2/3 Scorecard at:

<http://www.psia-rm.org/education/cross-country/reference-materials>

Note: The scorecards and XC Level 2/3 Workbook Checklists are identical.

Assessment Activities:

- Participants will demonstrate most, or all tasks and techniques listed on the Level 2/3 Scorecard.
- Level 2 participants will teach to an intermediate skier. Level 3 participants will teach to advanced/expert skier incorporating the criteria listed in the Level 2/3 Scorecard. Participants will incorporate the skiers' responsibility code in their teaching.
- Participants will demonstrate technical knowledge incorporating the criteria listed in the Level 2/3 scorecard, including Movement Analysis on a intermediate skier (level 2) or advanced skier (level 3) in the format described under Certification in the XC Handbook for Level 2/3.



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Materials Needed:

- Classic and skate skis, boots, poles, and appropriate wax for groomed tracks
- Completed Level 2 or 3 Workbook by first day of exam