



## ROCKY MOUNTAIN

### Cross Country Trainer (XCT) On-Snow Assessment

**Discipline:** Cross Country

**Duration:** 2 days (12 CEUs)

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

#### On-Snow Assessment Description:

The on-snow assessment will verify that the candidate can demonstrate their working knowledge of PSIA materials and train other ski instructors, while showing competency in the people skills, clinicing skills, and technical/skiing skills as outlined in the PSIA-AASI Rocky Mountain XCT assessment form. During this process, candidates will be assessed on the criteria for XCT certification and receive feedback on performance.

#### Prerequisites Courses and Skills:

- Level 3 Cross Country Certification
- Cross Country XCT Preparation Clinic OR Attended PSIA-AASI XC Ed Staff Training
- Online Courses: E-Learning Courses will help you prepare for the on-snow assessment. They are available at <https://lms.thesnowpros.org/>.
  - The following E-Learning is **required** and is to be completed prior to attending the on-snow assessment:
    - [Cross Country Trainer \(XCT\) Workbook](#)
  - The following E-Learning Courses are **required** to have been completed before the assessment date (most relevant for those who have not completed these in previous years):
    - [New Instructor E-Learning Course](#)
    - [Delivering the Beginner Experience Cross Country E-Learning Course](#)
    - [Cross Country Level 1 E-Learning Course](#)
    - [Cross Country Level 2 E-Learning Course](#)
    - [Cross Country Level 3 Workbook](#)

#### Helpful Resources and Tools to Help Candidates Prepare:

- [Cross Country Trainer Assessment Form](#) – outlines assessment criteria you will demonstrate during the on-snow assessment.
- [PSIA Cross Country National Certification Standards](#) – identifies the fundamentals of People, Teaching and Skiing/Technical skills and defines Level 1, 2, and 3 assessment criteria within PSIA-AASI's certification process.



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- [Performance Guides \(Cross Country, Teaching Skills, People Skills\)](#) – gives examples of “successful contributors” and “unsuccessful contributors” to all assessment criteria on the Level 1, 2, and 3 Assessment Forms.
- [Matrix videos](#) – Select “Exam Task” and then “Cross Country” to show videoed demonstrations of Level 1, 2, and 3 skiing that may be beneficial when developing clinics. 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.

### Equipment Needed:

- Classic skis, boots, poles, and appropriate wax
  - Candidates are *highly* recommended to ski on waxable classic skis to pass their XCT.
  - XCT candidates are expected to choose and prepare equipment that will highlight versatile performance by choosing equipment for the conditions that allow them to do so.
- 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 XCT 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.



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- 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 two day assessment, the below skills will be verified according to the PSIA-AASI Rocky Mountain XCT Assessment Form:**

**Skiing Skills:** Candidates will ski through a variety of assessment activities (XC skiing techniques and tasks) to verify they are able to demonstrate the Cross Country Trainer 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.

- Note that the XCT looks for candidates who can adjust and adapt the XC Fundamentals at all speeds for various training needs including: inspiration, participant understanding, highlighting versatility in continuous forward motion, highlighting tactical choices, and problem solving.

**Teaching Skills:** Candidates will lead one or two clinics, lasting 15-30 minutes each. XCT candidates will clinic other instructors present, who may be L1, L2, or L3 instructors. 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 clinics around their needs.
- 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.



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**People Skills:** People Skills “Communication” and “Relationships with Others” will be assessed during the clinic 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. XCT candidates are expected to know where to find PSIA-AASI’s resources, how to use them, and how to communicate that information to any instructors they might be training.

*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.

**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.*