



ROCKY MOUNTAIN DIVISION
 Professional Ski Instructors of America
 American Association of Snowboard Instructors

ROCKY MOUNTAIN TRAINER (RMT) OVERVIEW

Rocky Mountain Trainer is a specialization in training other instructors, and as such is different from any other certification. The RMT exam may include tasks, progressions, skills, and learnings from any level of certification, on any exam terrain, forward or switch.

It is important to recognize that while the preview clinic will lay out tasks, learning situations, and settings within the RMT standards and applicable to the RMT Exam, it may not exactly mirror the tasks performed during your exam. Be sure to review the RMT Standards prior to your preview clinic and ask for clarification if there are specific areas where you need additional feedback.

Rocky Mountain Trainer is a three-day process. All three days will focus on riding, movement analysis, and technical understanding. Come prepared with your equipment to ride on all three days.

Prerequisites: AASI Level 3 Certification, Children’s Specialist 2, and Freestyle Specialist 1 or above, Rocky Mountain Trainer Preview Clinic, submit a technical article to RM office 30 days prior to the exam

ROCKY MOUNTAIN TRAINER STANDARDS

Training and Technical Knowledge, Experience, and Skill

Training experience and technical knowledge will be evaluated through clinic leading and conversations with your examiners and peers. You will lead two on-snow clinics and an indoor discussion.

Clinic	Time	Description
Prepared On- Snow Clinic	30 minutes	Prepared clinic of your choice showing your ability to be experimental and to look outside the box while demonstrating your complete understanding of STS and all of its concepts
Impromptu On-Snow Clinic	15 minutes	Show subject matter and clinic leading mastery with a clinic topic selected by your Examiners
Impromptu Indoor Discussion	5 minutes	Facilitate a “Tech Talk” discussion with your group covering a subject selected by your Examiners

You must clearly demonstrate through recall of past clinics that you have taught instructors at the expert level and that you have effective skills and accurate knowledge at the expert level. You must demonstrate high-end group handling skills and safety when working with clinic groups. Practical application and knowledge-based questions of teaching, riding, and movement analysis can be asked on the chair lift and/or in front of the group.

Please keep in mind that you are training the group that is in front of you. The examiner is not looking for "canned" presentations; rather for your ability to present interesting teaching situations and identify

solutions to specific situations. You will have to deal with the current conditions and manage it to help develop your peers.

Movement Analysis Knowledge, Experience, and Skill

During the exam, you must clearly demonstrate that you are able to see the more refined movements of an expert rider, present an organized and detailed description, using non-judgmental terminology, and give accurate Cause & Effect through both on-snow and indoor clinic evaluations.

On-Snow: You will be asked to watch another candidate ride and discuss whether you thought they were successful with the task. Based on their performance you will build a cause and effect relationship and develop a short prescription for change with exercises for the next run.

Indoors: You will lead a “video review” indoor clinic using video of one of your peers filmed earlier in the day. Use the video to clearly illustrate where and how their movements were successful or unsuccessful. You will be expected to use the video to show stills or slow-motion to help illustrate your point.

Riding Knowledge, Experience, and Skill

Unlike other levels of certification, there are no “standard tasks” at the RMT Exam, and as such each exam may have different tasks. RMT evaluation isn’t about the task but rather the mechanics you’re using to complete the task.

You will be asked to ride all types of terrain, including green, blue, black, glades, parks, and half pipe. You may be asked to perform turns in many different types of terrain and conditions. Bumps, crud, and powder are viewed on black to double black diamond runs. Carved turns, skidded turns, and switch could be tasked on green, blue, or black terrain. Variations in mechanics may be requested at the discretion of the examiner, including changes in the type of flexion, extension, or rotation mechanics.

A trainer needs to be able to show specific movements to high-level riders in all kinds of tasks and terrain. Where your Level 3 exam already demonstrated that you can ride anything, anywhere, the RMT’s focus is to evaluate your ability to isolate and demonstrate specific movements while riding in different conditions and situations.

Your examiners will provide specific descriptions and demos for some tasks. For others, you will be asked to demonstrate your knowledge of the certification standards by riding tasks without a description or visual demo.

The examiner could be watching your riding at any time during the exam. You may be given the opportunity to free ride during the exam; keep in mind this time is also part of the exam and can be used to demonstrate some of your personal style and terrain preferences. Environmental and snow conditions will be taken into consideration.