



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

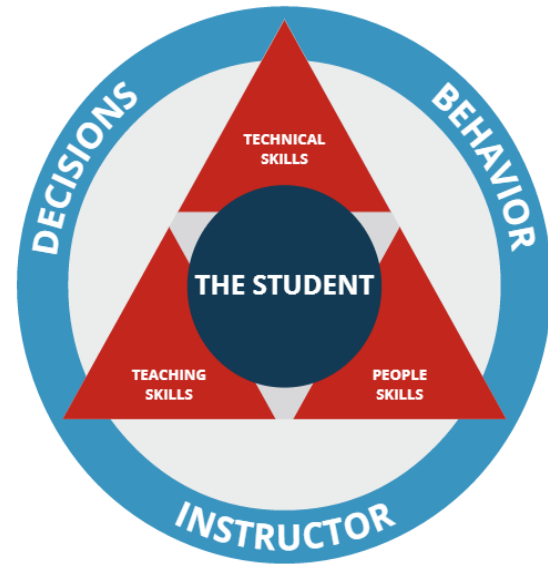
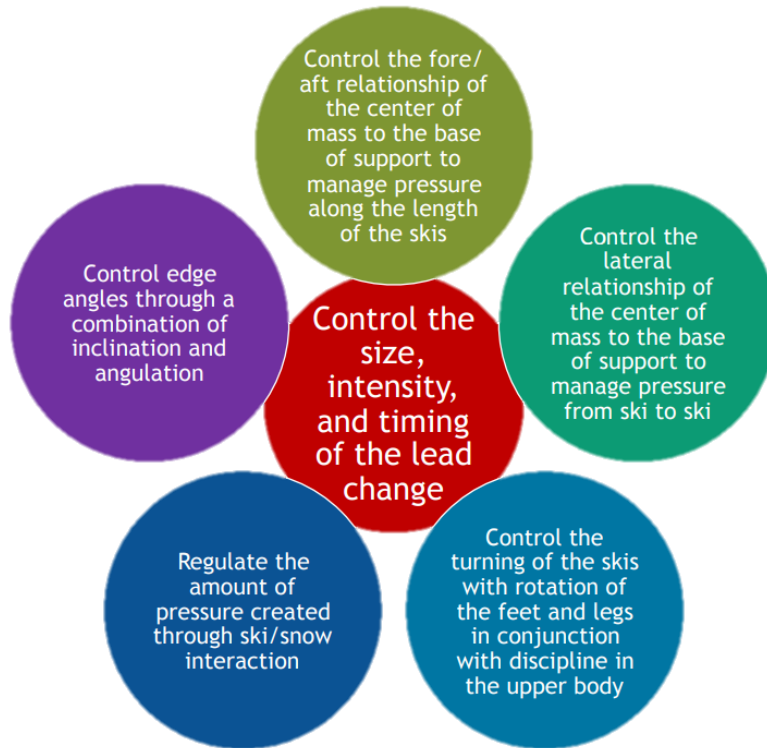
PSIA-RM Telemark Level 1 Certification Checklist

The Telemark Level 1 Certification Checklist is divided into three sections: Skiing, Teaching/People, and Technical. Each section has a list of things that you must know or be able to perform to be certified as a Level I Telemark Instructor. Please download this document to your phone, or have a copy with you, for your prep clinic or in-house training. Then you will be able to add notes and feedback that you receive to your personal version of this document. You can ask Telemark Education Staff Members (Tele Ed Staff) to check your notes and provide additional feedback and coaching for improved performance.

Be aware that although you are expected to know all the skiing tasks/maneuvers, teaching, and technical elements in this Checklist, during your assessment event the Educators may or may not cover all those listed. This is up to the discretion of the Educator running the event.

Note: Please remember the **Learner's Responsibility Code**; ***"I am responsible for my own learning!"*** You are expected to take responsibility for your own learning, make sure you learn what you need to learn, ask the questions to get the answers you need, and use this checklist to track your learning and what you need to work on. Be an active learner

Telemark Fundamentals



Learning Connection Model

PSIA-RM Telemark 1 Exam Level 1 Certification Checklist

SKIING:Tasks/ Maneuvers	Date	Level	Comments / Feedback
1 Uphill Arc			
2 Wedge Turn			
3 Wedge Christie			
4 Switch Wedge			
5 Wedge Christie Telemark			
6 Basic Parallel; Telemark and Alpine			
7 Telemark Side Slip and / or Hockey Stop			
8 Educator's Choice			

TELEMARK: Applied / Terrain / Maneuvers / Tasks	Date	Level	Comments / Feedback
1 Free Ski Groomed			
2 Free Ski Ungroomed			
3 500 Shuffles			
4 Monomark			
5 Educator's Choice			
TEACHING	Date	Level	Comments / Feedback
Beginner Tele Teaching Topic Is:			
1 Understands Teaching Model / ATS / Lesson is Logical			
2 Lesson is Technically Accurate / Provides Feedback			
3 Develops Rapport / Engages Group			
4 Moves Group in a Safe Manner			

People Skills	Date	Level	Comments / Feedback
1 Develop relationships based on trust			
2 Engage in meaningful two way communication			
3 Identify, understand, and manage your emotions and actions			
4 Recognize and influence the behaviors, motivations, and emotions of others			
TECHNICAL	Date	Level	Comments / Feedback
Technical Question Is:			
1 Knows Movements / Skiing Skills			
2 Performs Movement Analysis – on skiers in beginner zone			
3 Accurate Technical Knowledge			