



# SKIER DEVELOPMENT PROGRAM

## MINI VIKING



Name: \_\_\_\_\_

SnowschooL: \_\_\_\_\_

Instructor: \_\_\_\_\_

Program/Day: \_\_\_\_\_

AM    PM



## SKIER DEVELOPMENT PROGRAM

The CSIA **Skier Development Program** provides guidelines for the development of young skiers. These reference points provide clear and achievable objectives to motivate skiers and guidelines for instructors to develop skills in a safe and fun environment.

## ABOUT THE OBSERVATION CRITERIA

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The observation criteria are built around 4 Skiing objectives – **Gliding, Direction Change, Speed Management and Mobility** in the skiing environment. At each level key activities target the four objectives.



### Gliding

Skiers learn to slide, reducing fatigue and developing confidence.

### Direction Change

Skiers use turn shape for control and efficiency, and link turns to develop rhythm and flow.

### Speed Management

Skiers learn to control, maintain or accelerate depending on the terrain and situation.

### Mobility in the skiing environment

Skiers gain access to the environment and learn ways to move around the mountain.



## HOW SKILLS DEVELOP

It is important for instructors, parents, and skiers of all ages to understand that skiing skills develop gradually. New skills may be apparent on easy terrain but not always present in more challenging situations.

- **Acquisition:** The skier performs the skills some of the time in a controlled environment. Movements are in the right order but may lack smoothness and coordination, especially in more challenging situations.
- **Consolidation:** The skier performs the skills all of the time in a controlled environment. Movements become smooth and coordinated. High precision in easy situations and moderate precision as challenge increases.

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Remember, the development of skills takes time and a broad range of activities. A good instructor will provide a variety of learning environments.



## ALPINE RESPONSIBILITY CODE

1. Always stay in control. You must be able to stop, or avoid other people or objects.
2. People ahead of you have the right-of-way. It is your responsibility to avoid them.
3. Do not stop where you obstruct a trail or are not visible from above.
4. Before starting downhill or merging onto a trail, look uphill and yield to others.
5. If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the ski patrol.
6. Always wear proper devices to help prevent runaway equipment.
7. Observe and obey all posted signs and warnings.
8. Keep off closed trails and closed areas.
9. You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.
10. You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.

# PENGUIN



**GOAL:**  
Glides with assistance

**Easiest terrain**  
(Beginner area)

## DEMONSTRATES

- Glides with assistance
- Can point toes together with or without skis
- Can slide to a stop on flat terrain
- Can walk on skis

Comments: \_\_\_\_\_

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\_\_\_\_\_

Instructor: \_\_\_\_\_

Date: \_\_\_\_\_ Next level: \_\_\_\_\_

# PANDA



**GOAL:**  
Glides without assistance

● Easiest terrain  
(Beginner area)

## DEMONSTRATES

- Maintains balance while sliding
- Can maintain a snowplow while sliding
- Stops in a snowplow
- Can get up after falling

Comments: \_\_\_\_\_

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Instructor: \_\_\_\_\_

Date: \_\_\_\_\_ Next level: \_\_\_\_\_

# GIRAFFE

**GOAL:**  
First turns

 **Easiest terrain**  
(Beginner area)



## DEMONSTRATES

- Can slide sometimes without snowplow
- Can turn in both directions
- Stops by turning
- Rides conveyor lift without assistance

Comments: \_\_\_\_\_

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Instructor: \_\_\_\_\_

Date: \_\_\_\_\_ Next level: \_\_\_\_\_



# ZEBRA

**GOAL:**  
Linked turns

● Easy terrain  
(Green)

## DEMONSTRATES

- Stands up while sliding
- Can do a series of linked turns
- Can stop on demand
- Can follow the instructors path

Comments: \_\_\_\_\_

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Instructor: \_\_\_\_\_

Date: \_\_\_\_\_ Next level: \_\_\_\_\_

\*equivalent to Explorer 1 in 6 years and older program

# DINOSAUR



**GOAL:**  
Linked turns

  Easy Intermediate  
terrain (Green/Blue)

## DEMONSTRATES

- Looks ahead and goes faster when its flat
- Balances more on downhill ski
- Can ski slowly when its steeper
- Can climb sideways or with “herringbone”

Comments: \_\_\_\_\_

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Instructor: \_\_\_\_\_

Date: \_\_\_\_\_ Next level: \_\_\_\_\_

\*equivalent to Explorer 2 in 6 years and older program



# TIGER

**GOAL:**  
Linked turns

  Intermediate terrain  
(Blue)

## DEMONSTRATES

Can sideslip with parallel skis

Turns more on steeper sections

Can do a hockey stop

Can skate on flat terrain

Comments: \_\_\_\_\_

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Instructor: \_\_\_\_\_

Date: \_\_\_\_\_ Next level: \_\_\_\_\_

\*equivalent to Explorer 3 in 6 years and older program



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