

Alpine Level I Skiing Task Grid

| Task | Terrain | Performance Description/Assessment Criteria |
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| Hockey Stops <i>(Highlighted fundamentals: rotational/pressure control)</i> | Blue terrain | <ul style="list-style-type: none"> -Skis run flat in fall line. -Skis rotate at the same time/rate and edges engage at the same time to stop. -Skis bend from center throughout task. -Skis stop perpendicular to fall line. -Tipping movements and angulation start with the lower body. -Flex joints proportionately to keep center of mass over base of support. |
| Sideslips <i>(Highlighted fundamentals: rotational control/edging)</i> | Blue terrain | <ul style="list-style-type: none"> -Skis slip sideways down the fall line. -Edge angles are the same. -Skis are parallel throughout sideslip. -Skis slip at a consistent rate. -Stance exhibits leg rotation under stable upper body. -Tipping movements come from feet and legs (angulation). |
| Skating <i>(Highlighted fundamentals: pressure control foot-to-foot & fore/aft)</i> | Flat terrain | <ul style="list-style-type: none"> -Push/extend from an edged ski. -Transfer weight completely to new weighted ski. -Glide approximately ½ ski length on new weighted ski. -Alternate skates left to right. -Pole use is optional. |
| Edged Traverses <i>(Highlighted fundamentals: edge/pressure control)</i> | Green or blue terrain | <ul style="list-style-type: none"> -Skis track two lines in snow, in an arc. -Skis tip at same time and rate for same duration. -Skis tip progressively. -Skis bend from center. -Progressively increase edge angles throughout arc. -Start with lower body to edge and angulate. -Flex joints proportionately to keep center of mass over base of support. |
| Wedge Turns <i>(Basic applied task)</i> | Green terrain | <ul style="list-style-type: none"> -A narrow wedge with tips together and tails apart on inside edges. -Both edges release (flatten) at initiation. -Tips move downhill at initiation. -Skis turn at the same rate throughout the turn. -Skis bend from center. -Turn legs inward with skis slightly edged to create narrow wedge, maintain consistent width. -To start turn, decrease edge angles and steer both skis. -Turn skis with leg rotation under stable upper body. -No pole plant. -Control speed through turn shape. |

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| Wedge Christie <i>(Basic applied task)</i> | Green terrain | <ul style="list-style-type: none"> -At initiation, edges of parallel skis release (flatten). -Both tips steer down the hill. -Outside ski turns faster to fall line to create wedge. -From fall line, inside ski turns faster to create parallel skis. -Skis bend from center. -Parallel skis at initiation, flatten and steer skis down the hill, opening into a small wedge. -Allow turn forces to transfer more weight to the outside ski through the shaping phase. -Steer lighter inside ski parallel to outside ski. -Rotate legs and edge skis under a stable upper body. -Adjust ski performance and balance with subtle fore/aft and vertical movements. -Control speed through turn shape. -No pole plant. |
| Basic Parallel (i.e. "open parallel") <i>(Basic applied task)</i> | Green or easy blue | <ul style="list-style-type: none"> -Parallel skis leave round, brushed tracks of consistent width. -Skis tip and turn at same time and rate in most turns. -Width of skis stays consistent. -Outside ski bends more than the inside ski before the fall line in most turns. -Skis steer from center. -Rotate and edge (steer) both skis at the same rate and time. -Turning comes from the legs and not the upper body. -Flex/extend joints and adjust fore/aft pressure to stay in balance. -Direct more pressure towards the outside ski. -Pole plant is functional. -Control speed with turn shape. |
| Parallel Skiing <i>(Advanced applied task)</i> | Green to easy black, groomed or mixed terrain/snow | <ul style="list-style-type: none"> -Skis make round, linked turns that flow smoothly at a controlled speed in most turns. -Skis steer (edge and rotate) at same time and rate in most turns. -Skis bend from center in majority of turns. -Outside ski bends more than inside ski. -Skis maintain contact with the snow. -Steer skis in round-shaped, linked turns, leaving brushed tracks. -Turns are completed across the fall line to control speed. -Flex (absorb) and extend to promote ski/snow contact and smooth skiing. -Adjust fore/aft stance to maintain balance. -Direct pressure towards the outside ski. -Pole plant is present. -Control speed through turn shape. -May be small bumps or irregular snow surface. |