

LEVEL I

Level I members demonstrate a solid foundation of information and experience necessary to be an effective ski teacher. The Level I instructor possesses an understanding of *basic* skiing skills, teaching skills, and professional knowledge. It is not expected that Level I candidates will have *in-depth* knowledge and experience in each of the areas of competence listed in these Standards. It is expected, however, that candidates will be able to show *basic* competence and knowledge in all of these areas. In addition, it is expected that candidates will be able to demonstrate a *significant* level of competency with the skiing and teaching tasks listed specifically for assessment at a Level I event.

Category A: Skiing

Level I teachers must be able to ski all green and groomed blue terrain demonstrating consistent balance and control of speed through turn shape. Demonstrations must display an “understandable picture” of the technical elements of beginner/novice zone skiing. The turn dynamics are limited by the speeds and terrain appropriate for Beginner/Novice zone skiing and tasks.

The instructor is able to...

1. General Characteristics

- a. Maintain a balanced stance throughout a series of turns
- b. Maintain consistent speed by controlling the shape of a turn
- c. Reduce speed without interrupting overall flow and rhythm
- d. Consistently link turns with sustained rhythm
 - Combine the movement of the body and poles
 - Adequately direct the Com in the direction of travel
 - Use poles
- e. Demonstrate an appropriate blend of skills (with consideration for the snow conditions, equipment, terrain, etc.)
- f. Ski a variety of turn sizes within a series of turns while maintaining speed control
- g. Demonstrate the *visual cues to effective telemark skiing** relative to edging, rotary and pressure control movements in demonstrations and tasks common to Beginner/Novice zone skiers

**Visual Cues Effective Telemark Skiing*, from the *Nordic Technical Manual* do not address alpine stances. For these please refer to the *Visual Cues to Effective and Ineffective Skiing* in the *Alpine Technical Manual*, (PSIA, 2002).

2. Matrix for Telemark Certification Standards, p. 3.

Describes specific skills at Level I

Category B: Teaching

Level I teachers demonstrate a solid foundation of information, and experience necessary to be an effective teacher of beginner/novice zone skiers. A basic understanding of how to manage the learning environment for different age and gender situations is required.

Please see the **Matrix for Telemark Certification Teaching Standards, p. 4-5.**

Describes specific skills at Level I

Category C: Professional Knowledge

Professional knowledge requirements for Level I teachers reflect a practical awareness of general terms and concepts, and an ability to use these concepts in basic lesson situations for beginner/novice zone students. Decision-making and lesson content will most likely follow preplanned options, with consideration for different skill development emphasis.

Please see the **Matrix for Telemark Certification Professional Knowledge Standards, p. 6-7.**

Describes specific skills at Level I