

Snowlife UK Snowsports Awards Guidelines for Snowsport Instructors

The concept of the awards is to try to encourage snowsport participants to explore movements, sensations terrain and sliding equipment safely, whilst having a lot of fun developing the skills and independence which will help them really enjoy snowsports all over the mountain.

Equipment and philosophies have changed dramatically over the past 10 years; snowboarding in both ideas about how one reads the mountain coupled with the shapes and designs of hardware and software had had a massive effect and influence on current trends. We now see skis and the mountain being explored backwards as well as forwards, sideways, on the ground and in the air, fast as well as slow.

More people are being drawn back to snowsports and snowsport holidays and the youth market is growing through the images of freeride, halfpipe, funpark ski and boarder cross back country as well as blades different shaped skis for carving, twin tips, wider skis, also roller-blading skateboarding and mountain biking.

We can help our clients to enjoy all this safely and in a fun and exciting way. It is up to us as snowsport instructors to be at the forefront of these movements. We need to be open to new ideas, experimental with our own performance excited and enthusiastic about what we do.

We want to encourage children and adults through our scheme; to help them to realise their goals and potential, whether they take a week a year in the mountains or want to compete in the Olympics.

The scheme works as follows:

There are nine levels in the scheme, plus two levels for the 5s and under (called the fun awards). Giving the clients greater incentives to come back and make progress, especially at the intermediate phase.

At each level there is a descriptor of the rider and the kind of terrain they will be tackling. A knowledge section covering supplementary/background questions designed to create a greater awareness and understanding of the mountains, the environment and of snowsports in general. This is the kind of information you will be likely to be chatting about and encouraging your clients to know as a natural part of your snow sports sessions.

The final section encourages the teacher and the learner to choose from a selection of activities which deal with skill development, tactics, terrain and independence. You may wish to guide your learners through most of the activities during a course of sessions, allowing a learner to find the ones they are best at to kick off. You may be constrained by snow conditions/sliding surface; however, there should be enough to choose from wherever you are. The learner should be fairly consistent and confident with the activity to earn a tick in the box. In this section i.e “Activities” the learner should be able to complete at least six of the tasks

N.B. There is also a skills section which must be assessed and ticked off.

There may be areas you yourself have not thought of or are unfamiliar with as you read through the scheme. You may want to play, practice, experiment with these activities during your own training sessions and as part of your own personal development. If you don't understand an area or activity ask or find out from your trainer or contact BASI.

The activities chosen are all fun and relevant to the level of the learner. They are all possible and they work!

We hope you enjoy using the Snowlife Scheme and feel inspired to use it to help develop your learners.

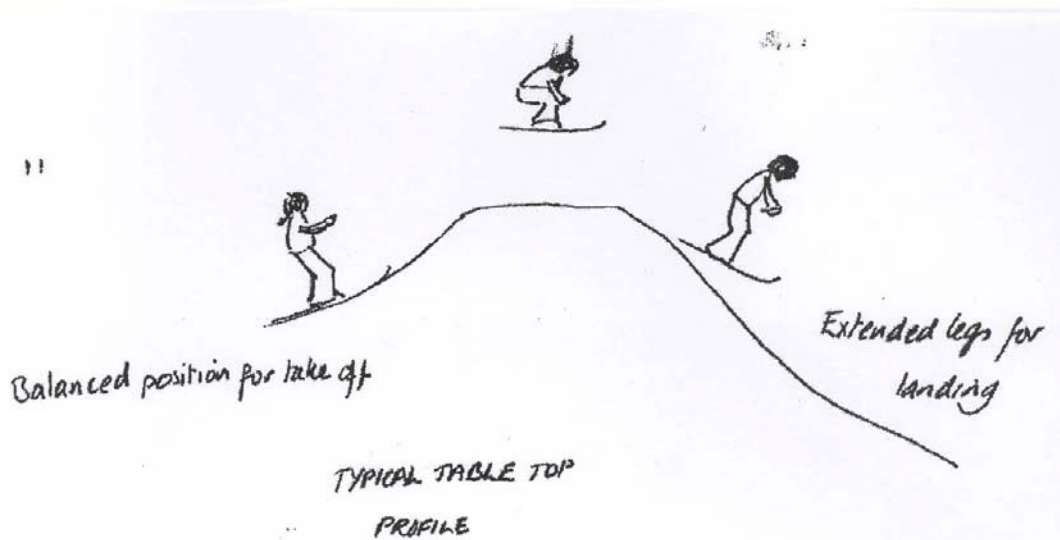
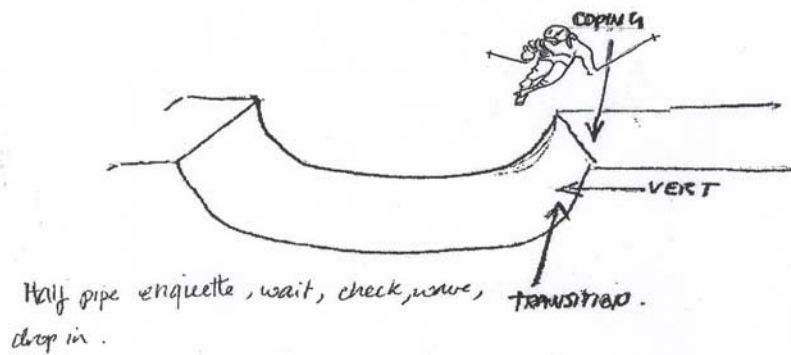
To help you, here are some descriptions of some of the activities and areas you may be less familiar with.

The Pipe and Park

It is important to teach half pipe etiquette to avoid collisions, which is wait, check the pipe is clear, raise your hand in the air to signal you are about to go, check nobody else has done this, then drop in.

Practicing Ollies, Nollies, and 180 deg spins before entering the pipe is essential for dealing with the movements required to ride the pipe. Ensure students stay perpendicular to the angle of the sides when going through the transition and when rotating look where they want to rotate to.

Do not try too take air during the first few runs in the pipe, and read the jumping guidelines for this section.



OLLIE turn. Ollieing comes directly from snowboarding and is a fantastic activity for developing fore and aft movements and balancing also agility and coordination.



Begin by pushing feet forward and back underneath the body, statically and whilst sliding

Extend this movement so as to get a spring from the back part of the ski.

Once in the air the forward movement should make you feel like a dolphin rolling forwards to dive back onto the snow leaning forwards.

Play with this movement anywhere in the curve whilst skiing medium to long radius turns.

Play with this making the ollie movement in a long radius turn, medium and short, people may find it easier in medium to short.

Use bumps to encourage the movement of shooting the feet forward and pulling them back.

Ski rhythmically while tightening the arcs into short radius turns.

Add a pole plant for stability and rhythm.

NOLLIE; is very similar except the start of this turn is made the opposite way round to the ollie ie, the end of the turn is tips down.

SWEDISH JUMP/TURN or TIP N TAIL; great for movements, coordination, balance, rhythm, adaptability, versatility.

Stick picture

Looks like a daffy only part of both skis remain on the surface.

Begin statically, you may find it useful to use poles for stability.

Standing on both feet evenly, bend the legs, push off both feet, splitting the legs apart pushing the toe down on one ski and the heel down on the other, land back on both feet underneath body.

Once the feel and the movement has been developed a little, try one whilst sliding across the hill and down (on gentle slope).

Try alternate legs across the hill and down.

Add the poles for stability

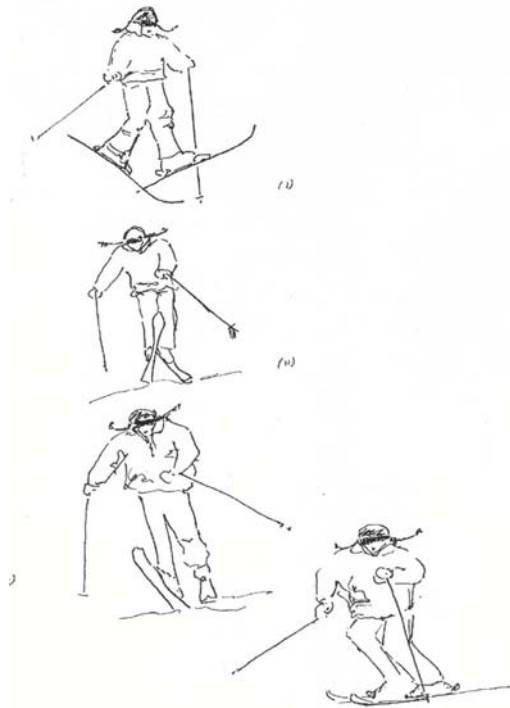
Long radius Swedish

Medium radius Swedish

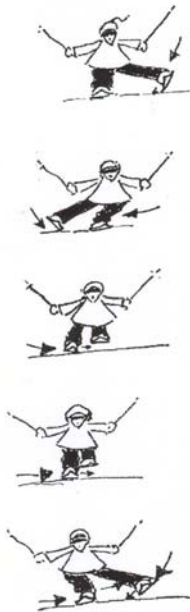
Short radius Swedish with pole plant

Toe down on outside ski makes it easier

It uses up a lot of energy so only do it in small bursts!



NORWEGIAN/PENDULUM turns, great for developing edging, cross under, movements, coordination, inside ski feel, rhythm.



Begin with momentum on a gentle slope in a slight wedge, crouching a little
Pick up one foot and place it out to the side on its edge, the foot needs to be rotated slightly inwards.

Stand against the ski, whilst the body remains facing down the hill

As the ski continues to travel along its edge it will catch up with the body and begin to cross underneath the body.

(The skier must be patient and not rush to the next phase)

Feel for the flattening of the foot underneath the body and the bending of the leg

When this happens pick up the other foot and place it out to the side as per the first time.

As the feel increases, wait a little longer and as the cross underneath happens rotate the foot towards the little toe side and repeat the movement on the other side again.

The feeling is similar to that of a pendulum hence the name!

When the skier has the feel; add some variations by changing the terrain to a steeper pitch and using a pole plant.

WHITE PASS TURN great for inside leg steering, movement into the turn, balance, coordination, movements.

When people first see a pendulum turn they often confuse it with a white pass turn.

However there is a subtle difference

The pendulum begins with the placing of the ski onto the big toe side of the ski on an edge

The white pass turn is made by starting on the little toe side of the foot and rotating it in the direction of the turn, in effect turning on the 'wrong leg'



The key to this activity is to rotate the turning ski and not try to carve it, as you will fall over!!!

TIP TURN (can be developed into tip roll)

Great for fore and aft, balance and timing

Lean forward towards tips of skis, pivot around this point to turn

Add pole plant for timing and stability

TAIL TURN as above great for fore and aft, balance and timing.

Lean right back on to the tails of the skis so the tips are off the snow.

Pivot around this point till you are pointing in the new direction

Use pole plant for timing and stability

ALLOOP this is a pipe activity but can be developed on piste. Great for pressure control, control of rotation, timing, coordination. It is remarkably easy once you get your head round it.

Out of the pipe simply go to turn but turn up and round the hill as opposed to the way we always turn.

Use the banked sides of the slope to explore this and slight ridges in the terrain, turning the feet when the middle of the foot is at the point of the ridge

In the pipe ride up to the coping (ridge) of the pipe when the middle of the foot is at the coping point the toes and knees up and around as opposed to down and around.

Use the head to anticipate the movement

POWER SLIDE; basically a funky sideslip. Beware of the skier turning the hips and not the feet and legs

This activity is about finding the pivot point, balance and control of rotation

Standing tall sliding down the hill, turn the feet and legs directly under the body approx 90° across the hill and slide

Can build towards rail slides if the learner chooses.

You can paint or mark the snow/ or use a line of mat as a guide for the skier to slide their feet over.

GUIDELINES FOR JUMPING AND THE INTRODUCTION OF JUMPING

Everybody loves to jump in snowsports, it is important that we can introduce students to jumping in a safe and controlled way. These guidelines outline some simple principles to follow when jumping and introducing people to jumping.

Different types of jump

- Kicker
- Drop-off
- Table top
- Half pipe
- Quarter pipe

Different tricks

- Tuck
- Lay
- Grab
- Cross
- Bone
- Helicopter
- Spread Eagle
- Cossack
- Twister
- Daffy
- Back Scratcher
- Tea pot Fakey

Different types of jump

- Kicker
- Drop-off
- Table top
- Half pipe
- Quarter pipe

Before attempting a first jump with students it is important to arm them with several skills that will be necessary for a good jump. The following mini progression outlines the simple steps to introduce students to the basic skills of jumping.

1. With skis off, practice jumping on the spot allowing the legs to flex then stretch them away and do a small hop jump. Don't over extend the legs and encourage a nice flexing in all three joints (ankle knee and hip) as they land. Encourage the student to open their arms and form a nice balanced position when they land. Repeat this until they can absorb the landing and show a good range of movement.
2. Do the same activity stationary on the flat with skis on.
3. Try this on the move slowly at first on gentle terrain.
4. Once the students are comfortable with the basics of taking off and absorbing landings, it is time to introduce them to fore/aft balance try this on the flat getting them to jump first the tips then the tails in to the air. This is called an Ollie and introduces the skier to fore/aft movements in the air. Try several Ollie whilst moving. Try Ollieing over lines drawn in the snow across the fall line.
5. Next try what is known as a Nollie this is the same but the tails of the Skis / Snowboard comes off the snow first, followed by the front/tip.
6. Once your students are comfortable with all these manoeuvres it is time to move on to the first jump.
7. Read the Do's and don'ts below and then the description on how to introduce students to their first jump.

Do's & Don'ts for First and all Subsequent Jumps

Do

- Ensure there is a clear landing beyond the Jump.
- Make sure that you have a friend who can "call you" over the jump making sure it is clear to land on the other side.
- Ensure there is a suitable run-out area after the landing area.
- Try to choose a landing area which is down hill avoid flat landings

Don't

- Jump on to the piste from the side.
- Wait beneath a jump.
- Attempt a blind Jump

Introducing Jumps

Choosing a jump

- The first jumps should be from ground flat on to gently sloping ground below with a generous run out.
- Often resorts have small slopes that have corrugated line of mini jumps formed by other skiers; these can be great fun for children and a gentle way to introducing them to jumping.
- Make sure that you clearly brief the students on when to go and any signals that you may use. Even if it is their first jump of only a few inches in height and length it is advisable to get the students used to the signals and safe system for calling people over a jump.
- Avoid jumps with lips, short run outs, hard and/or flat landings.
- Try to avoid jumps with flat or icy landings.
- Make sure the jump is safe and suitable for both the person calling the students over the jump (the spotter), the student and other slope users.
- After this slowly introduce jumps with more of a lip or ramp.
- Don't use blind jumps to introduce people to jumping. Keep the jumps small, safe and achievable.
- Kickers or jumps with large lips are not suitable for introducing people to jumping.

Preparing for take off

- Ensure the safety of the jump, the landing, and the run out area prior to attempting it
- Ensure you will not endanger other slope users through out the whole jump. I.e. landing on a piste. (see Do's and Don'ts)
- As your students approach the jump they should be in a balanced central position flexed in all joints. Introduce this in a straight run first. Then in a straight run try jumping on the flat from this balanced position.
- Choose gentle jumps to begin with and slowly increase the size depending upon your student's progress, confidence and ability.

The run in or approach to the jump.

- Ensure that the approach is safe and does not cross the path of any other skiers.
- Let the students choose a speed where they are comfortable and feel in control. Try choosing the point at which students start their run up and then control this point as their confidence grows.
- Beware of using too little speed and falling off the lip or being put off balance by the back side of the jump.
- Beware of too much speed especially when introducing jumping.

Take off

- Students should be encouraged to approach the jump in a central flexed position.
- Stretch the legs slightly as you come on to the ramp, try to time this with the top of the ramp so as to get a little more “up” from the jump. Be careful not to extend your legs too far or, straighten or “lock out” the legs. This can be practised stationary before on a real jump.

In the Air

Try to remain centred in the air in an open and balance position. The most important thing in the air is to prepare for the landing. Your students should first become comfortable with flying before attempting any tricks, grabs, inversions or rotations.

- On Skis try to Keep an open stance with the arms well away from the body.
- Flex your legs slightly in preparation for landing,

Landing

Landing is the most common area of difficulty for people when learning to jump and the point in the jump which causes most apprehension. The landing is a result of the rest of the jump and most problems occur after a poor take off.

- The legs will impact with the ground and should be slightly flexed to absorb the impact. Arms should be in an open position. It is important to remain balanced over the middle of the ski/board during the landing.

AT ALL TIMES CONSIDER JUMPING SAFETY A PRIORITY, IT IS EASY FOR A GROUP OF STUDENTS TO BECOME TOO AMBITIOUS AND OVER EXCITED LEADING TO INCREASED RISK. IT IS UP TO YOU SO SET SAFE BOUNDARIES FOR ALL TEACHING SESSIONS, ACTIVITIES AND POST COURSE PRACTICE RECOMMENDATIONS. JUMPING IS DANGEROUS.

SNOWBOARD LEVEL 1

When carrying board, leave leash round hand in case you fall and drop it.
Always place board, bindings down

Scooting is front foot attached to board and back foot is pushing you along.

SNOWBOARD LEVEL 2 & 3

Ollie – pulling up front foot and jumping off the back foot. When you pull up your front foot like this you create some spring from the tail of the board which also helps you get up in the air.

Nollie – pulling up back foot and jumping off front foot

Fakie – riding backwards. Your back foot becomes your new front foot

Falling Leaf – riding on one edge letting board drift from left to right (a leaf falling from a tree)

SNOWBOARD LEVEL 4 & 5

Nose slide – Board sliding sideways, shifting weight to the nose until the tail is in the air, sideslip balancing on the nose which is easier on the heel edge.

Straight Air – Plain jump ie no grabs or rotations.

Hockey Stop – Riding down the fall, turn board 90° to fall line and come to a stop as fast as possible with appropriate flex and edging

SNOWBOARD LEVEL 6

Nose Roll 180° - Initiate heelside turn, move weight to nose until the board pivots 180° on the nose to land fakie on the toe edge

SNOWBOARD LEVEL 8

Hip Jump – Like a spine jump (imagine a toblerone with a ramp on its front end). Bar placed down the fall line, take off the end of it, turn in the air to land on one of the sides.