

WHAT LEVEL AM I?

SKI

SNOWBOARD

First Time Skiing	1	First Time Snowboarding
I can snow-plough some of the time and maybe require some assistance in stopping	2	I can start to use the heel (facing downhill) and toe (facing uphill) edge to side slip but maybe feel need more improvement before the next step
I can snow-plough and control when I want to stop and would like to take the chair lift for the first time or refresh on how to	3	I am comfortable using both edges and using the 'falling leaf' movement (control direction whilst on one edge like a zigzag pattern)
I can start doing the turn but still snow-plough during the whole turn	4	I can make a basic single turn (switching edge from toeside to heelside or heelside to toeside)
I can parallel ski (both skis straight) on beginner(green) runs and only snow-plough some of the time	5	I am comfortable linking turns together on beginner (green) runs
I can parallel ski on intermediate(red) runs and keep control and speed during each turn	6	I can link turns on intermediate (red) runs and keep control and speed during both turns
I can parallel ski on advanced(black) runs and control speed even in steep terrain	7	I can link turns on advanced (black) runs and control speed even in steep terrain

