



The Telemark Redbook

2011

TRAINERS AND EXAMINERS MANUAL

Australian Professional Snowsport Instructors Inc

APSI Telemark Redbook 2011

The 'Red Book'

This Manual is edited, revised and criticised as soon as it is distributed at the annual Trainers Co-Ordination. Additions and suggestions are noted on an ongoing basis with feedback from the Training Courses and Examinations. The APSI Technical Committees are charged with the responsibility of balancing this input and formulating content and criteria.

About this book

This book is an information tool, used to guide you through the training and examination process of the APSI level system.

Reading this book on its own is not enough; Trainer's and Examiner's will need to combine the components of this book with the staff handbook, discipline specific teaching manuals and additional training/experience to produce the quality products we have all come to expect from the APSI.

Please do not hesitate to contact me personally if you have any further questions regarding the information in this booklet or how it needs to be used collectively with our other manuals.

Thank you,

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Section I

General Information

1.1 General details

This section will prepare you to:

- Provide information on times and locations for upcoming courses and exams
- Answer questions on course/exam dates

1.1 General Details

Meeting Time

Trainers/Examiners	Course	8:00 am
	Examinations	8.00 am
Candidates	Course	8:15 am
	Examinations	8.15 am

Meeting Place

Resort	Skiing/Snowboard/Children's/Disabled
Mt Buller	Outside Snowsports School Office
Falls Creek	Public Shelter at bottom of chairlift to Ski School
Mt Hotham	Snow Sports School Desk
Perisher Blue	Ski tube building at Perisher next to Aldo's
Thredbo	Friday Flat Cafeteria

Registration

Candidates are to be pre-registered with APSI Office no later than fourteen (14) days prior to commencement of that event; late registration may cause the course to close and loss of a spot.

The resort training coordinator, together with the resort mountain representative are responsible for coordinating the candidates on the day of courses and exams.

APSI calendar available on:

<http://apsi.net.au/course-dates-prices.aspx>

Section 2

Course & Trainer's aids

2.1 The Performance model

2.2 Teach-to-Teach

2.3 Teaching mark sheet

2.4 Exam summary sheet

2.5 Analysis sheet

This section will prepare you to:

- Present courses by studying the appropriate training systems used by the APSI.
- Show potential candidates the specific forms used in marking alpine exams.
- Make sure all resort candidates have completed the prerequisite training before attending the exams.

2.1 THE PERFORMANCE MODEL

NOTE: although this is the Performance Model from Alpine, Telemark is essentially the same with lead change dynamics to consider.

Description of Basic position:

Basic position includes a combination of correct stance and angulation (which includes femoral rotation to achieve the desired amount of hip counter to angulate with a neutral spine)

Steering

Description of Steering -is the art of guiding the skis through a smooth, round turn. Although this turn type has a strong emphasis on leg turning, the turn is created by appropriately blending all of the 4 skills together. Steering is not the same as skidding; therefore a consistent track is left in the snow by the outside ski and will be about 30cm wide from beginning to end.

Transition (*Rise to Re-centre*)

Seamlessly connecting the completion of one turn to the initiation of the next is called the transition. At slower speeds the transition is always longer due to the completion of the turn being more finished to control speed and the re-centring is predominately more up and over taking a longer period of time. The extension of the body de-angulates the basic position causing the edges to fatten; by raising their centre of mass the skier can re-centre their balance, enabling them to move towards the centre of the next turn. The angle of travel between the CoM and the path of the skis is only slight.

Initiation

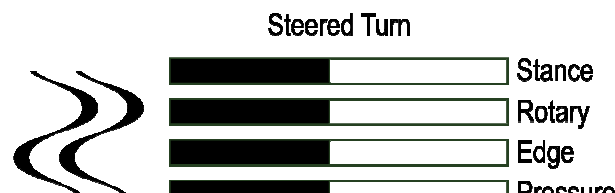
- The skier has risen to a taller stance.
- Edges are changed to the new turning edges by a definite flattening stage.
- The steering angle is created by twisting the legs towards the fall line.

Middle

- Constant twisting effort of the legs against a stable pelvis/upper body and core, results in a slightly countered position.
- Gradual tipping of the skis grips the snow and continues to give the skis direction through the arc. The edging creates a platform on which to balance against.
- Blending these skills will create a balanced basic position (BP) where the centre of mass (CoM) is slightly to the inside of the turn.

Completion

- Turns are finished in a lower (flexed) position that is balanced over the outside turning ski.
- Once the skier has controlled their speed they stop edging, twisting and balancing against the outside ski.



Carving

Description of Carving is the same as steering but with more speed, more edge angle and therefore, a stronger edge grip. Carving taps into the side cut and ski design to help with direction change but also relies on a strong twisting effort from the legs to guide the skis, breaking them off an otherwise railed path. The track left in the snow by the outside ski will be about 10cm wide from beginning to end.

Transition (*Extend and X-over*)

The transition utilises a cross-over by the centre of mass, across the skis as opposed to a vertical extension, moving the skier towards the centre of the next turn. This directional movement forward and across the skis with the centre of mass achieves a higher edge angle early in the turn and sets the body up for the appropriate amount of inclination through the middle of the turn. A pole plant can be used during the transition to aid in the commitment and direction of this movement. The angle of travel between the CoM and the path of the skis is more direct.

Initiation

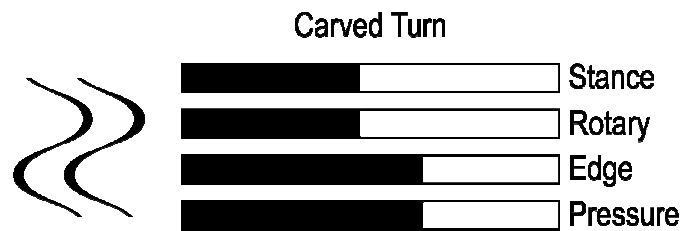
- The skier extends their body while projecting their centre of mass across their skis.
- Edges are engaged early in the turn as a result of this crossover movement.
- Steering angle is created by using the legs to twist both skis towards the fall line as well as tapping into the skis local steering angle via standing against the edged ski to bend it early.

Middle

- Constant twisting effort of the legs against a stable pelvis/upper body and core, results in a slightly countered position. The leg turning is more strenuous due to higher edge angles.
- Earlier tipping of the skis and an increased speed creates a stronger platform on which to balance against.
- Both of these factors come together allowing a greater inclination of a balanced Basic Position (BP) where the Centre of mass (CoM) is further to the inside of the turn in comparison to steering.

Completion

- Turns are finished in a low (flexed) position that is balanced over the outside turning ski.
- Once the skier has controlled their speed they stop edging, twisting and balancing against the outside ski.



Pure carving

Description of Pure Carving is where the tail of the ski follows the exact path of the tip, allowing the ski to cut a narrow groove in the snow (i.e. the ski is locked on edge with zero skidding and no guiding of the skis via a twisting force). The skier obtains the desired turn size though using the side cut of the ski and by manipulating the external forces to get the ski to bend i.e. 'working the ski'.

Transition (*Active X-over*)

The transition utilises an active cross-over movement, muscular effort is used to control the path of the centre of mass as it moves directly towards the centre of the next turn. This lower and more direct movement across the skis is used both for controlling high pressures built from the previous turn and sets the body up for higher edge angles and increased inclination through both the *initiation* and *middle* of the next turn. A pole touch is used during the transition to aid commitment to the X-over and balance. The angle of travel between the CoM & the path of the skis is most direct.

Initiation

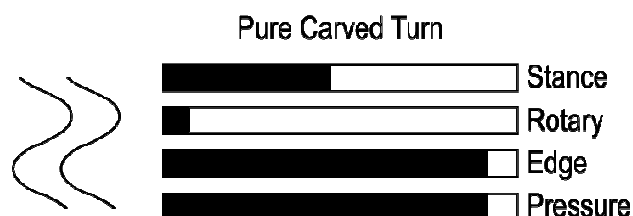
- The skier actively crosses their skis in a direct path more towards the middle of the next turn.
- Edges are instantly engaged early in the turn as a result of this crossover movement.
- A local steering angle is created through the side cut of the ski and some early tip pressure.

Middle

- Some degree of counter is created through internal femoral rotation by way of knee and hip angulation (this counter is created via the skis design working the legs against a stable pelvis and upper body, not through an active twisting of the legs to guide the skis).
- Earlier and greater tipping of the skis due to increased speed creates a very strong platform on which to balance against needing increased inclination.
- These factors come together allowing a greater inclination of a balanced Basic Position (BP) where the Centre of mass (CoM) is farthest to the inside of the turn in comparison to steering and carving.

Completion

- Turns are finished in a balanced position over the outside ski.
- The turn completion occurs higher or earlier in the turn than previous performance levels as speed control is less of a priority.



2.2 TEACHING INSTRUCTORS HOW TO TEACH (PEDAGOGY)

A teaching system is imperative for successful teaching. Instructors use a teaching system called the “9 lesson essentials”, when teaching their guests. Trainers also need a system when teaching instructors how to teach (the guests) because there is a fundamental difference between an instructor teaching the guests how to ski and a trainer teaching instructors how to teach (skiing).

If you are the guest, all you need to know is how and why you make a snowplough and off you go to practice and learn it. If you are the instructor, on the other hand, you need to know a whole manual’s worth of information to be able to teach the guest successfully. For example, what sort of terrain, the progression, when is the guest ready to move on, what ability level is the guest, how long is the lesson, what are the snow conditions like? etc. There are literally hundreds of bits of information that an instructor has to be taught in order to be able to teach well. As you can imagine, if there is no system for passing on all this information it would be difficult for the trainer to teach and impossible for the instructor to learn.

A classic example is the person that takes his “buddie” skiing. He takes him to the top of the blue run, shows him the snowplough and tells him to go for it. In this situation the guest is certainly being taught, but the “teacher” is doing everything wrong because he has not been trained or taught how to teach.

So what is the system trainer’s use when teaching instructors how to teach? The system is called the “Teach to Teach System” which has five parts.

1. INTRODUCTION: “A good Teach to Teach introduction should include;”
 - what (what are you going to teach the instructors to teach?)
 - who (level of students you are going to teach this to?)
 - where (what sort of terrain do you need to teach this?)
 - why (why do we teach this?)
 - what (what are the mechanics needed to learn this?)
2. SAMPLE LESSON (this includes the “9 lesson essentials”)
3. COMMON PROBLEMS
4. DURATION
5. SUMMARY

These are the 5 points that you go through every time you conduct a “teach to teach” session. Here is a more detailed description of the 5 points.

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INTRODUCTION (2-5min) - Regardless of which “teach to teach” session you conduct, you introduce the session with 5 easy to remember points Here is an example of how to introduce a “first telemark turn” “teach to teach” session.

I am going to teach you how to teach the guests to make first telemark turns.

This will be to students who can make a basic alpine parallel.

Initially, the terrain will be the same as the basic alpine parallel.

The reason we want to learn first telemark turns is to create a blending of telemark movement and leg turning allowing balanced and controlled turns downhill. To make first telemark turns, you need to have good extension and flexion in telemark movement, to allow the legs to turn, edges to release and skis to match fluidly.

SAMPLE LESSON (10min) - In the “sample lesson” you go through a normal lesson, as if you were teaching the public. It is crucial that you systematically go through the “9 lesson essentials” in the sample lesson to illustrate how to implement the 9 points. During the “sample lesson” you will continually need to explain certain important elements of this lesson, such as: what to do if the snow is icy, where to stand to be able to do movement analysis on the students etc. (Please refer to the lists of points you need to mention which are found in the course outlines).

COMMON PROBLEMS (30min) - Here you discuss, demonstrate, and imitate all the common problems the students display at the particular level. It is good to have the instructors try each problem to acquire an understanding and feeling for the problems. You need to go through lots of ways to correct each of the problems, this is what takes a lot of time, Using relevant exercises & analogies from the manual plus your own experience.

DURATION (2min) - Give the instructors an idea of the time it takes to teach the particular task to both athletic and non-athletic students with an example of extreme cases. Some students can learn to snowplough turn in 5 minutes and others can take 4 days.

SUMMARY (2-5min)- Give a summary of the “teach to teach” session. Briefly go through the 5 points again.

2.3 Teaching Exam Mark Sheet

	NI	ME	EE	COMMENTS
1. INTRODUCTION				
Was it welcoming				
Names Exchanged				
Include a lesson overview				
Involved the Group				
2. IDENTIFYING Students & Goal				
Goals & Needs				
Ability				
Age Specific				
3. PLANNING THE LESSON				
Terrain/Snow Conditions				
Appropriate Progression				
Age/Ability specific				
Class Handling				
Safety				
Theme/spider web				
Include the student in the plan				
4. PRESENTING THE INFO				
Appropriate Language				
What				
How				
Why				
Mechanical Knowledge				
Address Different Learning Styles				
5. DEMONSTRATING				
Visible				
Appropriate Demo				
Accurate Movements				
Correct Speed				
Different Angles/Enough times				
6. PRACTICING				
Appropriate Amount				
Variety of Tactics				
7. MOVEMENT ANALYSIS				
Identified the primary cause				
Group Analysis				
Monitoring of Performance				
8. FEEDBACK & CORRECTION				
Positive/Simple				
Accurate				
What				
How				
Why				
Exercise or Mini Progression Used				
Follow Up/Looping				
9. SUMMARY				
Summary Points				
Ask Questions & Listen				
EXAMINERS IMPRESSION				
Overall Impression				
Actual Result of the lesson				
Did they work with the group				

2.4 Exam Summary Sheet



TELEMARK
EXAMINATION SUMMARY

Name: _____ Bib No: _____ Level: _____ Date: _____

Location: _____

Demos	P	R	F
Free Ski	P	R	F
Teach	P	R	F
Theory	P	R	F
Skier Analysis	P	R	F

OVERALL RESULT

Pass _____

Resit _____

Fail _____

DEMONSTRATIONS +/-

Telemark Movement	Level 2	
Basic Parallel	Level 2	
First Telemark	Level 2 3	
Basic Telemark	Level 2 3 4	
Short Telemark	Level 3 4	
Paramark	Level 3 4	
Medium Carve	Level 4	

/10

TEACHING +/-

Introduction	
Identifying students & their goals	
Planning the lesson	
Presenting the information	
Demonstrating	
Practicing	
Movement Analysis	
Feedback & correction	
Summary	

/10

FREE SKIING +/-

Short Turns	Level 2 3 4	
Medium Turns	Level 2 3 4	
Free Run	Level 2 3	
Change of Rhythm	Level 4	
Bump Run	Level 3 4	

/10

THEORY & SKIER ANALYSIS +/-

Telemark progression knowledge & use	
Error detection & correction	
Effective use of exercises	
Mechanics & biomechanics of telemark	

/10

_____ Chief of Exam

2.5 MOVEMENT ANALYSIS SHEET

1. Turn type/performance:

Comment on the type of turn & performance the skier is making: /2

2. Give a comment on how each of the 8 following areas was performed by the skier.

Soft Focus

Comment on the factors that may affect their overall attitude? /2

Psychological factors _____

Physical factors _____

Equipment factors _____

Terrain factors _____

Hard Focus

Comment on each of the following skills? /4

Stance _____

Rotary _____

Edging _____

Pressure _____

Control _____

3. Choose and circle what your lesson should focus on the most from the above 8 options, i.e. 'the cause' /2

(If incorrect Cause circled, then half marks will be awarded for correct relationship to lesson plan)

4. Write a 2 part lesson plan explaining how you would work on this weakness (Cause) it should include: exercises, analogies or tactics that you would use. /2

Section 3

Course & exam outlines

- 3.1 Level 1
- 3.2 Cross Over
- 3.3 Level 2
- 3.4 Level 3
- 3.5 Level 4
- 3.6 Recall/Update

This section will prepare you to:

- Provide information on course and exam outlines to candidates.
- Lead specific APSI courses and exams.
- Explain what components of ski instruction are important to each level.

3.1 LEVEL 1 QUALIFICATION

Qualification Description

The new Telemark level one qualification is a course aimed at people interested in learning and understanding the basic skiing skills required to create functional telemark turns. No previous work experience is required and neither is an association with a ski school. Upon successful completion of the course a telemark level 1 instructor may teach first time telemark skiers and beginners.

Prerequisites:

- ✓ Be a current APSI member
- ✓ Own the current APSI teaching manual
- ✓ No prior teaching hours required

General Competency

Basic skills:

During the assessment participants need to meet expectations in the basic skills of instruction including; stance, rotary, edging and pressure control and how they form the basis of a correct basic position on telemark equipment. These skills do not necessarily have to be performed in a telemark stance they can be done in an alpine stance. The two day course includes the skills to teach first time telemark skiers, class handling & safety, technical information, riding & demonstrating ability all based around the basic skills used in the Australian Teaching system.

Units of Assessment

Assessment will be ongoing throughout the two days. Looking to see if the candidate can make changes and show basic understanding.

1. Demonstrating ability (basic skills continually assessed)
2. Teaching (basic concepts in teaching)
3. Written test (assessed through open book format)

Assessment Type

Candidates will be assessed on their ability to incorporate and understand each of the four skiing skills into their own skiing. If they can perform this to the level 1 standard they will be assessed as at the standard. If not then they will be assessed as needing further training. No such formal exam will be held as the trainer will assess the candidates learning and progress over the two days and decide at the end.

Manual Chapters needed for level 1

- ⤴ Section 1 (all)
- ⤴ Chapter 4 up to end of 4.4
- ⤴ Chapter 5 up to end of 5.4
- ⤴ Chapter 6 up to end of 6.6
- ⤴ Chapter 9 up to end of 9.4
- ⤴ Chapter 9.7
- ⤴ Chapter 10
- ⤴ Chapter 12
- ⤴ **Appendices**

Level 1 Course Outline


The following outline should be tailored to suit the needs of your group and specific resort location. Change the order to suit weather or snow conditions if necessary. Lunch – 45 minutes. Days should be 6 hours plus discussions of about 1 hour each.

Day 1	Day 2
<p>Intro to course and group familiarisation</p> <p>SKIING:</p> <p>Introduce the skills concept (stance, rotary, edging, pressure control)</p> <p>Run through the performance clinic to help them understand the skills better and how they are applied (go in and out of trying in telemark stance and alpine stance)</p> <p>TEACHING:</p> <p>Introduce nine lesson essentials but focus on 'what', 'why' 'how' and guest feedback.</p> <p>Work on candidates ski improvement through a first telemark sample lesson</p> <p><u>Discussion:</u> review skills concept to gauge candidates understanding. Give them pages 52-60 to read (Skiing skills chapter 5.1)</p>	<p>TEACHING & SKIING:</p> <p>teach a basic telemark lesson to candidates highlighting the what, why and how in the lesson. Spend some time working on skier improvement.</p> <p>Show the group some drills and exercises for each skill</p> <p>Stance: poles behind back or no poles; telemark shuffle</p> <p>Rotary: Skis off, lie on back and feel whole leg twist. Partners try and assist.</p> <p>Edging: Telemark and alpine side slips, big toe little toe, skating</p> <p>Pressure control: ski as low as possible, ski as tall as possible</p> <p>TEACHING: give candidates a go at teaching something short. Eg how to sidestep</p> <p><u>Discussion:</u> Debrief group and discuss the two days and answer any questions.</p>

Recognition of Prior Learning

Candidates may provide proof of prior learning in the form of an alpine or snowboard level 1. This shows they have had training and some understanding of the skills required to teach and demonstrate basic skiing. Proof of this will enable them to go straight into the level 2 Telemark Instructor qualification course.

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<div style="display: flex; justify-content: space-between; align-items: center;">  APSI Level 1 Telemark Assessment  </div>				
SKIING SKILLS	<i>Feedback and Comments</i>	More training required	Standard	Above standard
Stance				
Rotary				
Edging				
Pressure Control				
<i>Comments:</i>				
Teaching	<i>Feedback and comments</i>	Below standard	Standard	Above standard
The 'What'				
The 'Why'				
The 'How'				
Overall Result		More training req.	Level 1 standard	

3.2 LEVEL 2 QUALIFICATION

Description:

The APSI level two Telemark qualification is aimed at those interested in teaching telemark within a ski school and also those wanting to progress their personal telemark skiing. On successful completion a level two instructor is qualified to teach beginner up to intermediate level telemark skiers.

Prerequisites:

- ✓ Be a current APSI member
- ✓ Own the current APSI teaching manual
- ✓ Passed all units of the level 1 telemark assessment to be eligible for the level 2 exam

Manual chapters needed for level 2

- Section 1 (all)
- Chapter 4 up to end of 4.4
- Chapter 5 up to end of 5.4
- Chapter 6 up to end of 6.6
- Chapter 9 up to end of 9.4
- Chapter 9.7
- Chapter 10
- Chapter 12
- Appendices

General Competency

Steering :

During the assessment participants need to meet expectations for teaching the performance of steering. The four day course (and one day assessment) includes the skills to teach telemark skiers parallel turns up to basic telemark turns, class handling & safety, technical information, skier analysis, riding & demonstrating ability all based around the performance of steering as used in the Australian teaching system.

Units of Assessment

During assessment participants must show general competency in five core units;

1. Personal skiing (able to STEER varied turn sizes on blue/black terrain)
2. Demonstrating ability (set tasks showing the ability to steer)
3. Teaching (teaching tactics & concepts for teaching telemark)

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4. Theory test (online email exam)
5. Movement analysis and lesson plan (online format)

Assessment type:

A one day assessment run by APSI assessors, will include movement analysis, teaching scenarios, freeskiing and demonstration ability. The written paper will be completed online and emailed to the Technical Director in the week prior to the assessment. The assessment will utilise both the 'Station' type assessment system for Free Skiing/Riding and Demonstration, and the 'group scenario' system for teaching.

Level 2 Course outline:

The following outline should be tailored to suit the needs of your group & specific resort location. Change the order to suit the weather or snow conditions if necessary.

Lunch - 45 minutes. Days should be 6 hours plus discussions of about 1 hour each.

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Day 1	Day 2	Day 3
<p>Intro to course, rego & group organization</p> <p>FREE SKIING</p> <ul style="list-style-type: none"> -telemark movement (stance & lead change) -compare to alpine & nordic skiing skills. Show similarities between alpine and Telemark. -Make alpine turns on telemark gear. -develop understanding of telemark skiing skills & terminology -run through level 1 progression -video <p>DEMO</p> <ul style="list-style-type: none"> -basic Parallel -stationary & moving stance -video <p>TEACH TO TEACH</p> <ul style="list-style-type: none"> -telemark movement (stance & lead change) <p>DEMO</p> <ul style="list-style-type: none"> -stationary & moving lead change -video <p>TEACH TO TEACH</p> <ul style="list-style-type: none"> -first telemark <p>DISCUSSION</p> <ul style="list-style-type: none"> -mechanics & biomechanics of telemark skiing -Similarities between Alpine and Telemark -show video taken -focus on telemark movement (stance & lead change) -observe demos 	<p>FREE SKIING</p> <ul style="list-style-type: none"> -explore steering, edge & pressure -Introduce the performance model. Focus on steering and what it feels, looks and sounds like. -develop groups skiing skills through their understanding of above -video <p>PRACTISE TEACH</p> <ul style="list-style-type: none"> -short teaching tasks -telemark movement/basic parallel <p>DEMO</p> <ul style="list-style-type: none"> -first telemark -video <p>TEACH TO TEACH</p> <ul style="list-style-type: none"> -basic telemark <p>DISCUSSION</p> <ul style="list-style-type: none"> -teaching styles & how people learn. VAK etc. -9 lesson essentials -show video taken -facilitate self assessment -discuss performance model and steering -observe demos 	<p>FREE SKIING</p> <ul style="list-style-type: none"> -personal skills development -medium & short radius telemark -turn radius -video <p>PRACTISE TEACH</p> <ul style="list-style-type: none"> -first telemark -short teaching tasks -9 lesson essentials -varying teaching styles -video <p>TEACH TO TEACH</p> <ul style="list-style-type: none"> -short telemark <p>DEMO</p> <ul style="list-style-type: none"> -basic telemark -video <p>DISCUSSION</p> <ul style="list-style-type: none"> -common problems & their solutions for up to short telemark. -use video footage to aid discussion -show video taken -facilitate self assessment -observe demos -focus on personal development

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Day 4	Trainer Notes
<p>PRACTISE TEACH</p> <ul style="list-style-type: none"> -basic telemark -find willing students if appropriate <p>DEMO</p> <ul style="list-style-type: none"> -revise all -stance, lead change, first & basic <p>FREE SKIING</p> <ul style="list-style-type: none"> -personal coaching & training for free ski exam <p>DISCUSSIONS</p> <ul style="list-style-type: none"> -recommendations & preparations for exam 	<p>Teach by example.</p> <p>Vary the teaching style.</p> <p>Use on snow discussions & examples of class handling throughout course.</p> <p>Give constant feedback & ongoing assessment, so that participants are aware of their strengths & weaknesses.</p>

Course Presenters Notes

Preparation checklist

This list includes all the material that you need to collect & study in preparation for APSI courses/exams.

- Course /exam outline
- Course/trainers aids
- Teaching manual
- Discussion material
- Staff handbook & associated forms

Course notes:

After each teach to teach session practice skier analysis on the public. This can be done on the lift with each candidate.

Allow plenty of practise teach time.

Show all of your exercises to help build candidates knowledge.

Candidates are required to be able to ski strongly on intermediate runs.

Video when possible throughout the course for teaching, demos and freeskiing.

NOTE: One difference between teaching telemark & alpine is that in telemark we are rarely if ever teaching a total beginner skier. They have already developed habits and preconceptions of how to Ski ... Cross Country, Telemark, Snowboard or Alpine. Each are learning Telemark but come from vastly different backgrounds. A Teachers 'challenge'.

Demonstration training hints

Telemark movement (stance & lead change)

- balanced movements in upper body
- hand positioning
- flex in ankles
- good pressure applied to skis in stance & lead change
- looking ahead

First telemark

- as above
- **steered** turn (show strong leg turning)
- rise to re-centre with feet coming together then turning across fall line
- **Transition and Initiation phase** of turn is made in a parallel stance
- flexing into new telemark stance from the **middle phase** of the turn (telemark movement is added from here) to turn completion. J turns.

Basic telemark

- **steered** turns
- lead change starts at **Transition and initiation phase (earlier)**
- lead change & turning simultaneously (good smooth mix)

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- telemark movement happens slower so it occurs over the whole turn.
- pole plant
- garland exercises

Basic Parallel

- keep simple not too in depth
- show difference with balance more over downhill ski compared to telemark
- feel steering sensation
- BP

Level Two Units of Assessment:

Free Skiing; two runs of each task if possible

1. Short Turns:

- ◆ Terrain: Blue run
- ◆ Performance: Steered turns

Look for: Balanced Telemark stance
Round Turn shape
Pole plant
Speed Control
Quiet Upper Body
Good short turn rhythm
Balanced lead change

2. Medium Radius:

- ◆ Terrain: Blue run
- ◆ Performance: Steered

Look for: Speed Control
Round turn shape
Fluid movements
Turning coming primarily from lower body
Balanced lead change
Pole Plant

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3. Free Run:

- ◆ Terrain: Blue – easy black terrain (can be ungroomed or bumpy terrain)
- ◆ Performance: Steered

Look for : Speed Control
Round turn shape
Some idea of line
Rhythm
Confident basic position
Balanced lead change

Demonstrations; two runs of each task if possible

1. Telemark Movement:

- ◆ Terrain: Green run

Look for: smooth balanced movements
flex in ankles & knees
point where both heels are down
width & length between feet
front foot moves back & back foot moves forward at same time
hips centred over both feet
looking ahead
hands forward & balanced
smooth up & down movements during changes

2. First Telemark:

- ◆ Terrain: Green
- ◆ Performance: Steered turns

Look for: as above
transition and initiation phase of turn is made in a parallel stance
extension through joints to re centre at **transition**
flexing into new telemark stance from the **middle phase** of the turn
(telemark movement is added from here) through to turn **completion**.
balanced telemark basic position
correct speed and radius

3. Basic Telemark:

- ◆ Terrain: Green
- ◆ Performance: Steered turns

Look for: lead change starts at **transition and initiation phase**
Extension through the joints to aid re centring at initiation
lead change, edging & leg turning simultaneously (smooth mix) through
middle of turn
telemark movement happens slower so it occurs over the whole turn.
balanced telemark basic position (skied into) by **completion phase**
pole plant
round turn shape

4. Basic parallel turns:

- ◆ Terrain: Green or blue
- ◆ Performance: Steered turns

Look for: Steering Skill Blend
Balance over the outside ski
Turning effort from the legs
Simultaneous edge release
Extending to re-centre through the transition
Flexing through completion to aid steering
Rhythmical Pole plant
Blending of these movements skiing into a good Basic Position (BP)
Round turn shape

Teaching:

The questions are in the course outline.

Time allocated to each lesson is as follows:

Level 1 10-12 min – Level 2 15-20 min – Level 3 20-30 min

Marking sheet includes the 9 essentials.

The group may be asked to perform mistakes by the examiner to aid analysis & correction. Or the examiner will perform mistakes.

Candidates will be assessed on the way they take their guests on a journey, going from easiest to hardest i.e. a progression. They can do this by interacting with their group along the way, using solid modern teaching techniques and addressing commonly found problems. A concrete

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understanding of mechanics & learning styles is a 'must have' backbone to every lesson presented at the exams.

Example teaching questions:

- teach us how to do the telemark movement
- teach us first telemark turns
- teach us basic telemark turns

Skier Analysis:

Written Detection and Correction paper based on video footage. Use the APSI analysis sheet for 2 skiers, plus additional questions. Online format.

Written paper:

Emailed out to candidates a week before the exam. To be completed and sent in to Examiner before the start of the exam.

3.3 CROSS-OVER COURSE

Description:

The Telemark cross-over course is a 2 day APSI course, run at each resort during the season upon demand. The course is aimed at candidates who already hold an APSI qualification. Thus the focus is on the Level 2 Telemark progressions and personal skills. It is assumed that these candidates already know about customer service, teaching strategies etc.

Prerequisites:

- ✓ Be a current APSI member
- ✓ Own the current APSI Alpine teaching manual
- ✓ Currently working for an Australian Snowsports school
- ✓ Passed all units of any APSI level 1 exam (any discipline) or equivalent.

Manual chapters needed for level 2

- All of section 1
- Chapter 4 up to end of 4.4
- Chapter 5 up to end of 5.4
- Chapter 9 up to end of 9.4
- Chapter 9.7
- Chapter 7
- Chapter 8
- Appendices

Assessment type:

To obtain '**Qualified**' status candidates must sit the Telemark Level 2 exam (see Level 2 exam content)

To obtain '**trained**' status for attainment of a second discipline for ISIA certification, cross-over candidates are not required to sit an exam.

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X-over Course outline:

The following outline should be tailored to suit the needs of your group & specific resort location. Change the order to suit the weather or snow conditions if necessary. Lunch - 45 minutes. Blocks should be 3 hours, discussions about 1 hour each.

<p>Day 1</p> <p>Intro to course</p> <p>‘The Package’ to develop an understanding of the skills and terminology e.g. ‘Steering’</p> <p>Demo: Telemark Movement</p> <p>Teach2Teach: beginner progression up to & including basic telemarks</p> <p>Demo: First Telemarks</p> <p>Freeski: short turns</p>	<p>Day 2</p> <p>Freeski: Medium radius turns</p> <p>Teach2Teach basic telemarks & exercises to aid it</p> <p>Demo: Basic Telemarks</p> <p>Freeski: Terrain adaptation</p> <p>Demo: Basic Parallel if coming from snowboard or other background</p>
<p>Discussions:</p> <p>Telemark progression</p> <p>Telemark skier analysis</p>	<p>Discussions:</p> <p>Alpine and Telemark Similarities</p> <p>Course evaluation</p> <p>Preparations for exams</p>

Course presenters Notes:

Preparation checklist

This list includes all the material that you need to collect & study in preparation for APSI courses/exams.

- Course /exam outline
- Course/trainers aids
- Teaching manual
- Discussion material
- Staff handbook & associated forms

Course notes:

Each 'teach to teach' session should be related to the candidates chosen first discipline. After each teach to teach session allow the group to practice teach with newly learnt progressions.

Example teaching questions

- as per level 2

Video when possible.

Demonstration training hints

- as per level 2

Assessment:

To obtain '**Qualified**' status candidates must sit the Alpine Level 2 exam (see Level 2 exam content)

To obtain '**trained**' status for attainment of a second discipline for ISIA certification, cross-over candidates are not required to sit an exam.

However; both skiing and teaching standards shown through out the course will need to meet expectations. If expectations are not meet additional training will be included and need to be signed off by an APSI trainer of that discipline before "trained' status can be met.

The assessment is administered by the course conductor and the criteria are as follows:

Units of Assessed

Demos

Freeski

Progression Knowledge

Marking Guidelines

5-Constantly exceeds expectations (recommend sitting level 2 exam)

4-Exceeds expectations

3-Meets expectations (receive trained 2nd discipline certificate)

2-Needs further training, sometimes meets expectations (2hours extra training)

1-Unsatisfactory, does not meet expectations (Minimum 4 hours extra training)

3.4 LEVEL 3 QUALIFICATION

Description:

The APSI level three Telemark qualification provides the telemark instructor with the skills and tools to teach intermediate to advanced telemark skiing. The five day training course will provide the instructor with lesson plans, tactics and ideas to use in taking a telemark skier to an advanced level of riding. It will also focus on improving the candidates skiing ability and adaptability both on and off the groomed. On successful completion a level two instructor is qualified to teach intermediates, up to advanced telemark turns.

Prerequisites:

- ✓ Be a current APSI member
- ✓ Own the current APSI teaching manual
- ✓ In order to attain APSI accreditation participants must complete 15 hours teaching within an approved Snowsport School
- ✓ Be a strong telemark skier in off piste intermediate terrain (link smooth controlled short & medium radius turns)
- ✓ Passed all units of the APSI Level 2 or equivalent

General Competency

Steered & Carved turns:

During the assessment participants need to meet expectations for teaching the performance of steering & carving. The five day course (and 1 day assessment) includes the skills to teach steered basic telemark turns, carved telemark turns and bumps terrain, class handling & safety, technical information, skier analysis, riding & demonstrating ability all based around the performance of steering & carving as used in the Australian teaching system.

Manual chapters needed for Level 3

- All of section 1
- Chapter 4 up to end of 4.7
- Chapter 5 up to end of 5.5
- Chapter 7
- Chapter 8
- Chapter 9 up to end of 9.5
- Chapter 9.7
- Chapter 10
- Chapter 12
- Appendicis

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Assessment type:

A 1 day assessment run by APSI assessors, will include movement analysis, teaching scenarios, freeskiing and demonstration ability, the written paper will be completed in the weeks prior to the assessment. The assessment will utilise both the 'Station' type assessment system for Free Skiing/Riding and Demonstration, and the 'group scenario' system for teaching.

Level 3 Course outline:

The following outline should be tailored to suit the needs of your group. Change the order to suit the weather or snow conditions if necessary. Lunch - 45 minutes.

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Day 1	Day 2	Day 3
<p>Registration & intro</p> <p>FREE SKIING</p> <p>-‘warm up’ to develop understanding of three performance models (steering, carving, pure carving)</p> <p>-introduce intermediate progressions</p> <p>-Skill Focus on stance and moving through full range of motion</p> <p>TEACH TO TEACH</p> <p>-short telemarks</p> <p>DEMO</p> <p>-first telemark</p> <p>-video</p> <p>DISCUSSION</p> <p>-skier analysis, mechanics & biomechanics</p> <p>-discuss footage in relation to performance model</p>	<p>FREE SKIING</p> <p>-focus on skill of Rotary through drills/ exercises</p> <p>-creating change (physical & mental)</p> <p>-video</p> <p>TEACH TO TEACH</p> <p>-intro to bumps</p> <p>DEMO</p> <p>-basic telemark</p> <p>-video</p> <p>PRACTISE TEACH</p> <p>-short telemark</p> <p>DISCUSSION</p> <p>-teaching styles & how people learn</p> <p>-discuss footage</p>	<p>FREE SKIING</p> <p>-carving</p> <p>-focus on skill of edging through drills/exercises</p> <p>-video</p> <p>PRACTISE TEACH</p> <p>-intro to bumps</p> <p>TEACH TO TEACH</p> <p>-medium carved telemark</p> <p>DEMO</p> <p>-short telemark</p> <p>-video</p> <p>DISCUSSION</p> <p>-MA</p> <p>-discuss footage</p>

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Day 4	Day 5
FREE SKIING	PRACTICE TEACH
-terrain & condition skills (steeps, off piste, etc)	-medium carve, short turns, paramarks &/or bumps
-Focus on Pressure skills with drills/exercises	FREE SKIING
TEACH TO TEACH	-off piste
-Paramark	-carving different radii
PRACTISE TEACH	-feedback
-medium carve telemark	DEMOS
DISCUSSION	-revision
-presentations	-first, basic, paramark and short telemark
-discuss footage	Video
	DISCUSSION
	-feedback
	-discuss footage
	-exam preparations

Trainers Notes

Preparation checklist

This list includes all the material that you need to collect and study in preparation for APSI courses/exams.

- Course /exam outline
- Course/trainers aids
- Teaching manual
- Discussion material
- Staff handbook & associated forms

Course notes:

It is strongly recommended that discussions are run in the morning before going on the hill.

Each 'teach to teach' session needs to include a variety of learning & teaching styles.

After each teach to teach session, practice skier analysis on the public. This can be done on the lift with each candidate.

Each 'Freeski' session should focus on individual weaknesses & each candidate should not be progressed too quickly. All candidates will have time before the end of season exam to do further training/practice. Video when possible.

Candidates have 2 weeks after the course to complete the manual questions relevant to their level.

Lesson plans are to be expanded each night as a part of course homework.

Trainers need to update candidate evaluation sheets each evening.

Demonstration training hints

Freeskiing

If possible show candidates video in morning from previous days to help aid change.

Early edge

Maintenance of pressure

Smooth lead changes

Lead change occurs simultaneously with edge etc

Strong core

Demonstration training hints

First telemark

- rise to lead change with finish of lead change occurring after fall line
- smooth and controlled movements
- highlight leg turning
- step by step approach (heels down, turning legs, start telemark movement, finish turn with speed control, repeat)

Basic telemark

- turning & lead change occur at same time
- telemark movement happens slower so it occurs over the whole turn
- have a moment where both heels are down
- poling/timing
- strong balanced stance & lead change (telemark movement)

Short telemark (basic short)

- poling
- steered turn
- earlier edging
- upper and lower body separation

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- strong upper body discipline

Paramark/ Monomark

- steered
- poling/timing
- symmetrical turn shape
- telemark stance is maintained at all times. No lead change occurs
- correct feet width (fore/aft) especially when on paramark side.

Level Three Units of Assessment:

Free Skiing; two Runs of each task if possible

1. Medium Turn Run

- ◆ Terrain: Blue or Black
- ◆ Performance: Carved turns

Look for:

- Round turn shape
- Fluid movements
- Balanced stance
- Skis approximately hip width apart (natural width-comfortable & appropriate)
- progressive edging through turn
- Disciplined basic position
- Development of angulation
- Smooth blended lead change with turning
- Active crossover

2. Short turn Run

- ◆ Terrain: Blue or Black
- ◆ Performance: Carved turns

Look for:

- Good upper body lower body separation
- Consistent radius and rhythm
- Deflection of the mass across the hill
- early edging
- Rhythmical pole plant

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Speed control

Smooth blended lead change with turning

3. Bump Run

- ◆ Terrain: Green or blue terrain with bumps similar to Interschool course
- ◆ Performance: steered turns in the fall-line

Look for: Speed control

Good Basic Position

Minimal disruption of the upper body

Skiing linked turns predominantly in the fall line

Good understanding of pressure control (passive absorption technique rather than an up motion)

- ◆ If there are NO BUMPS available, then candidates will need to adapt the most suited turn size and shape to the terrain on offer.

Demonstrations; two runs of each task if possible

1. First Telemark:

- ◆ Terrain: Green or blue
- ◆ Performance: Steered turns

Look for: Steered turn

Flexion & extension

Initiation done with both heels down (alpine stance)

Balanced movements

Lead change starting in middle of the turn

Speed control though round turn shape

2. Basic Telemark:

- ◆ Terrain: Green or blue
- ◆ Performance: Steered turns

Look for: Good upper body discipline

Good upper body / lower body separation

Lead change blended with edge change

Skis are matched before or at fall line

Flexion & extension

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Balanced movements

Poling

3. Short Telemark:

- ◆ Terrain: Green or blue
- ◆ Performance: Steered turns

Look for:

- Modern round linked turns
- Strong leg turning to aid skiing into a solid Telemark Basic Position
- Progressive edging
- Upper and lower body separation
- Smooth movements
- Rhythmical pole plant
- Stronger/faster leg turning

4. Paramark/Monomark:

- ◆ Terrain: Green or blue
- ◆ Performance: Steered turns

Look for:

- Steering Skill Blend
- Staying in the one telemark position (no lead change)
- Symmetrical turn shape
- Balance centred between both feet
- Pressure maintained on both skis
- Simultaneous edge release
- Extending to re-centre through the transition
- Flexing through completion to aid steering
- Pole plant
- Showing a good BP even on the paramarked side
- Round turn shape

Teaching component:

The questions are in the course outline.

A choice of adults or age specific lesson will be given to the candidate.

Time allocated to each lesson is as follows:

Level 2 10-12 min – Level 3 15-20 min – Level 4 20-30 min

Marking sheet includes the 9 essentials.

The group may be asked to perform mistakes by the examiner to aid analysis and correction. Or the examiner may perform mistakes.

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Candidates will be assessed on the way they take their guests on a journey, going from easiest to hardest i.e. a progression. They can do this by interacting with their group along the way, using solid modern teaching techniques and addressing commonly found problems. A concrete understanding of mechanics and learning styles is a 'must have' backbone to every lesson presented at the exams.

Example teaching questions

- teach us to carve medium radius telemark turns
- teach us short telemark turns
- teach us how to ski bumps

Skier Analysis:

Written Detection and Correction paper based on video footage using the APSI analysis sheet for 2 skiers, plus short answer on additional skiers.

Written Paper:

To be completed during course & before exams. Will include all components of the mandatory readings.

3.5 LEVEL 4 QUALIFICATION

Description:

The APSI level four qualifications is aimed at the instructor wanting to become a Telemark trainer and really push their Telemark skiing ability. There are two modules that need to be completed and then finally attend a trainers coordination. The first module is a two day intensive advanced skiing course. This will cover dynamic skiing on blue-black terrain both on and off piste. The second module is a two day teaching and pedagogy course covering the APSI Teach to Teach system.

Prerequisites:

- ✓ Be a current APSI member
- ✓ Own the current APSI teaching manual
- ✓ Currently working for an Australian Snowsports school
- ✓ Successful completion of all units of the APSI level 2 course or equivalent
- ✓ Be a strong telemark skier in off piste & on groomed black terrain

General Competency and Assessment

Steered, Carved & Pure carved turns:

A level four telemark Instructor should be able to demonstrate a refined level of telemark skiing in all three performances. They should also be able to adapt these performances to all snow conditions and types of terrain. The level four Telemark instructor will mostly be training alone. Therefore they must be willing to take on the responsibility for a lot of their improvement. If a Telemark trainer is not available to help with training they should seek out a level four Alpine trainer to help them with skill refinement

Manual chapters needed for level 3

- All of section 1
- All of section 2
- All of section 3
- All of chapter 9
- Section 5 for general knowledge
- Appendicis

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Assessment type:

A 1 day assessment run by APSI assessors, will include movement analysis, teach to teach scenarios, freeskiing and demonstration ability and a written paper completed during course. The assessment will utilise both the 'Station' type assessment system for Free Skiing/Riding and Demonstration, and the 'group scenario' system for teaching.

Level 4 Course outline:

Advanced Skiing Module	
DAY 1	DAY 2
<p>Course overview and group introduction</p> <p>Performance Clinic with more time spent on what makes up a carved and pure carved turn.</p> <p>FREESKIING: Pure carving Medium/long turns</p> <p>Carving short turns on and off piste</p> <p>DEMOS: Carved short turns</p> <p>Throughout the day cover Versatile Lead change; Adapting the lead change to suit conditions, turn shape and function of the turn.</p> <p>Discussion: Freestyle Telemark and Big Mountain Telemark skiing.</p>	<p>FREESKIING: 'skiing with purpose'. Skiing with a purpose set out before you start to ski. eg. Making pure carved turns where the body is deflected at least two cat tracks from turn to turn, skiing as fast as you can off piste while taking a line with lots of diversity (drops, banks, dips, flow), ski moguls with a round line, ski them with a more straight line.</p> <p>Big Mountain Telemark – Tactics, where to use different performances, “slarving”, billy goating, hop turns.</p> <p>DEMOS: Basic Telemark turns, Paramarks, Medium Carved.</p> <p>Discussion: Tactics for continued training</p>

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Teach-to-Teach Module	
Day 1	Day 2
Overview of the Teach to Teach system.	Advanced Teaching progressions:
Give an example of Teach to Teach for Telemark Movement	Steeps and big mountain tactics, advanced bumps, basic freestyle (air, popping), basic racing gates (if available).
Give an example of Teach to Teach First Telemark	PRACTICE TEACH: Teach to Teach session.
PRACTICE TEACH: Let the candidates try some Teach to Teach sessions.	
Discussion: Discuss and come up with a list of Common Problems and tactics to improve these skiers.	

Course presenters Notes:

Preparation checklist

This list includes all the material that you need to collect & study in preparation for APSI courses/exams.

- Course /exam outline
- Course/trainers aids
- Teaching manual
- Discussion material
- Staff handbook & associated forms

Course notes:

It is strongly recommended that discussions are run in the morning before going on the hill.

After each teach to teach session practice skier analysis on the public. This can be done on the lift with each candidate.

Practice teaching can be done over short periods but more frequently to allow practice for both styles of teaching questions

Video when possible. Use a short time in the morning to look at any previously recorded video, before going on-hill to work on changes.

Demonstration training hints

Basic telemark

- skis match before or at fall line
- turning occurs during lead change
- basic position (skied into)
- poling

Paramark/ Monomark

- steered minimum
- poling/timing
- symmetrical turn shape
- telemark stance is maintained at all times. No lead change occurs
- correct feet width (fore/aft) especially when on paramark side.

carve telemark

- smooth active cross over
- speed
- carved
- early edging
- counter in hips and upper body

Free skiing

Take several runs each day to gain much needed mileage. Encourage the candidates to practise different radii.

Level Three Units of Assessment:

Demonstrations; Two runs each task if possible

1. Basic Telemark:
 - ◆ Terrain: Green
 - ◆ Performance: Steered

Look for: Well balanced telemark movement & basic position
Well timed pole plants
Upper body discipline
Good speed control

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2. Short Telemark:

- ◆ Terrain: Blue
- ◆ Performance: Steered

Look for: Correct speed & radius
Solid basic position
Modern round turn shape
Including a well timed pole plant
Showing disciplined upper and lower body separation
Progressive edging and rotary movements

3. Medium Carve Telemark:

- ◆ Terrain – Blue
- ◆ Performance: Carved

Look for: Correct speed and radius
Lead change with edge change
Progressive edge and pressure control
Skiing into a well rehearsed Basic Position

4. Paramark/Monomark:

- ◆ Terrain: Green or blue
- ◆ Performance: Steered turns

Look for: Steering Skill Blend
Staying in the one telemark position (no lead change)
Symmetrical turn shape
Balance centred between both feet
Pressure maintained on both skis
Simultaneous edge release
Extending to re-centre through the transition
Flexing through completion to aid steering
Pole plant
Showing a good BP even on the paramarked side
Round turn shape

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Free Skiing; two runs each task if possible (3 of the following 4 tasks will be performed)

1. Free run with change of rhythm (Freeski competition style)
 - ◆ Terrain: Steep Blue to Black run with variable snow conditions and slope angle. Like a big mountain competition type slope
 - ◆ Performance: All performances to suit terrain (terrain dependant)

Look for:

- Aggressive skiing (fast and in control)
- Choice of line (difficulty, air, fun)
- A controlled change of rhythm
- Good pressure control
- Use of performances suitable to terrain

2. Dynamic Medium Telemark:
 - ◆ Terrain: Blue or Black Run. Not necessarily groomed.
 - ◆ Performance: Pure Carved

Look for:

- working of the skis through progressive edging
- Fluid movements
- Both skis pure carving
- Solid x-over to enhance early edge engagement
- Deflection and acceleration across the hill
- Pressure control understanding to deal with the increased forces

3. Bump Run
 - ◆ Terrain: blue to black run, definite bump line.
 - ◆ Performance: Carved

Look for:

- Must link turns with speed control
- Good pressure control (active absorption) to keep skis predominantly on the snow
- Solid Basic Position to suit bump line
- Turn shape (to suit the bump line)
- Staying in the fall line (1-2 lane changes are permissible)
- Solid pole plant to aid stability.

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4. Dynamic Short Turns:

- ◆ Terrain - Black Run: Steep as possible
- ◆ Performance: Carved turns

Look for:

- Upper body discipline
- Good upper body lower body separation
- Deflection of the mass across the hill
- Strong Cross-Under Movements (minimise discipline disruption)
- Well Timed Pole Plants
- Edge as early as possible for a modern round turn shape
- Working of the skis
- Good Speed Control
- Appropriate rhythm

Teaching component:

The candidate will be asked to run a training session on either, **first telemark turns, basic telemark turns, or short telemark turns**. They will take the group and run them through 'how to teach' their particular task. The assessment will be based around the APSI's 'Teach to Teach' system:

1. INTRODUCTION: "A good Teach to Teach introduction should include;"
 - what (what are you going to teach the instructors to teach?)
 - who (level of students you are going to teach this to?)
 - where (what sort of terrain do you need to teach this?)
 - why (why do we teach this?)
 - what (what are the mechanics needed to learn this?)
2. SAMPLE LESSON (this includes the "9 lesson essentials")
3. COMMON PROBLEMS
4. DURATION
5. SUMMARY

Time allocated is 30 mins.

This teaching task is not aimed at seeing if the candidate can teach us how to make a 'basic telemark' but rather is an assessment of whether they understand how to **teach the group HOW TO INSTRUCT this particular task**.

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Skier Analysis:

Written Detection and Correction paper based on video footage using the APSI analysis sheet for 2 skiers. Format will be online. Candidates given a link to a video online of telemark skiers.

3.6 RECALL/UPDATE

Description:

A 'Recall' is designed to update instructors on current teaching techniques, concepts and skiing mechanics.

Prerequisites:

- ✓ Be a current APSI member
- ✓ Hold an APSI qualification in that discipline

Recall options:

1. **Spring Sessions** (attend at least one full day of spring sessions, 1 training block must include the update clinic).
2. **Home study recall**

Home study Recall details:

The home study recall can be ordered through the APSI shop, after which the participant will be provided with a current manual & recall theory paper. The participant will have 60 days to complete the theory paper and provide proof of 6 hours of 'on hill' personal job development training (can be completed by any ISIA approved trainer). After this has been processed at the APSI office the participant will have their qualification status updated as 'current'.

Assessment type:

Theory assessment tasks include a series of multiple choice, true false, and short answer questions. You must successfully complete all questions (ie achieve a 100% pass mark) to pass the recall. The good news is that you can re-attempt the assessment questions as many times as you like in order to pass.

SECTION 4

APSI Protocol

4.1 Certification Protocol

4.2 International guidelines

This section will prepare you to:

- Check that all resort employees have received adequate training prior to APSI assessment
- Give details on the procedure that the APSI follows to keep good practice in the products we provide.
- Determine at what level an overseas instructor can join our association.
- Understand what is expected to obtain ISIA (International Snowsports Instructors Association) recognition.
- Give advice on how to sign up for courses & exams.

4.1 APSI CERTIFICATION PROTOCOL

Revised 2011

1. Basic Eligibility
2. Mandatory APSI Dedicated Courses
3. Examinations
4. Level 4 Race Examination Content
5. Resits
6. Recalls
7. Trainers
8. Chief of Exams
9. Discipline Technical Director's
10. Professionalism & Ethics
11. Accident, Injuries & Associated forms

1. BASIC ELIGIBILITY:

All participants must meet the pre-requisites as outlined in each course of the APSI pathway to be involved in any APSI course or examination.

Snowboard candidates are required to perform all skills in soft boots. Applications in writing for special consideration to perform otherwise must be made to the Snowboard Technical Committee at least two weeks prior to the course commencing.

2. Mandatory APSI Training Courses:

i Level ONE:

The level one course is a three day program (Telemark and Nordic 2days including exam) to be conducted either within each snow sport school or by the APSI. It is recommended that a dedicated course specific structure (i.e. the blocks in succession) be conducted; however, it is recognised that snow sport school rostering may cause some modification to this. Day 4 is an APSI run assessment day. The dates are organised by each respective school.

ii Level TWO:

All candidates must successfully attain the APSI level 1 in their chosen discipline (or equivalent) prior to being awarded the Level 2 Certificate. Level 2 candidates must have completed one of the scheduled APSI Level 2 Training Courses or complete the equivalent in-house program within two (2) seasons of sitting the Level 2 Exam for the first time. Alpine Course duration = 3 days. Snowboard = 4 days. Nordic = 3 days. Telemark = 4 days.

iii Level THREE:

All candidates must successfully attain the APSI level 2 (or equivalent) prior to training for the Level 3. Level 3 candidates must have completed the Level 3 Training Course within two (2) seasons of sitting the Level 3 Exam for the first time. Alpine & Snowboard Course duration = 5 days, Nordic & telemark = 4 days.

iv **Level FOUR:**

All candidates must successfully attain the APSI level 3 (or equivalent) prior to training for the Level 4. Level 4 candidates must have completed that block of the Level 4 Training Course (i.e. those units which are being attempted at the Level 4 exam) within two (2) seasons of sitting the Level 4 Exam for the first time.

Level 4 Course for alpine and snowboard is made up of two 'blocks'. Block A, (5 days) 'Teaching', offers Teaching and Demonstrations in Alpine (plus freeride for snowboard). Block B (5 days), offers Free Skiing, freeride and Racing in Alpine or Freestyle and Racing in Snowboard. Candidates may elect to prepare for either Block A or, Block B or both blocks.

Telemark and nordic is a five day one block course – plus additional assessments.

Note: If illness or injury prevents a candidate from attending at least 90% of any course, the exam cannot be sat until the training is completed.

3. **EXAMINATIONS:**

EXAMINATION TASK GUIDELINES:

(Format and number of runs examined at any exam always depends on snow/weather conditions):

- 3a Level ONE candidates attend a competency based APSI training/assessment day where all candidates must 'meet expectations' in all units of the course over that day.
- 3b The 'Station' type assessment system is used whenever possible to score Free Skiing/Riding and Demonstration runs at all Levels. (Except level ONE)
- 3c Three (3) Examiners shall be assigned to each 'station' although two (2) is permissible if candidate numbers are deemed low enough.
- 3d Candidates are scored on two (2) runs if possible for each respective task (snow and weather dependant).
- 3e On-hill group scenarios will be used for teaching assignments, where possible (2) examiners will be used per group. (Except level ONE-1 examiner)
- 3f Where possible Movement analysis uses case studies of real guests on video and set questions.

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- 3g The Theory paper will include T&F, multiple choice and short answer questions. The assessment is to be sat in the weeks prior to end of season exams. If a candidate is unable to sit the theory paper prior to the exam for extenuating circumstances they will be able to sit the theory paper during the examination process.
- 3f The 'Open' type assessment system will be used in Level 2 **snowboard** for the teaching and demonstration runs. Two examiners are used. The 'Open' system is also applied to the level 3 freestyle section in **snowboard only**.
- 3g **PASSING CRITERIA FOR FREE SKIING/BOARDING AND DEMONSTRATION SKIING/BOARDING**

For the APSI Alpine, telemark and snowboard – Levels 2, 3 & 4, All units must achieve a minimum of 5 to pass.

Exceptions include: candidates must achieve at least two 5's and a 4 to pass the freeride/ski or demonstration unit in skiing/snowboarding. If one of the three marks for either demonstration skiing/snowboarding or free skiing/snowboarding is a 3 (e.g., 5, 5, 3 or 7, 6, 3), then that part of the skiing/boarding exam is not a pass & whole unit will need to be retaken (resit).

Where 2 teaching assignments are used, the score of 4 & 6 (giving a combined score of 10/20) is permissible (a score of 3 or below, cannot be used). Missing one teach will result in the need to retake (resit) the whole unit.

Snowboard level 4 needs a minimum of 5/5 in the 2 teaching assignments.

For other exceptions see SSS mark

Nordic – exam guidelines for passing

Level 2 – a candidate must achieve at least a score of 5 in all skills and teach

Level 3 – a candidate must achieve at least of 7 in all skills and teach

Level 4– a candidate must achieve at least of 9 in all skills and teach

4. LEVEL FOUR RACING EXAMINATION CONTENT:

- i Gates in a G.S. configuration.
- ii Candidates to have two (2) starts with best time taken. A third start is only permitted when at least one run is a DNF. A fourth start is not permitted.
- iii Order of start is reversed on second run.

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- iv To pass; men to complete course within 7% and women within 12% of the average of the pacesetters time.
- v An additional 2% Age Allowance shall be applied to the above rates for candidates thirty five (35) years and older.
- vi The wearing of Race Suits is not permissible.
- vii Where possible three pacesetters are to be selected from ranks of senior examiners.
- viii Pacesetters to run course at beginning of race and at end of second run.
- ix Two of the three pacesetters must complete the course successfully on both runs for the average 'pace time' to be calculated.
- x Where more than one pacesetter does not complete the course (DNF) on either of two pacesetting runs, both must re-start until at least two successful times are recorded.
- xi Snowboard race candidates may choose either soft boots or an alpine board with hard boots.
- Xii Snowboard race will be chosen from either- Timed Giant slalom or Individual timed Boarder-Cross To pass SB-X; men to complete course within 10% and women within 15% of the average of the pacesetters time. An additional 2% Age Allowance shall be applied to the above rates for candidates thirty five (35) years and older.
- xiii Wearing of helmets is strongly recommended.

5. RESITS:

- 5a A Resit is when a candidate is attempting an exam the following year after not achieving a pass in all units.
- 5b A Resit may be attempted for three (3) consecutive seasons at the early season Resit and/or the end of season exam. **For exceptions see points 5c & 5d.**
- 5c The Level 4 Snowboard Freestyle can only be attempted at the end of season Level 4

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Exam.

- 5d The Level 4 Race Resit can be assessed during the season by attending day 5 of the level 4 F&R course (weather permitting). This will be scheduled dependent on enough trainers in attendance to set the course average. All participants must check beforehand that the resit is available. It will only be available during the course that is run in August, not the course immediately preceding the exams.
- 5e It is not mandatory for a Resit candidate to attend the dedicated Training Course for that level from which the Resit has been gained.
- 5f A Resit candidate at any level is not eligible to attend a Training Course for a higher level.
- 5g Where a candidate remains unsuccessful after three consecutive seasons, credits for previously passed disciplines (units) shall be kept, so long as the candidate takes the relevant training course again.
- 5h Levels 1, 2 & 3 candidates may sit all continuing units of their level during the available resit exam dates. (Alpine & snowboard only, other disciplines is only 2 units)
- 5i Level 4 candidates may only sit two components (which they must nominate prior to the exam). Sitting all units is only available at the end of season exam
- 5j Level 1 candidates with a resit may do the training for the level 2 and attend that year's exam if they pass their resit prior to the exam

6. RECALLS:

- 6a A Recall is designed to update instructors on current teaching techniques, progression and skiing/riding mechanics.
- 6b Recalls are applicable to all APSI members who hold an APSI qualification.
- 6c Where an instructor has not attempted a higher level, participation in a Recall is mandatory at least every two years in order for a certification to be renewed. This is in line with ISIA member requirements.
- 6d The only exceptions to 6c is where an instructor has participated in the Rookie Trainer Selection, Trainers Co-ordination, National Education and Demonstration Team member, or is an **active** APSI Trainer/Examiner (attended the APSI Trainers Co-

ordination in that year) . These circumstances satisfy the Recall requirements.

6e Recall choices include attendance to the 'Spring Sessions' or a 'home study recall'.

7. TRAINERS:

Trainers are expected to take an active role in improving their personal skill development in all areas of the curriculum and beyond if deemed necessary.

7.1 Trainers & rookie trainers

Trainers are required to sign an employment agreement prior to commencing employment each season. Trainers are required to:

- (a) Attend Trainers Co-ordination each year.
- (b) Be familiar with the APSI Trainers and Examiners Manual (Red Book) and stay up to date with course and examination developments and changes.
- (c) Maintain up to date knowledge and understanding of the Australian Teaching Method and content of APSI Teaching Manuals.
- (d) Conduct all courses and examinations professionally.
- (e) If contracted, use APSI sponsored equipment whilst representing APSI at any course, examination or related activities.
- (f) Trainers will wear the uniform provided.
- (g) Be a current financial member of the APSI.
- (h) Eligibility to be a trainer/ examiner is an APSI Level 4 qualification. In house training and certification courses can be provided by a lower qualified instructor under the guidance of their snow sport school training co-ordinator. They must have attended the annual APSI Trainer's Co-ordination unless alternative arrangements have been made with the APSI. (Exception: snowboard, Nordic & telemark may train/examine level 1 while holding a level 3 certification)
- (i) Trainers are expected to have a thorough knowledge of the relevant manual, tasks & the required skills for the level they train and can be expected to be tested on it

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throughout the season.

- (j) Other conditions and requirements as may be determined from time to time.
- (k) Rookie trainers are expected to 'shadow' courses & exams. Minimum expectation is to 'rookie' both a training course & exam the number of days will be determined by their technical director.
- (l) The Technical Committee may recommend promotion of a Rookie Trainer to Level Trainer prior to completion of the above requirements where appropriate subject to approval of the APSI Board of Management Executive.

7.2 Course Leader/Senior Trainer

The Senior Trainer assigned to each course and examination co-ordinates the conduct of the course or examination and the allocated trainers and is required to complete or delegate the following tasks:

- (a) Prepare a written report on the performance of the Rookie.
- (b) Prepare Course Leader Summary Report Form and return to APSI office within two days of course completion.
- (c) Liaise with Mountain Representatives to help coordinate all room and on-hill bookings.

8. CHIEF OF EXAMS:

- 8a The Chief of Exams is to provide consistency to marking and to the overall assessment procedure.
- 8b The Chief of Exams is responsible for all exam materials (Bibs, Marking Sheets, Pens, Badges, Certificates, etc.). This is to be arranged 7 days prior to the exam.
- 8c The Chief of Exams is the Chairperson for the compilation of exam results & is responsible for returning the results to the APSI office within 7 days of completion.
- 8d The Chief of Exams co-ordinates the selection of appropriate terrain for the examinations.
- 8e The Chief Examiner has the authority to delegate tasks to other examiners.

8f The Chief of Exams is not restricted to marking at one station.

9. DISCIPLINE TECHNICAL DIRECTOR:

The Technical Director, is responsible for, or may delegate where appropriate, the following functions:

9a Act as chairperson of Technical Committee Meetings

9c To attend Exams and Training Courses.

9d To coordinate the training roster.

9e To coordinate and update the Teaching Manual and the Trainers and Examiners Manual (Red Book).

9g To provide technical guidance to trainers and examiners

10. PROFESSIONALISM & ETHICS:

10a All trainers and examiners agree to abide by the APSI Constitution, By Laws, Trainer Code of Ethics, the Alpine Responsibility Code/Terrain park etiquette and relevant resort policies.

10.b The APSI acknowledges that their sanctioned events are bound not only by their own By-Laws but also by the Rules of Conduct of the Resorts.

10c Candidates, Trainers and Examiners must remain mindful of these Rules at all times.

10d Rookie Trainers, Trainers and Examiners, whilst under the employ of the APSI Inc during an official sanctioned event, should be particularly conscious of the standards they project at all times.

10e Serious breaches of these Rules by a candidate are considered by the Board of Examiners and are taken into consideration when making their overall assessment.

10f Serious breaches by an employee must be referred to the APSI Board of Management and will be apart of the reviewing of performance of a Trainer/Examiner.

11. ACCIDENTS AND INJURIES:

11a Participation in any APSI sanctioned course, exam or event is the sole responsibility of the candidate. The APSI Inc can accept no responsibility for any accident, injury or loss, which is in any way associated with an APSI event.

11d Any incident occurring during an APSI event must be immediately reported to the course leader who must notify APSI Administrator immediately. An Incident form must

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be completed and faxed to the APSI office within 24 hours of the incident.

- 11e Details of any such accident must be recorded on the APSI Course and Examination – Leader Summary.
- 11f Candidates attending any APSI exam with a “Pre-existing” injury must inform the examiners prior to the start of the exam. If the candidate is unable to perform certain tasks they will be asked to miss that component resulting in a resit.

4.2 INTERNATIONAL GUIDELINES

1. ISIA additional modules
2. APSI qualification pathway total training hours
3. APSI International equivalence table

4.3.1 ISIA additional modules

All additional modules for ISIA are optional for APSI members to attempt, but to obtain recognition from the ISIA & receive the stamp on your membership card ALL modules must be completed.

Below I have included an outline of the Minimum standards & additional training modules available.

To Gain an ISIA stamp on your APSI membership card you will need;

- To be a current member.
- Have passed **all** components of either the level 3 or 4.
- All theory exams includes some general knowledge questions on Safety, Avalanche awareness, History, Marketing, environmental issues and Accident prevention, etc.
- If you received your qualification over 3 years ago you will need to attend an official APSI **recall**. (see recall notes).
- Hold a current senior first aid certificate. (available at each resort)
- Attend an avalanche awareness course. (available though some Snowsports schools)
- Attend a cross-over course or hold a second discipline certification (Includes Disabled/adaptive course)
- Provide proof of ability to teach in a second language.
- Hold a level 1 Snowsports coach certificate or equivalent

NOTE:

The International Ski Instructors Association (ISIA), reserves the right to obtain a list of all ISIA stamp holders, asses how any country follows the ISIA recommendations and insist that each membership cards state what year the member last updated their qualifications.

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4.3.2 APSI QUALIFICATION TOTAL TRAINING HOURS

The table below indicates the number of training hours instructors have to undertake to meet APSI eligibility requirements as well as ISIA requirements for the issuing of the ISIA stamp. The APSI level 3 and above are eligible to apply for the ISIA stamp subject to providing the APSI with evidence of completing the following.

TYPE OF TRAINING	NUMBER OF HRS
Instructor training program (Professionalism, teaching, technical knowledge, skiing)	50
Supervised auditing	30
Level 2 course (Professionalism, teaching, technical knowledge, skiing)	40
Level 2 theory training (workbook) (Technical knowledge)	10
Level 2 Practical Teaching Assessment	4
Children's certificate course (alpine and snowboarding)	21
Level 2 self training log (Professionalism, teaching, technical knowledge, skiing)	50
Level 2 in-house training (Professionalism, teaching, technical knowledge, skiing)	25
Level 3 course (Professionalism, teaching, technical knowledge, skiing)	60
Level 3 theory training	40
Level 3 in-house training (Professionalism, teaching, technical knowledge, skiing)	40
Level 3 self training log	50
First Aid course	16
Total number of hours:	430 Total Hours of Training
Second language training	30
LEVEL 4 TRAINING	
Level 4 teach and demonstration course	50
Level 4 race and free ski precourse	50
Level 4 in-house training	40
Level 4 theory training (workbook)	10
Level 4 self training log	40
Total hours for level 4	190

4.3.3 APSI INTERNATIONAL EQUIVALENCE TABLE

(As of June 2011)

Aim: The aim of the APSI Equivalence table is to allow overseas qualified instructors to apply for recognized prior learning (RPL) if they wish to join the APSI training pathway. The equivalence table does not allow any foreign systems to automatically obtain an Australian qualification; included is an overview of prerequisites and an outline of eligibility & specific prerequisites for each level.

Overview of prerequisites: Overseas qualified instructors are eligible to participate in APSI Courses and Exams subject to the following prerequisites:

1. They must become a financial member of the APSI.
2. Be employed by an Approved Snowsports School (Alpine & Snowboard).
3. **Must Provide copies of equivalent certification to the APSI office/NTC.**
4. **They must complete the required minimum teaching hours expected prior to applying for the course and provide proof to the APSI office/NTC.**
5. As with all courses they must meet the prescribed in-house training & hours worked as required for the level they are attempting.
6. Must consult with (except group 1) the Resort Training Coordinator who contacts the APSI discipline Technical Director so together they can assess the request and decide whether it is appropriate.
7. The request only applies to the specific certified discipline.

Outline of eligibility to begin training with the APSI:

1. Eligibility: Able to begin training within the APSI qualification pathway, level ONE.
Pre-requisites:
 - APSI financial member (included in Level ONE product as a package)
2. Eligibility: Able to partake in the APSI level TWO training program.
Pre-requisites:
 - APSI financial member
 - Employed by an Approved Snowsports school and gaining work experience
 - Proof of equivalent level ONE

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3. Eligibility: Able to partake in an APSI Level THREE training course.

Pre-requisites:

- APSI financial member
- Employed by an Approved Snowsports school.
- Proof of equivalent level TWO qualification
- Minimum 50 hours teaching experience **(in the season prior to applying for this course)**

4. Eligibility: Able to partake in an APSI Level FOUR training course.

Pre-requisites:

- APSI financial member
- Employed by an Approved Snowsports school.
- Proof of equivalent level THREE qualification
- Minimum 150hours teaching experience **(in the two seasons prior to applying for this course)**

5. Eligibility: Able to partake in the APSI Rookie selection process

Pre-requisites:

- APSI financial member
- Proof of equivalent level FOUR qualification
- Previously employed by an Approved Australian Snowsports school with a minimum of 1 season in-house training experience for that school
- Hold the appropriate working visa

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Equivalence: Included below is a graph showing how some of the more common qualifications line up with the APSI system, if the ISIA country you wish to cross-Reference is not included **please contact the APSI office for an outline.** (PSIA, CSIA & NZSIA Snowboard qualifications must include freestyle component).

Association	APSI	CSIA	PSIA	BASI	OSSV	NZSIA	SSSA
Country	AUS	Can	USA	UK	AUT	NZ	Swiss
No experience	1	1	1	1	-	1	I
1 season experience (50h+)	2	2	1+kids	2	Anwater	1+kids	II
2 seasons experience (150h+)	3-ISIA	3-ISIA	2	Teacher-ISIA	Landess.	2	III
3 seasons experience (300h+)	4	4	3	Diploma	Staatlich	3	Schneesportlehrer mit Eidgenossischem
4 seasons experience (400h+)	Rookie	Trainer	Trainer	trainer	Trainer	Trainer	Trainer