

UK SNOWLIFE Ski Awards



Photo:
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UK SNOWLIFE Ski Awards

Thank you for using the Snowlife award scheme. The scheme has been designed to work for a variety of skiing organisations and environments from school groups, tour operators, snow centres, dry ski slopes to ski schools.

It is essentially a skiing proficiency scheme to mark important milestones in a recreational skier's progress and has been made as simple as can be so that it can transfer between all potential users

with as much ease as possible. It is not a programme for a lesson, but rather a series of targets or levels for the learner to reach.

How to reach these milestones is the job of the ski instructor and he/she may choose whatever drills or developmental activities he/she deems appropriate and effective to help the learner progress.

There is a checklist at the end of the booklet that offers further precisions for each level but the milestones in themselves are clear and simple. The clarity of the text and the expert judgement of the ski instructor should make the awarding of levels easy.

Good luck with the scheme and we hope you enjoy using it.

Name of Skier



Address of Skier



Becoming a Star Skier

Welcome to the world of skiing and the UK Snowlife awards.
Can you succeed in the 9 stage UK Snowlife challenge to good skiing?

These awards are divided into 4 zones, green, blue, red and black. Each zone has a series of stages for you to complete.

Work with your instructor to develop your skiing and have your progress checked and recognised within the UK Snowlife awards.

At each level your instructor will ask you to perform a range of tasks to show you can ski at the required level and to help improve your skiing.

The tasks will help to show how well you can ski and will be appropriate for the terrain and conditions where you are being assessed.

Up to and including Level 7 can be done on Artificial Slopes (Snow Centres & Dry slopes), Level 8-9 on an open mountain snow resort.

	Location	Assessor Name
Ski Starter		
One ★		
Two ★		
Three ★		
Four ★		
Five ★		
Six ★		
Seven ★		
Eight ★		
Nine ★		

Green Zone

Ski starter

Clunky boots, sticks, slippery surfaces!

What Can I do ?

I can move around with skis on and ski down a short ski run in a straight line with my skis parallel.

Where Can I do it ?

I can ski on short easy ski runs with a natural run out.

What Will I learn Next ?

You will be doing lots of activities to help you balance when sliding.

Please Note:

Penguin or Green Star badge



*I really enjoyed my first lesson, I made lots of friends, learnt to balance and slide, it's like flying with your feet on the ground.
Sam*

Assessed by

Location

Date

Blue Zone

By the time you complete the blue zone you will be able to ski comfortably on blue runs.

A One ★ Skier - Get to grips with everything

Clunky boots, sticks, slippery surfaces! Make sense of a whole new world and learn to glide and stop on a nursery slope!

What Can I do ?

I can put my skis on and take them off again. I can climb and ski down a short ski run. I can control my speed by ploughing.

Where Can I do it ?

I can ski on short easy ski runs with a natural run out.

What Will I learn Next ?

To prepare for the 2 star award you will learn the things you need to do to turn your skis.

Please Note:

Polar Bear 1 or Blue Star 1 badge.



*Our instructor was so patient, we learnt so much and had such fun learning to plough to help control our descent down the slope.
Victoria*

Assessed by

Location

Date

Blue Zone



A Two ★ Skier - Snowplough turns...

This is the first thing to learn to get around the slopes. Snowplough turns are your brakes and steering wheel!

What Can I do ?

I can climb and ski down a short ski run, plough turning to control my speed and direction of travel. When I am skiing I can make wider and narrower turns if I need to. I no longer have to climb a slope, instead I can use a ski lift. I can pick a safe route and avoid other skiers. I know where I can stop and wait safely on a ski run.

Where Can I do it ?

I can ski on easy runs, normally nursery slopes and green runs.

What Will I learn Next ?

To prepare for the 3 star award you will be practising, things that will make you feel confident without a big snowplough.

Assessed by

Location

Date

Photo: ©neilmagrain.com

“ Today we learnt how to make linked turns down the nursery slopes, it feels so good to be able to control both speed and direction with the turns.
Chris ”

Blue Zone



A Three ★ Skier - Practise plough parallel...

This is the first step towards parallel turning as your plough naturally starts to disappear.

What Can I do ?

I am now skiing more quickly. I can make a series of linked turns where I start with my skis ploughing and then finish with my skis becoming parallel. When I do this my skis become parallel at the end of each turn.

Where Can I do it ?

I can ski on easier runs, normally green and blue slopes.

What Will I learn Next ?

To prepare for the 4 star award you will learn to become much less reliant on a plough and much more confident in keeping your skis in parallel when turning.

Assessed by

Location

Date

“ I found confidence to let the skis run a bit faster round the curves and can feel my skis becoming parallel as I exit each turn, more practise and I will be skiing parallel all the time!
Andrew ”

Red Zone

By the time you have completed the red zone you will be comfortable skiing on red runs.

A Four ★ Skier - Polished plough parallel...



You're almost a parallel skier. At this level you feel more secure and need to rely on a snowplough much less. Your skis naturally come closer together and you ski more smoothly and rhythmically.

What Can I do ?

I am able to ski more quickly and I am feeling balanced against my outside ski earlier in each turn. My turning is more fluid and my tracks are S shaped. When making plough-parallel turns my skis now naturally want to become parallel in or even before the middle of each turn [the fall line].

Where Can I do it ?

I can ski on blue slopes.

What Will I learn Next ?

To prepare for the five star award you will start to learn how to turn with your skis parallel all the time.

Assessed by

photo@Scott Markewitz

Location

Date

The terrain was a little more challenging today but I had all the skills to help me ski safely & in control at all times. The slopes are a bit busier and everyone skis a little faster than on the nursery slopes. It's such a great feeling to be progressing.
Alison



Red Zone



A Five ★ Skier - Perform the parallel...

Your skis are now turning parallel. Parallel turning is the foundation of good skiing. It opens the door to all sorts of exciting possibilities all over the mountain.

What Can I do ?

I can turn both skis at the same time and consistently. This is basic parallel turning. I am still working on improving my posture. Although I can descend a run on my own and select my route, my turns are not as smooth as I would like.

Where Can I do it ?

I can ski in control on blue slopes and some easier reds. Steeper red runs and slopes where the conditions are tougher prove a challenge.

What Will I learn Next ?

To prepare for the 6 star award you will be learning activities that help give you a distinct rhythm and pattern of movement to your turns. Your skis are parallel all the time.

Assessed by

Location

Practised balance exercises on red runs in my lesson, very helpful on the changing terrain.
Dave

Date

Red Zone



A Six ★ Skier - Pinpoint the pole plant...

Here you will learn to use your poles to help your balance and timing, you'll ski faster and make smoother arcs.

What Can I do ?

When I am parallel turning I can now use a well coordinated pole plant for timing and my turns are becoming smoother and I take charge of my skis rather than them taking charge of me. My tracks are now S shaped where they used to look more like Zs.

Skis are working well and I seem to have some flow from one turn to the next, I feel like I can co-ordinate my movements well.
Heather ??

Where Can I do it ?

I can ski on steeper terrain such as red runs.

What Will I learn Next ?

To prepare for the 7 star award you will be challenged to ski parallel with varying rhythms and speeds and on slopes with a range of gradients.

Assessed by

Location

Date

Photo: ©Scott Markewitz

Black Zone

By the time you have completed the awards in the Black zone you will be comfortable skiing on black runs.



A Seven ★ Skier - Perfecting parallel...

Making your parallel turns more versatile, solid and fluid is the way to feel confident when tackling more challenging slopes.

What Can I do ?

When I am skiing I can make a variety of smoothly steered arcs with a well coordinated pole plant. I can ski various radii of turn on a variety of gradients and use my steering skills to control my speed of travel.

Where Can I do it ?

I can ski comfortably on steeper terrain such as red runs.

What Will I learn Next ?

Learn how to refine your parallel skiing to cope with any gradient of slope comfortably.

Getting closer to my goal of skiing the black run safely & in control!
Tim ??

Assessed by

Location

Date

Black Zone



An Eight★ Skier - Piste perfect...

To ski comfortably, confidently and skilfully on all groomed pistes...

What Can I do ?

- I can ski a steep and narrow run making a series of rhythmical short radius turns, balanced, in good posture and with an appropriately timed pole plant. I can remain in the fall line and I can control my speed.
- On shallow green/blue terrain show the ability to roll from edge to edge using ONLY the shape and sidecut of the ski to change direction. My tracks will be well defined and there will be no skidding.
- Ski on a groomed steeper red or black run making a series of rhythmical medium radius turns whilst always maintaining good posture and balance

Where Can I do it ?

On red and black runs which are groomed or have very small bumps.

What Will I learn Next ?

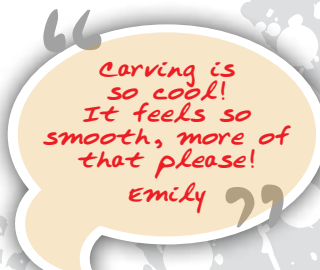
To prepare for the 9 star award you will learn how to ski well in less predictable, ungroomed terrain.

Assessed by

Location

Date

Photo:
©Don Campbell



Black Zone



A Nine★ Skier - Master the mountain...

To go and explore a whole host of possibilities that are now opening up to you...

What Can I do ?

- I can perform a fall line descent on an easy to medium bumps field, balanced, in good posture and with an appropriately timed pole plant.
- Perform a sequence of rhythmical turns in fresh snow of approximately ski boot depth leaving a series of symmetrical tracks
- Descend a piste covered with uneven, soft, cut up snow of approximately ski boot depth, making a series of linked rhythmical arcs of small to medium radius.

Where Can I do it ?

On almost any marked piste open to the general public.

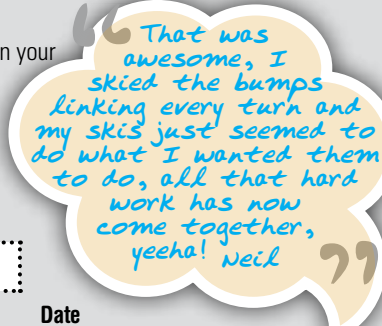
What Will I learn Next ?

You are ready to make choices in your skiing. Perhaps you want to ski competitively or to coach other skiers. There are lots of possibilities for you.

Assessed by

Location

Date



Staying Safe.

When skiing we have to take care of ourselves and of other skiers. When you ride your bike you must ride carefully looking where you are going and avoiding other people and cars. Skiing is the same, you must ski in control and avoid other skiers. Skiers follow a set of rules written by the International Ski Federation [The F.I.S.] called the 'Ski Way Code' which you can see on this page. Please read them, if you are unsure what they mean you should ask your teacher or ski instructor.



Rules for the Conduct of Skiers and Snowboarders:

1. Respect for others.

A skier or snowboarder must behave in such a way that he does not endanger or prejudice others.

2. Control of speed and skiing or snowboarding.

A skier or snowboarder must move in control. He must adapt his speed and manner of skiing or snowboarding to his personal ability and to the prevailing conditions of terrain, snow and weather as well as to the density of traffic.

3. Choice of route.

A skier or snowboarder coming from behind must choose his route in such a way that he does not endanger skiers or snowboarders ahead.

4. Overtaking.

A skier or snowboarder may overtake another skier or snowboarder above or below and to the right or to the left provided that he leaves enough space for the overtaken skier or snowboarder to make any voluntary or involuntary movement.

5. Entering, starting and moving upwards.

A skier or snowboarder entering a marked run, starting again after stopping

or moving upwards on the slopes must look up and down the slopes so that he can do so without endangering himself or others.

6. Stopping on the piste.

Unless absolutely necessary, a skier or snowboarder must avoid stopping on the piste in narrow places or where visibility is restricted. After a fall in such a place, a skier or snowboarder must move clear of the piste as soon as possible.

7. Climbing and descending on foot.

A skier or snowboarder either climbing or descending on foot must keep to the side of the piste.

8. Respect for signs and markings.

A skier or snowboarder must respect all signs and markings.

9. Assistance.

At accidents, every skier or snowboarder is duty bound to assist.

10. Identification.

Every skier or snowboarder and witness, whether a responsible party or not, must exchange names and addresses following an accident.

Climb the ladder and see where you can go!

As you get better, there are a multitude of exciting possibilities that open up to you! **What next?**

Recreational skiing spectrum

Master of the Mountains

Nine ★

Eight ★

Seven ★

Six ★

Five ★

Four ★

Three ★

Two ★

One ★

Ski starter

Become a ski instructor!

After level nine you may wish to try the entry level qualifications for ski instruction and pass on your love of the sport to others...

www.basi.org.uk

www.snowsportengland.org.uk

www.snowsportsotland.org

www.snowsportwales.net

Your local Head of Ski School will be happy to advise you.

Join a ski club and train!

Join a ski club and train to compete in ski racing, freestyle, skicross...

www.snowsportengland.org.uk

www.snowsportsotland.org

www.snowsportwales.net

Whatever you do, enjoy your skiing and stay safe.

Key Abilities by Level

KEY ABILITIES

Green	1 Walk around on the flat	<input type="checkbox"/>	5 Star	1 Vertical side slip on steeper blue or easy red type gradient	<input type="checkbox"/>
Penguin	2 Straight run with natural run out	<input type="checkbox"/>		2 Ski a consistent sequence of ten completely parallel turns	<input type="checkbox"/>
	3 Step up a small slope on one ski	<input type="checkbox"/>		3 Show ability to control speed through skidding the end of turns	<input type="checkbox"/>
1 Star	1 Sidestep up a small slope to gain height	<input type="checkbox"/>	6 Star	1 Ski a red run*	<input type="checkbox"/>
Polar	2 Plough glide and plough stop on a shallow slope	<input type="checkbox"/>		2 Ski a sequence of ten smooth round turns with skis parallel	<input type="checkbox"/>
	3 Put skis on and take them off	<input type="checkbox"/>		3 Pole plant with the correct timing	<input type="checkbox"/>
2 Star	1 Ski green runs or equivalent in snow centre or dryslope	<input type="checkbox"/>	7 Star	1 Ski all red runs*	<input type="checkbox"/>
	2 Plough turn in a controlled fashion for ten turns through cones or markers	<input type="checkbox"/>		2 Perform various parallel turns of varying sizes, always with a pole plant	<input type="checkbox"/>
	3 Take lifts safely	<input type="checkbox"/>		3 Show the ability to control speed through turn shape	<input type="checkbox"/>
3 Star	1 Ski green runs and easy blues or equivalent in snow centre or dryslope	<input type="checkbox"/>	8 Star	1 Short radius turns in fall line with pole plant	<input type="checkbox"/>
	2 Match the skis to parallel at the end of the turn for a sequence of ten turns	<input type="checkbox"/>		2 Edge roll & carve on shallow smooth terrain	<input type="checkbox"/>
	3 Traverse a slope in parallel, lifting the inside ski for 3 seconds	<input type="checkbox"/>		3 Ski a steep groomed red or black run, performing controlled medium radius turns	<input type="checkbox"/>
4 Star	1 Ski on blue runs or equivalent in snow centre or dryslope	<input type="checkbox"/>	9 Star	1 Ski an easy bump run in the fall line	<input type="checkbox"/>
	2 Consistently perform a sequence of 10 turns where the skis match parallel in fall line or earlier	<input type="checkbox"/>		2 Ski a rhythmical sequence of turns in fresh snow	<input type="checkbox"/>
	3 Diagonal sideslip to lose height	<input type="checkbox"/>		3 Ski uneven and choppy terrain, making small or medium turns	<input type="checkbox"/>

* Or in the case of indoor slopes and centres, being adjudged by the instructor as competent to ski red runs.



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Photo: Christoffer Sjöstram

For further information contact:



British Association Of Snowsport Instructors
Morlich House / 17 The Square Grantown-on-Spey / Scotland / PH26 3HG

+44 (0)1479 861 717 basi@basi.org.uk