

Level I Riding

Solid fundamentals through blue terrain

During the exam process candidates will be asked to perform the following tasks. These tasks provide a consistent platform to evaluate a candidate's skill blend. Practicing these tasks with your Training Director will help to develop the necessary skills and skill blends to successfully pass the on-snow portion of the Level I Exam.

This list serves as a sampling of tasks for this level. Based on available terrain, conditions and features, the examiners may change the tasks to fit the situation at their discretion.

SKATING – *Beginner Area or Similar*

Show the ability to push from both sides of the board with neutral alignment, maintain balance on the lead foot, while the board tracks and/or glides in a straight path.

CRITERIA

- Push off with back foot with one smooth movement from both sides of the board.
- Flex ankles, knees, hips and spine to stay balanced over the front foot.
- Direct the upper body and arm movements to flow with the board.

FADE TURN – *Beginner Area or Similar*

Show the ability to adjust balance on both toes/heels to engage the board's side-cut to create a gentle, carved turn. Allow the board's side-cut to create the turn, rather than the rider's rotation.

CRITERIA

- Engage the board's edges with one smooth diagonal movement of the feet, knees and hips.
- Direct your balance over the turning edge.
- Allow the board's side-cut to create the turn.

GARLANDS – *Green terrain*

Guide the board through a series of partial turns (no edge change) along a traverse. Twist the board with feet/legs (torsional steering) to control shape.

CRITERIA

- Show a fluid motion as a result of continuous, coordinated movements.
- Twist the board with both feet and legs (torsional steering) to control turn shape.

BASIC SKIDDED TURNS – *Green terrain*

Show the ability to shape linked, medium-radius, skidded turns by guiding the board while maintaining an appropriate edge angle to facilitate skidding. Speed control is maintained by controlling a skid throughout the turn shape. The body is stacked over the board while steering is created from the feet first.

CRITERIA

- Flex ankles, knees, hips and spine to stay balanced over a skidding board.
- Maintain fore/aft balance between the front and back foot while controlling a skid through each turn.

SWITCH BASIC SKIDDED TURNS – *Green terrain*

Show the ability to shape linked medium-radius, skidded turns by guiding the board while maintaining an appropriate edge angle to facilitate skidding. Speed control is maintained by controlling a skid throughout the turn shape. The body is stacked over the board while steering is created from the feet first.

CRITERIA

- Flex ankles, knees, hips and spine to stay balanced over a skidding board.
- Maintain fore/aft balance between the front and back foot while controlling a skid through each turn.

DYNAMIC SKIDDED TURNS – *Blue groomed terrain*

Show the ability to use both legs to guide the board through symmetrically skidded medium radius turns. Speed control is maintained through turn shape.

CRITERIA

- Maintain a stable and quiet upper body that flows continuously with the board.
- Movements originate from the feet and legs and turn more than the upper body.
- Maintain an appropriate edge angle to facilitate a controlled skid throughout each turn.
- Actively flex and extend ankles, knees, hips and spine to control pressure and maintain balance over a skidding board.
- Flexion/extension of the legs, hips, and spine are more lateral, creating offset and differing paths of the center of mass and board.

BASIC CARVED TURNS – *Green terrain*

Show the ability to link a series of round, carved, large-radius turns, leaving a clean track. Show balance over the turning edge using angulation. Edge change occurs before the fall line.

CRITERIA

- Edge is released and engaged with one smooth movement.
- The snowboard bends from the middle while the rider balances over the turning edge.
- Both legs are equally flexed.

OLLIE AIRS – *Green or easy blue terrain*

Show ability to spring off board's tail and flex legs up toward the body for a compact, stable image.

CRITERIA

- Exhibit fluid motion, as a result of continuous and coordinated movement, at the joints.
- Use fore/aft movements to leverage the tail of the board to ollie and then level the board to land evenly on both feet.
- Flex ankles, knees, hips and spine to stay balanced over the feet and absorb pressure.

FLAT SPIN 3'S – *Green or easy blue terrain*

Use torsional steering to create, control, and stop smooth spins in both directions.

CRITERIA

- Coordinated flexion and extension of the ankles, knees and hips to maintain dynamic balance as the board pivots around a point centered between the feet. No hesitation between spins.
- Stable and quiet upper body, which complements the lower working half.
- Corridor no wider than a packer width.

STRAIGHT AIR OVER A FEATURE – *Small, natural or man-made*

Show the ability to air over a small terrain feature. Show all ATML (Approach, Take off, Maneuver, Landing) images in balance and control. Ollie at take-off leads to a seamless retraction of the legs toward the body for a compact, stable image in the air.

CRITERIA

- Flexion and extension of the ankles, knees, hips, and spine to spring off terrain feature and absorb landing.
- Ability to flex the joints to create a compact, stable, image in the air.

TRANSITIONAL FREESTYLE ELEMENT – *Halfpipe, quarterpipe, steeper spine, hip jump, or similar natural terrain*

Show the ability to make an edge change with the turn apex at the top of the transition zone. Pressure is to be managed, allowing the rider to maintain momentum on the up slope and generate momentum on the down slope. Edge change will occur at the apex (i.e., the highest point reached on the “wall”) before the rider comes down.

CRITERIA

- Flexion and extension of the ankles, knees, hips and spine to manage pressure through the transition.
- Flexion of the ankles, knees, hips and spine at the apex to release pressure and change edges.
- Fore/aft movements are used to maintain a perpendicular alignment to the snow surface throughout the transition zone and flat bottom of the feature.

Level I Teaching

Candidates should be prepared to formulate and present a lesson plan that is relative to common goals for Beginner Zone outcomes and board performance.

There will be one teaching session for each candidate. The time allotted will be no longer than 15 minutes. Although it is not necessary to fill the time allowed, it is recommended to continue to work with the group for the allotted time. The administrator will monitor the time for you, as it's his/her responsibility to keep to a specific time schedule.

The content of the candidate's lesson should have basic information that reflects the riding fundamentals, skills concept and is appropriate to beginner zone progressions. The candidate will be responsible to observe and describe the riding fundamentals as performed during the tasks. The teaching presentation will address a target group, not necessarily individuals within the exam group. Directions need to be clearly stated as they relate to the general beginner zone outcomes. “Command” and “Task” teaching styles need to be well organized and utilized to define content and practice time.

The feedback provided by the candidate should be related to the fundamental focus of the target group, while providing wording that is simple (non-technical), practical and positive.

Questions based on your teaching presentation are asked immediately following your session, during chairlift rides, or both. The administrator may also set up scenarios wherein you and your peers discuss a teaching, technical or professional knowledge situation and deliver a response in a group setting.