CANADIAN SKI INSTRUCTORS' ALLIANCE

Candidate Information Guide

CSIA Level 2 Skier Development Course Guide

The Level 2 Skier Development Course is a two-day ski improvement experience designed to help participants achieve the Level 2 skiing standard while developing a deeper understanding of skier performance, the Five Skills Framework, and Ski the Canadian Way.

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Section 1

Welcome & Course Focus

Welcome to the course, what the course focuses on, and why ski improvement matters to teaching.

Slides 03–06

Welcome to the CSIA Level 2 Skier Development Course

The Level 2 Skier Development Course is a two-day ski improvement experience designed to help participants achieve the Level 2 skiing standard while developing a deeper understanding of skier performance, the Five Skills Framework, and Ski the Canadian Way.

Through purposeful practice, observation, assessment, and reflection, participants explore how movements influence ski performance, how the Five Skills interact to create outcomes, and how Cause & Effect relationships guide skier development.

COURSE OUTCOME

Participants will leave the course with improved skiing performance and a stronger understanding of how to assess, develop, and support the learning of others (Student–Tactic–Assess–Develop, STAD)

What the Course Focuses On

The Level 2 course focuses on developing skiing performance through a better understanding of the relationship between skier movements and ski performance.

Throughout the course you will learn to:

- Observe skiing performance and identify desired outcomes.
- Understand how the Five Skills Framework influences performance
- Recognize cause-and-effect relationships in skiing (STAD) (EEPPTT)
- Identify movement priorities for improvement
- Use terrain, tactics, and task design to support development
- Develop greater versatility across turn shapes, speeds, and conditions

As your own skiing improves, you will begin to understand how these same concepts can be applied when teaching the skiing public.

For example, rather than simply recognizing that a skier is skidding, you will begin to understand why it is occurring, what movements may be contributing to the outcome, and what learning experiences could help create a different result.

KEY MESSAGE

The course is built around the principle that the best instructors are lifelong learners. By understanding your own skiing more deeply, you will be better prepared to understand and develop the skiing of others.

Why Ski Improvement Matters to Teaching

One of the most important goals of the Level 2 course is helping participants connect personal skiing development to teaching effectiveness.

As you work on your own skiing throughout the course, you will develop the same observation, analysis, task-design, and feedback skills that instructors use every day when teaching students.

By experiencing the learning process yourself, you will gain a greater appreciation for how skiers develop confidence, acquire new skills, and adapt to different terrain and conditions.

The insights gained through improving your own skiing become valuable tools that can be applied directly when teaching beginner, intermediate, and advanced skiers.

KEY MESSAGE

In this way, the Level 2 course is not simply a skiing course. It is a course that develops both skiing and instructional understanding.

Section 2

What to Expect & Preparation

What to expect during the course, how to prepare, and the equipment participants should arrive with.

Slides 07–10

What to Expect During the Course

The Level 2 Skier Development Course combines:

- Ski improvement sessions
- Movement analysis activities
- Guided discovery tasks
- Individual feedback
- Group discussions
- Tactical skiing exercises
- Terrain adaptation activities
- Level 2 exam preparation

Course participants should expect:

- Continuous skiing throughout both days
- Individual coaching and feedback
- Self-assessment activities
- Exploration of different turn shapes and tactics
- Discussions about ski performance and movement patterns
- Opportunities to develop greater confidence and consistency

LEARNING ENVIRONMENT

The learning environment is designed to be active, supportive, collaborative, and performance focused.

Preparing for the Course

To get the most from the experience, participants should arrive physically prepared and ready to engage fully in the process.

Before attending the course, participants are encouraged to review the resources available in the Resource Section on snowpro.com: **Resource Section**

- Ski the Canadian Way
- Teach the Canadian Way – Teach the Canadian Way
- Five Skills Framework – Ski the Canadian Way
- Assessment and Development Strategies
- Motor Skill Development Principles
- Level 2 Candidate Guide

Participants should also:

- Ski regularly prior to the course
- Practice skiing a variety of turn shapes and turn sizes
- Explore different terrain and snow conditions
- Become familiar with the Level 2 skiing standard
- Reflect on personal strengths and development areas

Equipment & Preparation

Participants should arrive with:

- Well-maintained ski equipment
- Helmet
- Appropriate ski clothing
- Goggles and gloves
- Water and snacks
- Notebook or device for note taking **Participant Development Form**

WHY IT MATTERS

Being prepared allows participants to focus fully on skiing and development throughout the course.

Section 3

Two-Day Course Structure

Day 1 and Day 2 focus areas, on-snow schedules and the outcomes participants can expect from each day.

Slides 11–15

Day 1 - Movement Analysis Foundations & Five Skills Awareness

Focus Areas

- Course orientation and objectives
- Ski improvement assessment
- Review of the Five Skills Framework
- Ski-snow interaction
- Introduction to cause-and-effect assessment
- Terrain and tactical awareness
- Task design and skill development
- Skill blending through skiing performance

On-Snow Schedule – DAY 1

Time	Session
9:00 – 9:30	Welcome, introductions, safety review and course overview
9:30 – 10:30	Warm-up skiing and initial performance assessment
10:30 – 11:30	Five Skills Framework in action
11:30 – 12:00	Movement analysis and Ski-snow interaction observations
12:00 – 12:45	Lunch
12:45 – 2:00	Task design and skill development related to observations
2:00 – 3:00	Terrain adaptation and tactical awareness
3:00 – 3:30	Reflection, feedback and development planning

DAY 1 OUTCOMES

Participants will begin identifying how movements influence ski performance and develop greater awareness of their own skiing strengths and priorities for improvement. **Participant Development Form**

Day 2 - Performance Consistency & Tactical Versatility

Focus Areas

- Review of Day 1 development themes
- Turn shape and speed management
- Tactical versatility
- Movement refinement
- Terrain adaptation
- Individual coaching
- Level 2 skiing expectations
- Performance preparation

On-Snow Schedule – DAY 2

Time	Session
9:00 – 9:30	Warm-up and review
9:30 – 11:00	Skill blending and performance refinement
11:00 – 12:00	Terrain and tactical versatility
12:00 – 12:45	Lunch
12:45 – 2:00	Level 2 skiing tasks and performance preparation
2:00 – 3:00	Individual coaching and development planning
3:00 – 3:30	Course wrap-up and next steps

DAY 2 OUTCOMES

Participants will leave with a clearer understanding of the Level 2 skiing standard, personal development priorities, and strategies for continued improvement.

Section 4

Evaluation & Final Thoughts

Understanding the evaluation process, the required skiing tasks and assessment focus, and final thoughts before the course.

Slides 16–18

Understanding the Evaluation Process

The Level 2 skiing standard is based on the ability to demonstrate consolidated skiing skills under stable conditions.

Throughout the course, participants will receive ongoing feedback regarding their skiing performance and development priorities. Discussions will focus on ski performance outcomes, movement effectiveness, consistency, and adaptability.

The Level 2 Ski Exam evaluates performance through a series of required skiing tasks that may include:

- Demonstration Parallel Turns
- Short Turns
- Terrain Interpretation / All-Terrain Skiing
- Intro to Parallel Demonstration
- Rollerblade Turns

Assessment focuses on:

- Balance
- Rotary control
- Edging
- Pressure management
- Coordination
- Rhythm and flow
- Tactical choices
- Consistency of performance

EVALUATION MINDSET

Participants should view evaluation as part of the learning process. Feedback is designed to identify strengths, clarify development priorities, and support continued growth as a skier and instructor.

Final Thoughts

The CSIA Level 2 Skier Development Course is an important step in your development as both a skier and an instructor.

This course is designed to help you:

- Improve your skiing performance
- Develop stronger self-awareness
- Better understand ski-snow interaction
- Apply the Five Skills Framework more effectively
- Increase versatility across terrain and conditions
- Prepare for the Level 2 skiing standard

BEFORE YOU ARRIVE

Come prepared to challenge yourself, ask questions, experiment with new ideas, and embrace the learning process.

The more actively you participate, the more you will gain from the experience.

We look forward to skiing with you.

Evaluation Form

CSIA AMSC

MASTER SHEET
LEVEL 2 SKIING EXAM

SKIING RESULT	
ME	NI

Name _____ Member # _____

Location _____

Date _____ Course Conductor _____

Run	Demonstration Parallel	Short Turn	Tactic	All Terrain
Score >				

MARKING SYSTEM

Each run is marked on 10 points and the passing mark is 6 out of 10

Passing criteria

- Obtain an overall of 60 % average
- Must pass 3 runs out of 4
- Must pass the Tactic run
- Must pass the Demonstration Parallel Run

Each Ski-Off Run has an objective that relates to speed, turn shape and level of ski performance.

Skills should be applied appropriately to achieve the objectives to a CONSOLIDATED level of execution. Both the objective and skill application are considered in determining individual marks. The scale works as follows (read the mark of 6 first):

8 or higher – precise execution of run objective with refined technical execution.
*Example: can effectively control line in all cases and can manage higher speeds effectively **AND** is refined technically, well above the Level 2 standard.*

7 –precise execution of run objective **and**/or refined technical execution.
*Example: skier is able to control and adjust turn shape at a higher speeds and level of performance when appropriate **OR** skill blend is more precise resulting in a more precise or dynamic run.*

6 –achieves the objective of the run AND shows consolidated skill execution most of the time.
Minimum Passing Mark

5 –achieves the objective of the run, but skill development is not at a consolidated level or skills are consolidated but does not achieve the objective of the run.
*Example: correct speed and turn shape, however, lacks rotary movements **OR** good technique, but speed is too slow or too fast for the objective of the run.*

4 –fails to achieve the objective of the run **and** skill level is not consolidated.
Example: lack of rotary movements affects the ability to maintain speed control and turn shape most of the time

3 or lower – does not achieve the run objective **and** skill(s) require acquisition (well below the L2 Standard)
Example: basic skiing skills are deficient (acquisition level or lower) such as rotary movements, edging or pressure related movements, therefore, speed, turn shape and ski performance are greatly affected.

ME	Candidate meets expectations in this aspect
NI	Candidate needs improvement in this aspect

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