



**Canadian Ski Instructors' Alliance**

CANADIAN SKI INSTRUCTORS' ALLIANCE

***Level 3 Certification  
Candidate Guide***

**2020-2021**

***Mission Statement:***

***“The Canadian Ski Instructors’ Alliance provides excellence in education for the profession of ski teaching, contributing to the growth and enjoyment of skiing.”***

Certified as a designated Educational Institute by the  
Canadian Department of Human Resources Development

L3CG-ENG-21

# Level 3 Certification Program



The CSIA Level 3 Certification Course is for the Instructor with practical experience and knowledge, looking to refine their lesson design and skill application to deliver a memorable experience for any skiing guest.

With an in-depth understanding of the relationship between skiing skills and performance, a Level 3 Ski Instructor can not only ski Advanced terrain at a refined level, but evolve lessons and adjust their approach to meet any student's needs. Through a clear and uncomplicated teaching approach, a Level 3 is able to keep lessons fun, safe and interactive.

## Skiing and Teaching “Tracks”

The Level 3 Program is offered in a Skiing and Teaching “Track”. To acquire the complete Level 3 Certification, Members must pass both of the related Skiing and Teaching components, however independent development in either of the Tracks is also possible.

For example, upon completion of the Level 3 Skier Development Course, a Member is able to proceed to the Level 3 Ski Exam if they choose. The same is true of the Teaching Track provided they have achieved success on the Level 2 Teach Exam.

### Prerequisites Level 3 Skier Development Course:

- Pass Level 2 Skiing Exam

### Prerequisites Level 3 Ski Exam:

- Pass Level 2 Skiing Exam
- Attend Level 3 Skier Development Course
- Candidates may attend the Level 3 Ski Exam prior to passing the Level 2 Teach Exam

### Prerequisites Level 3 Teacher Development Course:

- Pass Level 2 Teaching Exam

### Prerequisites Level 3 Teach Exam:

- Candidates must achieve full Level 2 Certification before attending the Level 3 Teaching Exam
- Completed Level 3 Teacher Development Course

# *Level 3 Skier Development Course*



The three-day Level 3 Skier Development Course is designed to give you the opportunity to develop and practice Advanced skiing tactics that will help you refine your own skiing skill and confidence in Advanced terrain. With guidance from your Course Conductor, you will explore:

- Advanced ski performance on Blue and Black groomed and off-piste terrain
- Assessment and Develop tactics for your own skiing
- CSIA Technical concepts
- Level 3 Ski Exam Evaluation Criteria

Exposure to the Level 3 Ski-Off runs will give you the opportunities to gain insight into the effectiveness of your approach and prepare you for the Level 3 Skiing Exam.

Please note that paper materials will not be provided for this program for the 2020-2021 season in order to reduce the opportunity for spread of COVID19. Please be prepared to take notes on your own development on paper, your phone or other device.

# Level 3 Ski Exam



During the L3 Ski Exam, candidates are evaluated on their skiing skills on advanced terrain, in groomed and ungroomed conditions and a tactic demonstration. The Skiing standard is evaluated in a ski-off format.

Evaluation of the Skiing Outcomes, relative to the L3 standard, is based on the “IACRCv” model. (See Canadian Ski Teaching – Getting Started)

Candidates must pass both skiing and teaching aspects to be certified Level 3.

## SKI MARKING SYSTEM

### • Skiing:

The evaluation standard is a “Refinement” stage of development in accordance to the CSIA Level 3 Technical Performance Criteria.

Candidates receive a mark out of 10 on each of 5 ski off runs.

STAGE OF DEVELOPMENT	TECHNICAL ABILITY
ACQUISITION	<ul style="list-style-type: none"><li>• The skier coordinates and executes the key components of the movement in the correct order;</li><li>• Execution is inconsistent and lacks precision;</li><li>• Conscious execution by skier;</li><li>• Rough form, lacks synchronization, rhythm and flow.</li></ul>
CONSOLIDATION	<ul style="list-style-type: none"><li>• Coordination of movements appears</li><li>• Controlled and rhythmical execution of task under stable conditions</li><li>• Some performance elements are maintained, but are inconsistent when skier is under pressure, conditions change or demands increase</li></ul>
REFINEMENT	<ul style="list-style-type: none"><li>• Performance is consistent and precise in demanding conditions</li><li>• Movements are automatic and done subconsciously</li><li>• Only minor fine tuning may be necessary</li><li>• Critical reflection and correction is possible by skier</li></ul>



## MASTER SHEET LEVEL 3 SKIING EXAM

SKIING RESULT	
Pass	Fail

Name \_\_\_\_\_

Member # \_\_\_\_\_

Location \_\_\_\_\_

Date \_\_\_\_\_

### MARKS

Medium	Short	Long	Bumps	Tactic

### 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 4 runs out of 5
- Must pass the Bump run
- Must pass the Medium Turns run

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

Within all Ski-Off Runs, skills should be applied appropriately to achieve these objectives at a REFINED 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 and precise technical execution.

*Example: skier is able to control line relative to terrain and maintain advanced to expert speeds AND is refined technically, well above the Level 3 standard.*

7 –precise execution of run objective and/or precise technical execution.

*Example: skier is able to control and adjust turn shape to manage higher speeds and level of performance relative to terrain OR skill blend is more refined resulting in a more dynamic run.*

6 –achieves the objective of the run and shows refined skill execution most of the time.

*Minimum Passing Mark*

5 –achieves the objective of the run, but skill level is not refined or applies skills correctly but does not achieve the objective of the run.

*Example: correct speed and turn shape, however, lacks rotational control OR good technique, but speed is too slow or too fast for the objective of the run.*

4 –does not achieve the objective of the run and skill level is not refined.

*Example: excessive rotation affects the ability to maintain speed control and turn shape.*

3 or lower – does not achieve the run objective and skill application is at no more than consolidation (well below the L3 Standard)

*Example: basic skiing skills are deficient such as rotational, edging or pressure control, therefore, speed, turn shape and ski performance are greatly affected.*

L3EVAL-ENG-21

# Level 3 Ski Exam - Marked Runs



**Type:** Medium Turn (9 - 11m)  
**Speed:** Medium Speed  
**Performance:** Steered  
**Pitch:** Blue  
**Surface:** Groomed  
**Qualities:** Round Linked turns  
Speed remains Consistent  
Rotational Control results in the appropriate steering angle for the objective  
Edging Control results in outside ski directing COM throughout  
Skis change edges at transition simultaneously

**Type:** Short Turn (5 - 8m Approx 1 cat track)  
**Speed:** Advanced Speed  
**Performance:** Steered  
**Pitch:** Black  
**Surface:** Groomed  
**Qualities:** Speed remains consistent throughout  
Round, linked turns  
Steering results in deflection of COM across the run  
Edge grip is apparent at or above the fall line  
Skis remain parallel throughout

**Type** Long Turn (14 - 18m dependent on ski choice)  
**Speed** Advanced Speed  
**Performance** Steered  
**Pitch** Blue/ Black  
**Surface** Groomed  
**Qualities** Round, linked turns  
Speed remains consistent  
Steering of BOS directs COM from fall line  
CSIA technical elements are applied

**Type** **Bump Run (fall line)**  
**Speed** **Advanced Speed**  
**Performance** **Steered**  
**Pitch** **Blue/ Black**  
**Surface** **Bumps**  
**Qualities** Speed remains consistent  
Turn shape and line are adjusted to terrain  
Skills are blended to produce an overall fall line run  
Snow contact is controlled at will

**Type** **Outside to Outside Hop (tactic)**  
**Speed** **Medium**  
**Performance** **Steered/ Carved**  
**Pitch** **Green to Blue**  
**Surface** **Groomed**  
**Qualities** Speed remains consistent  
Pressure Control provides controlled "hop" through transition  
Transition is from inside edge to inside edge  
Edging Control results in immediate grip and direction of COM  
Inside ski remains parallel and off the snow throughout

**OR**

*(dependant on snow/ traffic conditions)*

**Type** **Bracquage (tactic)**  
**Speed** **Slow**  
**Performance** **Drifted**  
**Pitch** **Blue/ Black**  
**Surface** **Groomed**  
**Qualities** Rotational Control used to lead turning effort with  
the lower body  
Momentum is mainly in fall line with some deflection  
due to ski design  
Skis remain parallel throughout  
Skill Blend and timing/ coordination of transition  
does not produce an arc

# *Level 3 Teacher Development Course*



The three-day Level 3 Teacher Development Course is designed to give you the opportunity to develop and practice teaching approaches and strategies to enhance your work with Advanced skiers. With guidance from your Course Conductor, you will explore:

- Collaborative Teaching
- CSIA Technical concepts
- Assessment and Development of Advanced skiers
- Level 3 Teach Exam Performance Criteria

Practice teaching opportunities within your group will help develop your teaching on Black terrain and in challenging snow conditions, gain insight into the effectiveness of your approach and prepare you for the Level 3 Teach Exam.

Please note that paper materials will not be provided for this program for the 2020-2021 season in order to reduce the opportunity for spread of COVID19. Please be prepared to take notes on your own development on paper, your phone or other device.

## *Level 3 Teach Exam*



The Level 3 Teaching standard is evaluated in a 60 minute lesson taught to your peers. Teaching assignments are provided the morning of the exams, by the course conductor in charge.

Advanced Ski Improvement – Groomed

Advanced Ski Improvement – Situational (bumps/ off piste)

### **★ Teaching:**

Meets expectations (ME) or Needs improvement (NI).

### **RE-TEST ON SKIING OR TEACHING**

Candidates who fail skiing or teaching can be re-tested at any time by registering for and attending a future Level 3 Ski or Teach Exam. Once a portion has been passed, a member will never have to be re-tested for that portion.



# Level 3 Teaching - Evaluation Form

OVERALL RESULT

**NI / ME**

Location: \_\_\_\_\_ Date: \_\_\_\_\_

Candidate name: \_\_\_\_\_

Member # \_\_\_\_\_

Course Conductor: \_\_\_\_\_

**NI ME** **KNOW YOUR LEARNER** **4/5**

NI	ME	Adapts approach to address learner aspirations
NI	ME	Adjusts approach based on psychological considerations
NI	ME	Adjusts approach to accommodate physical considerations
NI	ME	Assesses the learner's performance level in advanced terrain
NI	ME	Assesses skills

**NI ME** **CREATE AN EXPERIENCE** **5/6**

NI	ME	Teaches safety (MANDATORY)
NI	ME	Adapts environment to enhance learning
NI	ME	Describes desired ski snow interaction
NI	ME	Imposes movements linked to ski snow interaction
NI	ME	Primes learners based on the objective
NI	ME	Uses CSIA technical principles in task demonstrations (refinement)

**NI ME** **ASSESS THE EXPERIENCE** **4/5**

NI	ME	Compares outcomes and objectives
NI	ME	Assesses skill application within the task
NI	ME	Recognizes effect of the environment on outcomes
NI	ME	Compares observations and learner reflections
NI	ME	Engages students to relate cause and effect

**NI ME** **EXPLORE POSSIBILITIES** **3/4**

NI	ME	Applies safety considerations in evolving approach (MANDATORY)
NI	ME	Spends sufficient time on task to affect change
NI	ME	Repeats or varies task based on technical assessment
NI	ME	Applies development concepts to advanced skiing

**Legend:**  
 The marking scale is based on an expectation that competency is apparent "most of the time" during the exam.  
 The evaluation of each criteria is based on the candidates demonstrated level of understanding.  
 Requirement for achieving the standard in each section is indicated (4/5, 5/6...)  
 Candidates must meet expectations in all four Teaching sections to pass the Teaching

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