

Level I Alpine Assessment Activities						
Assessment Criteria	Activity	Terrain	Description	Ski Performance	Body Performance	Speed
Integrated Activities: Integrate two or more of the Technical Fundamentals through all turn phases to achieve prescribed ski performance.						
The Common Threads	Both skis stay on the snow.					
	Ankles work in unison creating matching forward angles.					
	The skis are simultaneously guided to begin the turn.					
	A countered relationship is maintained through the transition between turns.					
	The legs flex and extend independent of each other to move the Center of Mass from turn to turn.					
Integrated Activities	Torso stability creates lower body mobility.					
	Wedge Turns	Easy Groomed Green Trails	Linked medium radius turns with the skis in a gliding wedge relationship. Turn shape is used to promote gliding while maintaining a slow speed.	-Width of wedge doesn't change. -Skis are turned toward each other with tips closer than tails. Distance between tips or tails doesn't change. -Skis are on opposing edges. Outside ski has a higher edge angle than inside ski during a turn. -Skis are steered to control turn shape. Skis leave skidded tracks.	-Legs are turned inward, and slightly tipped inward to create wedge relationship. -The path of the Center of Mass travels in between the path of the feet. The Center of Mass doesn't cross to be on the left or right side of both feet at any time. -An athletic stance allows for skier to control steering of the skis and adjust turn shape as needed.	Slow enough to require the wedge to effectively establish and maintain balance throughout the turn.
	Wedge Christie Turns	Steeper groomed green or easy groomed blue runs	Linked medium radius turns that begin in a gliding wedge and finish with a christie turn characterized by skis on corresponding edges in a skidded turn. The matching of skis from wedge to parallel in a christie, is the result of the inside ski's edge change occurring after the turn has begun and continued steering of both skis simultaneously. Turn shape is used to control speed while promoting glide.	-Turns are initiated by both skis being tipped and turned down the hill. The outside ski changes edges and the inside ski's edge angle decreases to nearly flat. The outside ski is steered into the turn at a faster rate than the inside ski resulting in the skis being on opposing edges in a gliding wedge. -Through the shaping phase, the inside ski changes edges as both skis are steered through the turn. The inside ski gradually matches the outside ski in a parallel relationship as the tips come apart and the skis come slightly closer together into a parallel hip width stance. -Both skis continue turning parallel through the skidded arc creating a christie turn.	-The wedge, christies, and natural matching are controlled by the relationship between the path of the Center of Mass and the path of the skis. -The Center of Mass is in between the skis during wedge portions of the turn. -The Center of Mass moves from between the skis to one side of both skis to assist with matching. -The Center of Mass is on one side of both skis during the christie portions of the turn. -The legs will turn inward slightly adduct during the wedge and the inside leg will turn outward to create the christie. -Lines across the shoulders, hips, knees, and feet are parallel with each other during the christies.	Faster than a wedge turn, and slower than a basic parallel turn. Slow enough at initiation to require a wedge to establish the necessary early-turn balance. Fast enough through the shaping and finish phases to support a parallel turn.
	Basic Parallel Turns	Steeper groomed green or easy groomed blue runs	Linked medium radius skidded turns with parallel skis on corresponding edges. A pole touch is used to enhance rhythm, flow, and timing. The pole touch corresponds with the edge change. Turn shape is used to control speed while promoting glide and generating sufficient forces for the skier to initiate turns with parallel skis.	-Skis are steered to create controlled skidded turns. -Each ski leaves a track in the snow. -Skis are in a parallel relationship all of the time. -Skis have matching edge angles through all phases of the turn. -The skis are not displaced to create steering angles, edging angles, or skidding.	-The Center of Mass crosses from one side of the skis to the other in the transition. -Lines across the shoulders, hips, knees, and feet are parallel with each other through shaping and finish phases.	Faster than a Wedge Christie, but not as fast as a dynamic parallel turn. Fast enough to facilitate parallel edge change and turn entries, while allowing the ski to be steered through initiation, shaping, and finish.
Assessment Criteria	Activity	Terrain	Description	Ski Performance	Body Performance	Fundamental Focus
Individual activities: Use individual Technical Fundamentals as prescribed.						
Individual Activities	Sideslip w/ Edge Set	Green or gentle Blue Terrain/Groomed Snow	Slip parallel to the fall line, keeping the skis perpendicular to the fall line. Come to a complete stop. Repeat facing the opposite direction. Maintain a consistent speed, corridor width and direction.	-Skis remain parallel and consistently perpendicular (90°) to the fall line throughout the activity -Skis maintain a parallel orientation -Both skis maintain similar edge angles relative to one another during the slip and edge set.	-The upper body is aimed towards the downhill ski tip -Edge angles are controlled by tipping the legs and feet -The ankles have matching forward angles	Control edge angles through a combination of inclination and angulation and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.
	Skating - Flat terrain	Flat terrain/Groomed snow	Create forward movement by stepping from ski to ski. Skis are angled away from each other and tipped to the edge to create grip.	-One ski glides on outside edge, then tips to inside edge to create a platform to move from -Other (lifted) ski, returns to snow diverging from 1st ski with tails nearly crossing. 2nd ski glides on the outside edge as the 1st ski is lifted from the snow. -Lifting and gliding repeat to propel the skier down the hill	-Extend and move forward off inside edge to transfer weight to new gliding ski dynamically -Return unweighted foot alongside and diverging from the weighted foot -The legs while on new gliding ski to prepare for extension at weight transfer	Control pressure from ski to ski and direct pressure to the outside ski and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.
	Carved uphill arc	Green or gentle Blue Terrain/Groomed Snow	Do a single turn, then repeat in the opposite direction. The turn is a direct result of the ski's sidecut. Turn radius is controlled by adjusting the edge angle.	Skis are progressively tipped on edge and follow the sidecut of the ski creating two distinct parallel lines in the snow. Skis bend from the center	-Tipping movements are made with the lower body and originate in the lower leg -Angulation between the lower body and upper body increases as the turn develops -The ankles have matching forward angles	Control edge angles through a combination of inclination and angulation and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.
	Wedge Change-up	Green terrain/Groomed snow	The skier glides parallel with the fall line alternating between a gliding wedge to a straight run.	-Ski tips come together while tails move apart to create the gliding wedge. -Ski tips move apart while tails move closer together to change from the gliding wedge to the straight run.	-The legs rotate inwards to create the wedge, the stance widens, and the knees aim towards each other -The legs rotate outwards to create the straight run, the stance narrows until the feet are under the hips, and the knees are aimed down the hill	Control the skis' rotation with leg rotation, separate from the upper body and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.
	Guided uphill arc	Green or gentle Blue Terrain/Groomed Snow	Do a single parallel turn, then repeat in the opposite direction. The turn is a result of engaging the forebody of the ski with the snow using a combination of turning and tipping. Turn radius is controlled by adjusting the steering angle.	-Both skis progressively turn and tip the same amount -Ski tracks are two brushed, parallel lines in the snow	-Tipping movements are made with the lower body and originate in the lower leg -Angulation between the lower body and upper body increases as the turn develops -The ankles have matching forward angles	Control the skis' rotation with leg rotation, separate from the upper body and/or Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis.
	Straight run, leaper	Gentle Green Terrain/Groomed Snow	The skier glides parallel with the fall line while doing recurring hops.	-While leaving the ground and in the air, the skis are parallel to the snow surface -The skis leave and return to snow at the same time -The skis bend and unbend from the center	-The CoM is aligned to a point under each foot -Coordinate the extension of the body's joints to keep the CoM over the BoS while leaving the snow. -Coordinate the flexion of the body's joints to keep the CoM over the BoS, while landing on the snow.	Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis and/or Regulate the magnitude of pressure created through ski/snow interaction
	Outside ski J-turn	Gentle Green Terrain/Groomed Snow	The skier glides parallel to the fall line, lifts the tail of the inside ski off the snow, then begins a turn. Both skis are guided across the fall line and back up the hill.	-Inside ski tip is on the snow and tail is raised off snow before turning begins -The tip of the lifted ski is on the snow and the tail maintains a consistent distance from the snow -Turning ski leaves a wide/brushed track -Skis continue to turn until coming to a stop	-Flex the inside leg to align the CoM towards the outside ski -Legs steer and tip under a stable upper body to control rotation and edge angle	Control pressure from ski to ski and direct pressure toward the outside ski and/or Control edge angles through a combination of inclination and angulation
	One-ski Straight Run	Gentle Green Terrain/Groomed Snow	The skier glides parallel to the fall line with the tail of the inside ski lifted off the snow.	-Skis start and maintain a parallel relationship -The tip of the lifted ski is on the snow and the tail maintains a consistent distance from the snow -The gliding ski remains flat with the snow surface	-Coordinate the flexion of the body's joints to keep the CoM over the BoS -Flex the inside leg to align the CoM towards the outside ski -Maintain legs and upper body pointed in the direction the skis are sliding	Control the relationship of the Center of Mass to the Base of Support to direct pressure along the length of the skis and/or Control pressure from ski to ski and direct pressure toward the outside ski
	Step into Fall Line	Gentle Green Terrain/Groomed Snow	Perform a series of diverging steps to initiate a turn. Complete the rest of the turn with both skis on the snow.	-Begin with skis perpendicular to the fall line -The downhill ski lifts, rotates, and returns to snow in a divergent step toward the turn. -The uphill ski lifts, rotates, and returns to snow parallel to the first ski. -Lifted skis are parallel to the snow surface -Once skis are parallel to the fall line they continue in a skidded turn through the finish phase	-Flex/extend legs independently to transfer weight from foot to foot -Turn skis with leg rotation under stable upper body -From fall line to finish, the ankles have equal forward angles	Control pressure from ski to ski and direct pressure toward the outside ski and/or Control the skis' rotation with leg rotation, separate from the upper body
Assessment Criteria	Activity	Terrain	Description	Ski Performance	Body Performance	
Versatility Activities: Demonstrate versatility by varying turn shape, turn size, and line through intermediate zone terrain.						
Versatility Activities	Medium Radius Parallel Turns	Gentle Blue terrain/Groomed snow	A series of linked medium radius parallel turns. Maintain a consistent turn shape, speed and rhythm.	-The ski tracks are brushed and have a consistent width -Turn shape is round -Skis are parallel in most turns -Width of skis stays consistent -Both skis steer towards the fall line at the same time and rate in most turns -Skis bend from the center in most turns -Skis maintain contact with the snow most of the time	-Turning comes from the legs -Flexion and extension of the joints is coordinated to adjust fore/aft position and maintain balance -More pressure is directed towards the outside ski -Ski/snow contact is facilitated with flexion and extension movements	
	Large Radius Parallel Turn	Gentle Blue terrain/Groomed snow	A series of linked large radius parallel turns. Maintain a consistent turn shape, speed and rhythm.			
	Short Radius Parallel Turns	Gentle Blue terrain/Groomed snow	A series of linked short radius parallel turns. Maintain a consistent turn shape, speed and rhythm.			
	Variable Speed Turns	Gentle Blue terrain/Groomed snow	A series of linked medium radius parallel turns. During each turn, speed increases during the first half and then decreases during the second half.			
	Off piste Medium Radius Parallel Turns	Gentle Blue terrain/Variable snow	A series of linked medium radius turns. Turn shape, speed and rhythm are consistent. Turns are completed across the fall line to control speed			
	Off piste Large Radius Parallel Turn	Gentle Blue terrain/Variable snow	A series of linked large radius turns. Turn shape, speed and rhythm are consistent. Turns are completed across the fall line to control speed			
	Off piste Short Radius Parallel Turns	Gentle Blue terrain/Variable snow	A series of linked short radius turns. Turn shape, speed and rhythm are consistent. Turns are completed across the fall line to control speed			
	Off piste Variable Speed Turns	Gentle Blue terrain/Variable snow	A series of linked medium radius parallel turns. During each turn, speed increases during the first half and then decreases during the second half.			