



UK Snowsport Alpine Performance
Foundation Coach (Level 1) Overview,
training and assessment

**ALPINE PERFORMANCE FOUNDATION
COACH (LEVEL 1) OVERVIEW, TRAINING AND
ASSESSMENT****Introduction**

Designed for working with children and entry standard competitors. Alpine Performance Coach can plan and run training sessions appropriate for developing and challenging their athletes' skills.

Entry requirements

To participate in this course, you need to meet the following entry requirements:

- A minimum age of 16
- Be able to show linked parallel steering

If you are attending one of our approved young person's courses, you may have been allowed to attend at a younger age.

The Course

The course is intended for aspirant instructors and coaches who will work with skiers at a UK artificial ski slope centre or club.

By the end of this course participants should be able to:

- Explain the role of a Foundation Coach
- Describe the philosophy of the UK Snowsport Coaching Scheme
- Describe and show key aspects of the fundamentals of posture, edge, pressure, and rotation.
- Practice coaching as part of their workplace training
- Plan session shadowing
- Discuss exercises that they can do with their skiers
- Explain the components of a good session
- Able to deliver a structured training session
- Able to deliver parts of a Long-Term Athlete Development Programme (LTAD)
- Have been exposed to a basic decision-making process
- Able to deal with emergency procedures
- Able to set basic training courses

Start profiling their own performance against the outcome standards to create an ongoing personal action plan.

The face-to-face elements of this course will last for a minimum of 14 hours [or 2 days].

The course covers the fundamentals of coaching and working with novice athletes and prepares the candidates for further learning and workplace training.

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The course will cover:

- The candidates' own personal ski performance
- The fundamentals of alpine skiing with relation to starting ski racing
- The fundamentals of working with novice athletes including planning and delivering safe, enjoyable sessions, which build the foundations for further learning.

Working towards Licensing

At the end of the Alpine Performance Foundation Coach Training Course candidates will have an action plan which will assist in their personal and professional development. In addition to working on any points identified in their action plan candidates will be required to:

- Be and remain registered with the UK Coaching Scheme,
- Complete Workplace Training logging progress in the Alpine Performance Foundation Coach Logbook,
- Undertake certified First Aid Training,
- Complete a Safeguarding and Protecting Children course,
- Hold a current Enhanced DBS check – with Snowsport England



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Alpine Performance Foundation Coach (L1) Assessment

This may take place as a one-day formal Examination or as a workplace-based accreditation. The process will include examination of the following:

- Skiing performance,
- Session delivery,
- Health & safety [assessment via first aid certificate, questioning and observation],
- Underpinning knowledge [assessed by questioning in the context of session delivery].

Technical Performance Criteria

Stance & Balance Demonstrate:	Solid, centred stance against the outside ski throughout the run
	Disciplined and balanced upper body
	Separation & angulation when required by terrain & turn shape
Timing & Coordination Demonstrate:	A rhythmical descent including pole plant (touch for GS)
	Correct movements in the turn repeated smoothly & consistently
Steering Demonstrate:	Ability to direct skis around the correct size of turns consistently
	A consistent round turn shape
	Control of speed and line
Edging Demonstrate:	Good use of side cut through the turns
	Carving when on an easy gradient (blue piste terrain)
	(Skidding is only allowed on steeper terrain at the start of the turn)
Applying Force Demonstrate:	Body movements which allow force to be applied early in the turn shape
	Purposefully standing on the new outside ski & active movement throughout the turn
	Consistent round turn shape

**ALPINE PERFORMANCE FOUNDATION
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Foundation Performance Coaches will be required to deliver a practical session and through discussion and questioning from the assessor must demonstrate the ability to effectively: -

Group Management	Safely Manage a group based on its dynamics, energy levels, the conditions and the session content
Trainee Needs	Understanding of how to meet the needs of entry level performance trainees
Coach-Athlete Relationship	Demonstrate rapport and engagement between coach and trainee
Communication	Adjust level of communication to suit different stages of age and maturation
Environment	Understand how to create an appropriate learning environment that will promote maximum group activity (MCA) and enjoyment
Review & Action	Review and action plan a delivered coaching session

Underpinning Knowledge

Underpinning knowledge requirements for Foundation Performance Coaches reflects a practical awareness of general terms and concepts, and an ability to use these concepts in delivering a session for entry level performance trainees. The Foundation Performance Coach will be able to:

Technical Terminology	Define and explain skiing technical terminology consistent with coaching performance trainees
Equipment Needs	Identify equipment needs for entry level trainees and common safety issues
FIS Rules	Understand the FIS Rules applicable to the competition in the discipline

**ALPINE PERFORMANCE FOUNDATION
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The Foundation Performance Coach must be able to critically observe and analyse general movement patterns as found amongst entry level performance trainees with a view to identifying key tasks that will achieve the desired outcomes. Specifically, the foundation performance coach will be able to: -

Analyse Movement	Critically observe and analyse general movement patterns as found amongst entry level performance trainees
Identify Errors	Successfully identify errors in dynamic posture and balancing
Identify drills	Identify and explain exercises and drills which will address a trainee's needs (with consideration of the equipment being used, terrain options, etc.)
Blend Drills	Blend and link a range of activity/drills that complement each other and are fitting to the level of trainee concerned
Skill Acquisition Model	Ensure that trainees can use the skill acquisition model
Use of TTPPEE	Follow the steps of skill analysis and develop trainees using TTPPEE
Task Selection for progression	Show competence & understanding of progressions and chooses appropriate tasks to develop athletes
Performance Components	Identify and address the fundamental movement

Assessment

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This may take place as a one-day formal Examination or as a workplace-based accreditation. The one-day exam is organised by Snowsport England, held at an artificial ski slope and conducted by nationally appointed assessors. There may be others attending, including candidates being assessed for other coach awards and observers for quality assurance or training. You will be advised accordingly.

The process will include examination of the following:

- Skiing performance,
- Session delivery,
- Health & safety [assessment via first aid certificate, questioning and observation],
- Underpinning knowledge [assessed by questioning in the context of session delivery].

NOTE: Only currently appointed UK Snowsport Tutors can complete examination or workplace-based accreditation

The assessment may be videoed for training and verification purposes.

The assessors want to see what you can already do and will use a variety of information sources to assess your standard against the award requirements.

The assessment covers the following areas:

1. Verification of workbook, including investigation and questioning about its content
2. Skiing performance
3. Session delivery [working with your peers or with novice skiers]
4. Health & safety [assessed via first aid certificate, conduct and questioning]
5. Underpinning knowledge [assessed by questioning]

Be sure to arrive in good time as it is **NOT** possible to join an examination after it has started. In such cases, both the fee and the right of access to that part of the examination (i.e. skiing or teaching) will be forfeited.

Your clothing and equipment should be clean, tidy, well maintained, safe and appropriate for instructing and skiing on artificial slopes. You should have a professional appearance with ski clothing that is weather-appropriate, arms and legs fully covered and trousers fitting over the ski boots. You must wear gloves.

The usual running order for a one day assessment is (1) examination of workbooks (2) personal skiing and (3) observation and feedback, with an appropriate break for lunch. The examiners may vary this order with the intention of making fair, valid and reliable assessments.

A workplace assessment may take place during a single session as described above or over a series of interactions with your assessor dealing with each unit separately.

Skiing Performance

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The examiners will look at your skilful skiing performance rather than demonstrations.

You must be able to ski all areas of artificial ski slopes with performances that contain appropriate posture, consistent balance and control of speed and direction of travel.

Whilst performing, you should be able to:

- Show continuously linked rhythmical steering, *it is more important that you are able to show continuously linked turning than turning both skis simultaneously,*
- Make adjustments to speed of travel by controlling the shape of arcs
- Use an appropriate blend of the fundamental elements of skiing [pressure control, turning of the legs, edge control and active balancing]
- Make a variety of sizes and shapes of arcs during a descent
- Adjust balance using appropriate posture
- Respond sensitively to forces acting on the body whilst in motion
- Respond and react appropriately to signals from the examiners
- Maintain a back angle inclined at least as much as the shins
- Rotate your legs in the pelvis
- Make your legs rotate more than and before the pelvis and torso
- Increase the inclination of the outer leg rather than moving the pelvis towards the steering ski

Posture and balance

These postural elements of active balancing should be visible:

- Horizontal eye-line
- Appropriate flexion of ankles, knees, hips and spine (trunk inclined forwards with a “back angle” at least as much as the shins)
- The whole of the foot used for support while in motion. The inside edges for propulsion and steering, heels for supporting body weight at low speeds and gripping and braking
- Centre of mass inside base of support (central and peripheral flow)
- Hand and arm carriage - relaxed and downwards
- Pelvis neutral – not tilted downwards or excessively upward

Skiing Tasks

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You will be asked to perform up to five tasks from the list below and repeat each one up to three times. You may be required to complete the task a fourth time for it to be videoed. Performance evaluation will be based on completion of the task and quality of performance.

Ploughing and Plough steering/turning –the candidate shall demonstrate linked, steered plough turning. The candidate will show:

- Balanced posture and body alignment (and therefore the absence of inappropriate upper body movements),
- Appropriate size and shape of plough, which should be consistent through the series of turns. Speed should be controlled through turn shape rather than the size of the plough. Movements in motion which are smooth and appropriate.

Basic 'Parallel' Turning - the candidate shall demonstrate a series of rhythmical, continuously linked arcs. It is desirable that skis are 'parallel' but the examiners will prioritise:

- Continuous rhythmical arcs and
- Good posture and dynamic balancing
- An ability to vary speed and direction of travel

Over simultaneous leg turning.

The following tasks are examples of additional tasks that the examiner may request Ski Foundation Candidates to perform ;

- Plough – schuss – plough,
- Straight sliding running [schussing],
- Tasks and activities to develop schussing,
- Side stepping.

Guidelines for Candidates

The examiners want to see you:

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- Setting off with appropriate speed for the task in the prevailing conditions
- Establishing your rhythm, making smooth continuously linked arcs
- Seeking the target amplitude
- Monitoring that skis are ploughing or parallel, as specified by the examiner
- Making proportionate and accurate responses to any examiner's signals for:
 - amplitude of arcs
 - speed of descent
 - range of movements

When responding to signals you are expected to make proportionate changes so that the continuity of arcs is maintained.

Performance evaluation

The evaluation considers the completion of the task and then the quality of performance, but only if the task was accomplished.

Example: Plough steering . If these are achieved:

- Ploughing throughout
- Linked arcs without any traverse

then the quality of performance is judged using the performance criteria.

Performance Criteria

Criteria	Observed Performance
Effectiveness	The task itself is completed effectively and accurately
Efficiency	<ul style="list-style-type: none"> • Appropriate levels of muscular tension • Optimum range of movement in relation to intended outcome so that the task is skilfully performed, not demonstrated • Appropriate speed and strength of movements in relation to intended outcome.
Consistency	The task is completed with the required degree of accuracy on each of several attempts.
Symmetry	Symmetry of motion and of movements. The path of the skier ideally flows symmetrically in relation to the fall-line, deviating equally to either side, with body movements that mirror each other left to right.
Posture	Appropriate to task and responsive to changing forces

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Central and Peripheral flow	Feet follow a wave-form path, whilst the centre of mass follows a shorter path. In Core Tasks there is differentiation of central and peripheral flow.
Movements and Motion	The timing, tempo, strength and range of movements are all appropriate to the skier's motion, e.g. the tempo of movements should match the tempo of turning.
Spatial	Skier shows awareness of the terrain and of other slope users when performing the task. An appropriate choice of line and use of terrain features/contours is made in relation to the task.
Speed	Appropriate to the task, terrain and conditions. e.g. if the amplitude changes, the speed may also have to change.
Technical Elements	<ul style="list-style-type: none"> • Biomechanically sound • Legs rotate in hip sockets • Legs begin to rotate before pelvis, if pelvis rotates • Limited or no outward lateral pelvic movement: pelvis matches path of centre of mass

Teaching Assessment

Assessment is made by observing you deliver practical sessions either:

- Role-playing with your peers and through discussion and questioning, or
- Delivering a practical session with skiers within the range of operation of the Ski Foundation Instructor [complete beginner to a skier *ready* to learn parallel skiing]

You will be expected to have appropriate underpinning knowledge, experience and ability necessary to be an effective instructor. You should be able to manage the learning environment for different types of skier.

- Teach beginners and provide sound foundations for further learning,
- Demonstrate an ability to develop a relationship of trust between instructor and student,
- Identify learning styles and preferences and discuss examples of how to use them in a lesson,
- Identify a pathway to learning based on the needs of students,
- Handle a group based on its energy levels, conditions, safety and lesson content,
- Understand and meet the needs of novice skiers,
- Understand how to create an appropriate learning environment and discuss how to incorporate this knowledge into sessions that will maximize opportunities for safety, enjoyment and further learning,
- Identify the fundamental components of good skiing,

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- Discuss opportunities to create an appropriate learning environment for children at different stages of development.

Underpinning Knowledge

You will need to demonstrate knowledge of general terms and concepts about skiing and an ability to use these concepts with your skiers. You will be expected to be imaginative and responsive to the needs of your skiers.

You should be able to:

- Define and explain wider skiing terminology
- Identify equipment needs for skiers from novice to expert
- Categorise the benefits of modern ski designs and advise skiers on how appropriate equipment might influence their performance
- Identify common equipment safety issues
- Discuss the FIS Rules for Conduct and follow them during the assessment

Movement Analysis

You should be able to:

- Critically observe and analyse general movement patterns as found amongst novice
- Identify causes behind the observed behaviour of the skis
- Discuss posture, appropriate movements and balancing
- Understand effective movements for novice skiers
- Identify desired outcomes for skier development
- Identify exercises and tasks which address students' development needs
- Understand the fundamental skiing movements of pressure control, edge control, leg rotation and dynamic balancing
- Teach an appropriate blend of these movements suited to the needs of your skiers
- Create an activity/task list appropriate to the needs of the skiers

It may be the case that you operate at a ski centre which has a prescribed 'progression'; in that case you would be expected to follow that if working with clients supplied by the ski centre during your assessment.

It is desirable to effect some improvement in one or more elements in the performance of the task by improving the skiers' effectiveness, efficiency or both.

Risk Management

When skiing you will be expected to follow the FIS Rules for Conduct ("Ski Way Code"). When running sessions you will be expected to manage risks accordingly.

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Results

You will receive your result and reasoning on the day and a written assessment will follow. Comments provided will be aimed at helping you and related personnel (coach/mentor/supervisor) understand your strengths and weaknesses in skiing skill, knowledge, understanding, observation and feedback.

Appeals

Appeals are possible under certain circumstances as set out in the Snowsport England Appeals Procedure, available on the web site or by contacting us by email. If considering an appeal you should first consult the procedure to check that your circumstances are eligible for consideration.