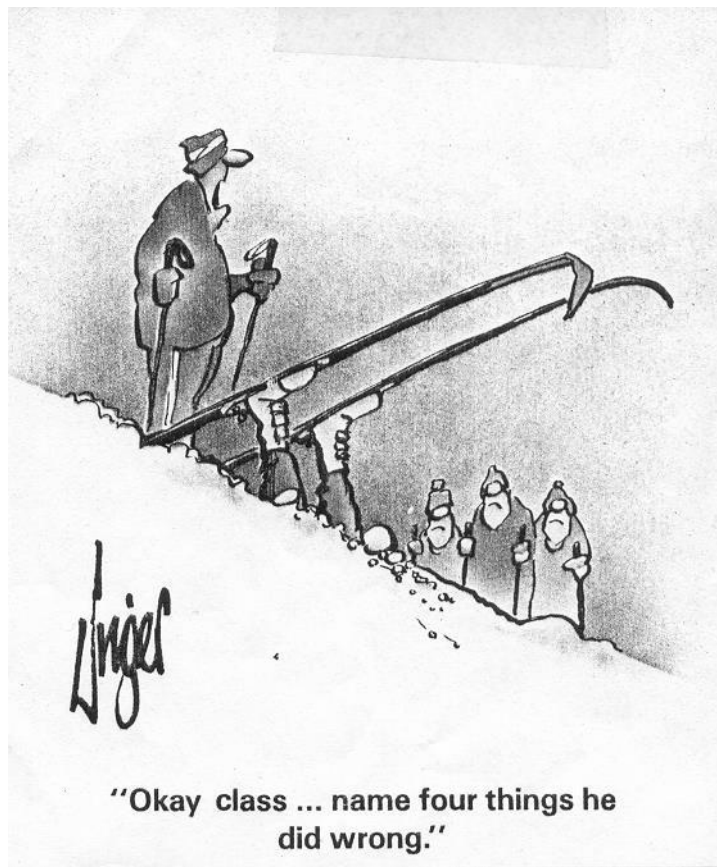




# Rod Roy Basic Clinic

## Reference Material



## SKILLS IN SKIING

There are four key elements involved in skiing:

1. **Staying centered and mobile** (while sliding)
2. **Turning with the legs**
3. **Balanced on the outside ski**
4. **Sequence of the movements** (rhythm, fluidity & pressure control)

These skills are used in every turn you make. The significance and combination of these skills determines the difference between the novice and expert skier.

By focusing on skill development, students learn in a positive environment, progressing as their individual skill level permits. Mastering the 4 skills allows a skier to attain 4 **objectives**.

### Objectives for beginners



**Gliding**  
Skiers learn to slide, reducing fatigue and developing confidence.

**Direction Change**  
Skiers use turn shape for control and efficiency, and link turns to develop rhythm and flow.

**Speed Management**  
Skiers learn to control, maintain or accelerate depending on the terrain and situation.

**Mobility in the skiing environment**  
Skiers gain access to the environment and learn ways to move around the mountain.

# The Beginner Progression

**Goal** - To introduce your first time students to the sport of skiing.

The first day is always the most difficult for a new skier. It is your job to provide the proper guidance and encouragement to your students. **Be positive!** Use lots of demonstrations, **have your students moving as much as possible**, and give “hands on” corrections. Do not push your students too quickly or skip ahead, they will lose confidence in themselves and you.

**Terrain** - Flat area at the bottom of the hill and a gentle slope with an easy out-run to alleviate the fear of speed. Gradually climb higher as your students become proficient with the braking snowplow. Remember choice of terrain is extremely important when dealing with beginners.

## Skills

- Centered & mobile on their skis
- Turning with the legs

## Plan

- Familiarize with equipment.
- Experiment with balance & mobility.
- Introduce snowplow.



*Ski backwards in front of your students to boost their confidence while providing verbal & hands-on feedback.*

## Toolbox exercises:

1. **Walking in ski boots** (no skis). Play follows the leader walking forwards, backwards and sideways. Show how to side-step up a gradual slope by rolling ankles and knees slightly into the hill. Walk pigeon-toed and practice pushing out the heels into a snowplow from a standing athletic stance.
2. **Walking on skis** (X-country style), turning around, side-stepping and how to get up if you fall. Do this first with one ski (scooter exercise) and then with two skis. Have your students try to turn their feet while keeping the upper body facing forward. Teach your students how to **sidestep** up a slight grade.
3. **Straight running/Gliding**. Concentrate on a relaxed athletic position; flexed at the ankles, knees and hips, keeping the hands in front. Do flexion/extension exercises while sliding.
4. **Gliding with a wedge**. Push out heels from a stationary position first. Continue to emphasize centered position. Instructor can ski backwards holding the tips together of students who are having difficulty maintaining the wedge. Students should be on a fairly flat ski (i.e. have an imaginary ball between their knees, and NOT have their knees locked together). Another analogy is the snow is peanut butter and you use the skis to smooth out the peanut butter (snow).

5. **Braking snowplow.** By pushing the heels out evenly into a larger wedge speed will be reduced. Introduce the braking snowplow standing on the flats, practicing going from a small wedge to a larger wedge. Encourage students to use the braking plow to stop at a marker that you have set (i.e. your ski pole) or play “red light, green light”. The braking plow will give students confidence that they can control their own speed. As your students become more proficient have them gradually climb a little higher.
6. **Steering exercise.** Demonstrate how to make slight changes in direction by steering the feet in one direction or another. Speed should be controlled using the braking plow. Emphasize a quiet upper body.
7. **Introduce snowplow turns.** To start the turn, steer the feet in the desired direction and gradually increase the weight to the outside ski. A simple explanation is; “Relax (slight extension), steer the feet, slowly increase the weight to the outside ski, and continue skidding the ski throughout the entire turn...”
8. **Speed control.** By making rounded snowplow turns, students will discover a new way to control their speed. Place ski poles so that your students will have to go around them and make complete turns.

Do **lots** of demonstrations and have your students try each skill until they are comfortable with them. Have them climbing on the side and repeating each skill as often as possible (i.e. work in cycles). Always remember to keep beginner skiers moving at all times so that they will not get cold or bored. Once the group has mastered the braking snowplow you can begin to think about heading up a novice lift (Magic Carpet). See your Supervisor to get permission to use the lifts.

## SNOWPLOW TURNS

**Goal** - Skis remain in a wedge throughout the turn. Speed is controlled by shape of turn and size of wedge.

**Terrain** - Easy beginner slope - wide and gentle.

### Skills

- Centered & mobile
- Turning with the legs

### Plan

- Increase mileage
- Work on rhythm to link turns

### Toolbox suggestions:

1. Hands on knees
2. Airplane turns
3. Boot top
4. Inhale - exhale
5. Hops & jumps
6. Paddling a Canoe



## CLASS MANAGEMENT

- **Be punctual** to class line-up (10 minutes early).
- **Use student's names.** Include everyone.
- Use proper language. No swearing.
- Use **clear and concise directions.** Maintain good **eye contact** while talking (goggles up, face visible)
- Let each student follow the instructor each session. **Give each student individual feedback each session.**
- **Count your students often.** When moving, look behind frequently. Know where everyone is at all times.
- Stop your class in a safe spot without distractions.
- The instructor is the **BOSS.** Be firm and consistent.
- Always remain as a **"group"**. Do not allow students to go in to warm up individually.
- **Ski at the level of your class** (terrain and speed)
- **Be a positive role model.**
- **Be respectful to others on the mountain** (other skiers/snowboarders, patrol, other ski schools, lifties).
- Be prepared to modify your lesson plan to match the day's terrain and snow conditions.
- Wear a watch and **manage your time** effectively.
- **Always dismiss your class at the class signs.**

## COLD WEATHER TEACHING

- Maximize movements, actions, and exercises, minimize explanations.
- Watch for frostbite. Have students watch each other.
- Stop in sheltered locations - avoid the wind.
- If the students require warming, take the **entire** class in the chalet for a pre-determined amount of time. Go in as a group, warm up as a group, and return to the slopes as a group. The instructor must remain with their group for the entire duration of the lesson.
- Extra dedication and enthusiasm are required on behalf of the instructor - a lesson can always be a success, even in cold weather, as long as the instructor keeps the class "active" and "motivated".
- Avoid having the class wait at "critically cold" locations (i.e. exactly at the top of the highest peak)

## **Rod Roy Snow School Safety Guidelines for Instructors in Laurentide**

These guidelines exist to ensure the safety and success of every child/teen participating in our programs. We are responsible to create a safe environment. Instructors must exercise good judgement in selecting terrain, appropriate supervision for the lifts, in the parking lot and in the chalets.

**Duty of Care:** is a legal term implying that when you take a child or group of children into your care you are responsible for their well being. You must act as a careful and prudent parent would as you are the parent in absence.

**Class management:** All students must be written in on a class card. **Full name.** Instructors must be able to identify their students by general description (colour of suit, helmet). If a student changes class, they must be crossed off the class card with a note of where they are moved to. The new instructor must write in the details on the new class card. All students have an ID tag affixed to their snow suit which includes their name, medicare information, bus number and bus stop. Inform your students what to do in the event they become separated from the group (return to the class signs/ present themselves to a lift operator/ present themselves to another instructor).

**Full supervision:** Children who are registered in our full supervision (generally all bussed children who are 10 & under) will be identified on the class card and are required to wear a pinnie over their ski suit. These children **must always be accompanied by a Rod Roy staff member**, and have been assigned a lunch /free time monitor. Full supervision children must be handed over to their monitor (or a supervisor) at the end of each lesson.

**Lessons:** Lessons must start and finish at the designated line up area. Students cannot be dismissed until they return to this area. Supervisors must be notified when instructors arrive at the end of the lesson. U-drive children who are 10 & under must be handed over directly to their parents at the end of the lesson, or to a supervisor.

**Lift Loading:** All children age **8 & under must** be accompanied on a chairlift by a competent adult. Load the child on the same side as the lift attendant. Ask the adult to wait with the child at the top of the lift until you arrive. All beginners regardless of age and size must ride the chairlift with a competent adult on day 1.

**Terrain:** Instructors are responsible to choose the proper terrain for their class. Increasing the difficulty of the terrain before the students are ready will deter their success and decrease their confidence as well as possibly putting them in an unsafe situation. All beginner classes **must** be approved by the supervisor before they ride the chairlift. Instructors must remain on open designated runs (patrolled). Instructors may not take their classes on any closed trails or those marked marginal conditions. All double black runs are out of bounds. Supervisors must approve classes which can go on black marked runs.

**Helmets:** Students and instructors are required to wear helmets while in class. It is strongly recommended to be worn at all times. Students **must have helmets** to be taken into gladed (sous-bois) runs. Notify your supervisor if one of your students arrives to class without a helmet.

**Speed:** Most injuries happen when students are moving faster than they should be. Instructors must teach speed control and demonstrate and lead at an appropriate speed.

**Terrain park:** Rail or air features are strictly out of bounds. Classes must be approved by the supervisor to go into **any** park.

**If an accident occurs:** Secure the scene. Ensure the rest of your class is out of harm's way. Mark the site to alert oncoming traffic. Do not move the injured student. Keep them warm. Do not remove their boots. Send a passerby for the ski patrol and remain at the scene until they arrive. Reassure the injured student as well as the class. Notify another Rod Roy staff member and report the incident to your supervisor.

*I have read the above safety guidelines and understand them. I understand the responsibility placed on me as an instructor and will do my best to ensure a safe environment for my students.*