

TEACHING THE PROGRESSION

A. BEGINNER- First Timers

Goal: To develop confidence and control for first time riders by introducing them to basic mobility and beginner turns on green slopes.

A-1 Basic Mobility and Safety

- Introduce and demonstrate **balanced body position**
- Explain **equipment** (clarify: toe-side, heel-side, tip/tail, fall line, goofy/regular, leash, stomp pad)
- **Walking/skating/climbing-** Demonstrate and have students try skating back and forth on flat terrain, practice stepping up and down an incline.
- **Straight running-** Climb to the top of a slight incline. Have them place their board parallel to the fall-line. Have them transfer their weight to the board, stand on it and place their back foot on the stomp pad. They should be able to slide for a few meters then come to a stop on flat terrain. Repeat this several times during which students can experiment with fore/aft balance, flexion/extension, rotation and proper body alignment. Remind them to keep their heads up.
- **Toe and Heel Drag-** Teaching this exercise will be useful when unloading from a lift. Begin in a straight run on a gentle incline and move the toe of the back foot over the edge of the board and drag the toe in the snow until the board slowly turns and comes to a stop. Have them try this with the heel as well so they will be able to exit lift ramps to both sides.
- **Side slipping -** From a standing position with the board perpendicular to the fall line, slowly reduce the edge angle until the board start to slip sideways. Have the students adjust their edge angle to control their speed. Have students try this one by one allowing sufficient space to avoid collisions. **Have them side-slip down the hill with gentle stops every 2 meters.** Students may need **hands on help** at the beginning. Be aware of the space your class is occupying on the hill and remember safety rules. **Do the exercise toe and heel side.** Encourage balanced body position and proper pressure distribution to keep the board perpendicular.
- **Pendulum-(toe and heel side)** While slide slipping, gradually increase the pressure on one foot causing the board to slide in that direction. As the board traverses, gently transfer pressure back to the other foot and the board will readjust and turn uphill. Do this the other way and the board will swing to the other side. Practice this pendulum action back and forth across the hill. **Students should come to a stop before changing direction.** Sufficient edge angle is required to maintain speed control.
- **Traverse with a stop-** Similar to pendulum but with increasing confidence and speed. Once stopped at the top of a “swing”, roll over and traverse in the new direction.



Teaching students how to fall

Falling down while riding heel-side

When you catch your toe edge, you'll fall forward. When falling forward, your **fingers, wrists, and elbows** are at risk. The natural inclination is to extend your hands out in front of you to break your fall. Make sure you *RESIST* this temptation. Instead, make fists, hold your arms in front of your chest (bent, not extended), and fall on your forearms. The surface of your forearms you should fall on is the one that makes contact with the dinner table when you rest your arms comfortably on it. It is recommended to **use wrist guards** for snowboarding.

Falling down while riding toe-side

When you catch your heel edge, you'll fall backward. When falling backward, your **head and tailbone** are at risk. **The best protection for your head is a helmet.** If you feel yourself falling backward, tuck your chin toward your chest. The other thing you need to protect is your tailbone. If you feel yourself falling backward, twist a little while falling so you end up on one butt cheek or the other.



A-2 Beginner Turns

- **Isolated Beginner Turns-** Focus on one turn at a time. Start with heel-side turn (start toe-side and finish on heel-side). Start in a shallow traverse, pressure the front foot which will cause the nose of the board to turn downhill. Rotate the upper body (hips and shoulders) in the direction of the turn as the board nears the fall line. To complete the turn, equalize the pressure to both feet as the board becomes perpendicular again. Get them to repeat the isolated heel-side turn 4-5 times then try toe-side.
- **Linking beginner turns-** Once the students are able to do isolated turns both heel-side and toe-side the next step of the progression is to link the turns. Have the students follow your path. At the end of each turn just before coming to a stop, start a turn in the other direction.

SAFETY, FUN & LEARNING 😊

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.
- **Ride 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.

Instructor _____ Date _____ Signature _____