



## BRITISH ASSOCIATION OF SNOWSPORT INSTRUCTORS

# Level 1 Telemark Instructor Course Programme & Outcomes

### Programme

**Introductory Meeting – Meet the staff and your trainer** (Uk based courses on the first morning, Alpine based courses 6pm the previous evening of the start of the course)

**Be prepared to ask questions!**

- Staff and student introductions and activities
- Course outcomes/Primary Objectives
- Student participation and appraisal
- Industry and national standards in coaching, teaching and instructing
- Use of the Level 1 Instructor course workbook
- Course programme
- Preview day 1 activity

**NB:** Please note that as part of the off snow programme each day there will be a **review** of the days on snow activity and a **preview** of the next days activity.

### Day 1 On Snow/Slope

- The fundamentals
  - Dealing with accidents and emergencies
- Off Snow/Slope**
- Fundamentals and central theme
  - Review of dealing with accidents and emergencies

### Day 2 On Snow/Slope

- Performing the Central Theme with emphasis on Flow & how the Central Theme fits in with the Fundamentals
- Off Snow/Slope**
- Principles of snowsports teaching & learning
  - Review the Central Theme
  - Review teaching styles used by your trainer

### Day 3 On Snow/Slope

- Introductory activities and sliding
  - Revisiting the Central Theme
  - Telemark Personal Performance
- Off Snow/Slope**
- Review personal performance
  - Planning a teaching session
  - Preview delivering a teaching session
  - Mountain hazards
  - Customer care question paper

#### **Day 4 On Snow/Slope**

- Delivering a teaching session
- Personal Performance
- Mountain Hazards

#### **Off Snow/Slope**

- BASI and its role
- Review teaching sessions
- Preview day 5

#### **Day 5 On Snow/Slope**

- Personal performance action points
- Piste Performance (emphasis on separation – short swings, braquage, etc)
- Carving

#### **Off Snow/Slope**

- Review beyond Central Theme & personal performance
- Review day 5 on snow activities
- Snowsport equipment
- Student's action planning

### **Outcomes**

During the course you will participate in a broad range of activities. By the end of the week the trainer will have endeavoured to assist you in gaining an appreciation of the following objectives.

1. Ski/board safely, the phases of the central theme and beyond
2. Plan, deliver and review a teaching session
3. Participate in activity that dealt with hazards and emergencies
4. Know and understands how to improve ones skiing/riding and teaching
5. Possess an understanding of:
  - The fundamentals of snowsports
  - The central theme and beyond
  - The FIS code of conduct
  - The principles of teaching
  - The structure of snowsports in the UK
  - The role of snowsport agencies in the UK
  - Marketing and promoting snowsports in the UK
  - Dealing with accidents and emergencies
  - Mountain hazards
  - The instructors role

### **Course Hours Analysis**

- On snow (9.30am to 3.30pm x 5 days) – 25 hours
- Off snow (2 hours each evening x 6) – 12 hours