

BASI

Alpine Level 1 Instructor

More about the Course

**BRITISH ASSOCIATION  
OF SNOWSPORT INSTRUCTORS**

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## 1. Introduction

The BASI Level 1 course is the initial step on the route to eventually becoming an internationally recognised Snowsport Teacher. The course aim is to provide you with the basic information and skill, which will enable you to develop your practical performance and be safe to teach beginner skiers in a controlled environment such as snowdome or dry slope in the UK.

At the end of the course you will receive an action plan to help you develop and move towards the Level 2 course.

Your personal contribution will be an important aspect of the course. At times you will be asked to contribute ideas, teach your peers or even lead the group. BASI require you to consider the following points regarding your role within the course:

- Be an ambassador for yourself and BASI
- Be open to learning and challenging your beliefs
- Behave as though you believe
- Be a team player
- Focus on getting better. A pass on this course will come as a consequence of getting better not by obsessing with the pass line.
- Have fun!

The BASI manuals and a workbook will be provided to you at the start of the course.

## 2. Recommended Equipment

It is your responsibility to make sure that you have equipment suitable for the course you are attending. It may be possible to hire equipment at the course venue but you must make sure this is possible before arriving. It is advisable to rent high level or prestige equipment to make sure you perform to the level required.

You will need skis that are suitable for all types of skiing as you will be required to perform at all speeds from basic beginner turns in a snowplough shape to fast turns on piste and everything in between. In general an alpine (non-twin tip) all mountain type ski is recommended.

It is highly recommended to have your own ski boots. Good fitting is essential and custom foot-beds greatly increase the response from your equipment. Make sure you carry out a shell size check to make sure you are in the right size. With the inner taken out of the plastic shell, place your foot in the shell. Place your toes to the front and you should not have more than 1 to 2cm of space between the heel and the shell.

Please ensure that you have suitable clothing to keep you warm, dry and able to train whatever the conditions. For the mountain environment make sure you have suitable sunglasses, goggles and sun cream to keep you well protected, especially at high altitude.

Although not compulsory BASI recommend that all course participants wear a helmet.

It is recommended that you do not wear a rucksack whilst on course as this may distort the picture portrayed in demonstrations. Hydration is important so using a water pack or waist bottle holder is acceptable.

## 3. Course Preparation

It is vital that you prepare yourself for the course both physically and mentally. While you don't need you to be a superhuman athlete, we would advise you to make sure that you have prepared yourself physically and are able to spend 5-7 hours per day on snow. The mental demands of this course should not be a concern, but will require your ability to concentrate and participate fully in all activities.

A qualified BASI Trainer will run your course. Trainers are selected by BASI for their expertise in snowsport, teaching and communication. Every Trainer is highly experienced and is equipped to offer the best possible training and support. Our aim is to assist you to gain the maximum from the training. Your Trainer will act as your guide and mentor throughout the course and are asked by BASI to deliver the following:

- Maintain BASI's professional standards
- Deliver the course syllabus material
- To Train and also to assess
- Facilitate learning safely
- Support and encourage each member of their group
- To work in harmony with any other Trainers and groups running at the same time

Elements of the course will be challenging and sometimes difficult. Nevertheless, please remember that you have a dedicated team supporting you and your success is our success. Don't be afraid to ask lots of questions.

#### **4. Student Appraisal**

Throughout the course the Trainer will monitor student participation and performance. They will provide frequent, ongoing information to each student on their strengths, areas for change and how to make these changes. During the course the Trainer and student formulate an ongoing action plan based on the student's participation against BASI's assessment criteria. During the course the Trainer is assessing your competence to teach beginners and intermediates as an Instructor in the controlled environments of dry slopes/indoor snow slopes. The written action plan provided by the Trainer at the end of the course aims to give students an agreed (between the Trainer and student) account of what students need to do to improve their own performance and develop as an Instructor.

BASI is fundamentally about training. Be open to learning and making changes.

#### **5. Safety**

As a Snowsport Instructor you are required to be able to lead groups and teach them to be safe slope users.

As such you must know and follow the FIS Code of Conduct. At all times during the training course the safety of you, your team and your Trainer are paramount.

Failure to do so may result in failing the course.

#### **6. Skiers and Snowboarders Code**

##### FIS Code of Conduct

The FIS (International Ski Federation) has established 10 rules for the conduct of skiers and snowboarders. They are:

##### Basic Rule

1. Do not endanger or prejudice others.

##### Skiing/Riding Rules

2. Ski/Ride in control. Adapt your manner and speed to your ability and to the general conditions on the mountain.

3. The skier/rider in front has priority. Leave enough space.
4. Leave plenty of space when overtaking a slower skier/rider.
5. Look up and down the mountain each time before starting.

#### Stopped/Climbing

6. Only stop at the edge of the piste or where you can easily be seen.
7. When climbing up or down, always keep to the side of the piste.

#### Signs

8. Obey all signs and marks - they are for your safety.

#### Action in Case of Accidents

9. Provide help and alert the rescue services.
10. All those persons involved in an accident, including witnesses, must exchange names and addresses.

#### Rules Specific to Snowboarders

1. Always make sure the front leg is tethered to the board
2. Always check the slope before starting a turn but especially on the heel side.
3. Having the ability to ski doesn't mean you can snowboard.
4. Do not attempt this sport without qualified instruction.

All the above rules are binding in law and apply to both skiers and snowboarders.

## **7. Qualification Finalisation**

Following successful completion of the 5 day course, to obtain your Level 1 Instructor qualification, you need to provide BASI with:

- Proof of 35hrs of logged Snowsport School experience (once having successfully completed your Level 1 course)
- A valid First Aid Certificate.
- Safeguarding Children Module (available online on the BASI website).
- A Basic Criminal Record Disclosure through Disclosure Scotland (available on line on the BASI website)

We hope you are inspired to work as a Snowsport Instructor and represent BASI with pride in a professional manner at all times.

Enjoy your course!