



SNOWSPORT ENGLAND CROSS-COUNTRY COACHING AWARD SCHEME: LEVEL 2 ON-SNOW SKI INSTRUCTOR

Award overview, training, assessment and licencing

Revised April 2024



E: info@snowsportengland.org.uk
T: 01509 232323
W: snowsportengland.org.uk

Snowsport England, SportPark, Loughborough University,
3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF
Company number: 01517634

1) Award summary

The Snowsport England (SE) Level 2 on-snow instructor award is gained on successful completion of an approved Level 2 training and assessment course, led by an appointed Tutor. This award qualifies instructors to work on snow with skiers from beginner to intermediate level.

Level 2 instructors have to demonstrate a sound understanding of on-snow skiing, and sufficient skills, knowledge and experience to: 1) introduce skiers to the sport; 2) provide foundations for further learning; 3) be able to take skiers forward in developing their skills and versatility.

A Level 2 instructor has to possess a solid appreciation of both skiing and teaching and will have wide knowledge of the sport. Level 2 instructors will have sufficient understanding and experience in each of the competences listed for this award, and sufficient ability in these areas to enable them to work with beginner to intermediate recreational skiers on snow.

2) Remit

The award is intended for use mainly on prepared tracks or off-track in low-level mountain terrain. It is not a mountain leader's or tourer's award, rather is focused on the coaching of appropriate skills primarily on track. It does not qualify you to teach skiers on roller skis.

A licence authorises instructors to work in a club or equivalent setting. If you wish to work in other settings, you need to contact SE to clarify whether it is within the terms of your licence.

3) Training

The training course involves training and assessment of four days or 24 hours. It may take place over two weekends, or during a longer course, and may be completed on a modular basis.

When you apply to SE to become a Level 2 instructor, SE will contact you to agree on the most appropriate way to undertake the training, and progress towards and conduct your assessment.

The course will cover:

- your own skiing performance,
- the fundamentals of cross-country skiing,
- the fundamentals of working with beginner, improver and intermediate skiers, including planning and delivering safe and enjoyable sessions which provide the basis for further progress.

4) Prerequisites

It is a prerequisite that you satisfy minimum requirements of skiing experience and skills as specified below:

- be at least 18 years old,
- be a qualified Level 1 on-snow instructor,
- be registered with Snowsport England,
- have a minimum of 20 hours' on-snow skiing or roller skiing instructional experience recorded in your logbook (or equivalent) – desirable
- be able to demonstrate an appropriate level in both classic and skate skiing (e.g. SE 4* on-snow proficiency).

5) Required skiing technique

You must be able to demonstrate, on snow, posture, balance, correct movement, control of speed and direction of travel. Demonstrations must display an “understandable and reproducible” picture of the technical aspects of on-snow skiing suitable for recreational skiers from beginner to intermediate levels.

You have to illustrate, in all techniques, a standard of SE on-snow 4* proficiency or equivalent, of:

- good posture,
- dynamic and, where appropriate, static balance,
- complete weight transfer (where relevant),
- smooth flowing rhythm,
- good coordination,
- good ski/pole control and placement.

You have to perform all ski techniques described in the SE 4* on-snow proficiency scheme, see [SE-Nordic-Proficiency-Awards-2022.pdf \(snowsportengland.org.uk\)](https://www.snowsportengland.org.uk/wp-content/uploads/2022/01/SE-Nordic-Proficiency-Awards-2022.pdf).

6) Teaching requirements

You have to demonstrate a good foundation of information and experience to be an effective instructor for skiers ranging in ability from beginner to intermediate. An effective understanding of how to manage the learning environment and safety aspects of groups of different sizes, ages and fitness levels is needed.

You will be assessed on delivering a practical on-snow instruction session, on a topic given to you well in advance, allowing you time to prepare. This will, in principle, include the use of video, where you have to film a skier carrying out a basic technique, and provide one-to-one feedback to that skier. During the session, you have to display the following teaching and knowledge skills:

Movement analysis

- identify the components of good skiing,
- understand the fundamental skiing movements involving posture, balance, and weight transfer,
- critically observe and analyse general movement patterns found among skiers from beginner to intermediate,
- identify desired outcomes in various types of on-snow skiing situations within the remit of the Level 2 award,
- use exercises and tasks to meet skiers' needs, the equipment being used, terrain options, etc.,
- discuss skiers' posture, appropriate movement and balance,
- teach an appropriate combination of effective movements suited to the needs of beginner to intermediate skiers and create an activity/task list appropriate to the needs of these skiers.

Session delivery

- teach the skiing public from beginner to intermediate and provide solid foundations for further learning,
- show ability to give appropriate feedback and encouragement,
- identify learning styles and preferences and discuss examples of use in a lesson,
- understand the needs of individual skiers and develop a pathway for all levels,
- handle a group based on group energy levels, conditions, safety and lesson content,
- understand how to create an appropriate learning environment, and how to incorporate this knowledge into sessions maximising opportunities for safety, enjoyment and further learning,
- understand the needs of specific groups of skiers,
- demonstrate the ability to assess proficiency awards up to Level 3*, where applicable.

7) Underpinning knowledge

Knowledge requirements for Level 2 instructors reflect a practical awareness of general terms and concepts, and an ability to use these concepts in sessions for beginners through to intermediate skiers. Your knowledge will be assessed in part through the informal presentation, in part through the instruction session, and in part through discussion with and questioning from your Tutor throughout the course/assessment.

You have to be able to think creatively and respond to the needs of your skiers, and:

- define and explain wider terminology,
- understand how to select and assess suitable skiing venues for different levels of skiers,
- show awareness of different surfaces and gradients appropriate to safe skiing,
- demonstrate ability to perform venue risk assessment,
- identify equipment needs for different levels of skiers,
- categorise the benefits of ski type and design and advise skiers of how their equipment choices might influence their performance,
- show knowledge of basic equipment maintenance,
- discuss clothing choice and related safety issues,
- demonstrate ability in and understanding of glide waxing, grip waxing and other grip systems,
- show ability to plan and present an audio-visual session,
- show knowledge and understanding of the principals involved in training, fitness and warming up for beginner to intermediate skiers,
- demonstrate understanding of basic navigation, prevention and treatment of hypothermia and frost nip, and coping with weather and weather information.

You have to give a presentation to a group on a snow ski related topic. Potential subjects include: equipment selection (sizing and type), waxing, suitable clothing or strength and conditioning for recreational skiers. You may use visual aids or present without these.

8) Assessment

The assessment part of the course follows the training session and will include the following activities:

- personal skiing assessment,
- teaching assessment: you will normally be asked to teach a group of intermediate skiers, although this may also be a group of improvers,
- communication and knowledge assessment: you will be asked to make a ski-related presentation.

9) Licencing

Once the assessment is successfully completed, you need to provide a completed logbook (or equivalent), showing Level 1 instructor experience, a current First Aid certificate, an Enhanced DBS check certificate and proof that you have attended a suitable Child Protection/Safeguarding course to receive your licence.

Your licence provides you with third party liability insurance. To check the extent of your insurance cover, visit <https://www.snowsportengland.org.uk/membership-insurance/>.

10) Revalidation

All Level 2 instructors are required to undergo an approved SE refresher assessment at least once every three years. Assessment may be by attending a course or, for one revalidation in two, by attending a SE cross country coaching workshop. Revalidation is to keep you abreast of the latest developments in both skiing and coaching techniques.

A revalidation course will normally be one day (6 hours), but some elements may be done on a modular/remote basis (e.g. you may be invited to send videos of your skiing technique to the Tutor/Senior Tutor). Revalidation may be done either on snow or on roller skis.

Revalidation will comprise:

- refresher by the Tutor on any up-to-date coaching methods and skiing techniques, if relevant,
- your demonstration of appropriate ski techniques and up-to-date coaching methods.

When you are due for revalidation, SE will contact you to agree on the most appropriate way to conduct this.

If you also hold a BASI Level 2 instructor qualification, your BASI revalidation may be used, for one revalidation in two, instead of the SE process, and *vice-versa*.

11) Further information and contact

If you have any comments or questions related to these Course Notes, please address them to SE's XC Coaching Panel, Nordic@snowsportengland.org.uk.

A Level 2 qualification may also be achieved through the SE Equivalency process, whereby a candidate Level 2 on-snow instructor, holding an award from another awarding body, is judged to meet the SE Level 2 requirements. Contact the SE office for further details.