

## **Skiing/Riding Ability Level**

### **Please read carefully to select student's current ability level**

**Level 1:** Student has never been skiing/riding.

**Level 1+:** Student has been skiing/riding, but has not yet mastered ability to stop on easier green terrain.

**Level 2:** Student is well-balanced and is able to stop on easier green terrain.

**Level 2+:** Student is able to stop on easier green terrain and has been introduced to turns.

**Level 3:** Student is able to stop and turn in both directions on easier green terrain.

**Level 4:** Student is confident on all green terrain and is ready or nearly ready to explore easy blues. Skiers are starting to parallel skis at the start of the turn and learning J-stops. Riders are linking heel and toe turns.

**Level 5:** Student is confident on all green terrain and easier blue terrain and is venturing into steeper blues. He/she is learning to use turn shape to control speed. Skiers are making mostly parallel turns and are generally able to hockey stop.

**Level 6:** Student is confident on all green and blue terrain (at moderate speed) and is ready to explore ungroomed blues or easier black terrain. Skiers are learning to use ski independently and to separate upper and lower body throughout turns. They are also learning to incorporate poles. Riders are developing more rhythm and are starting to skid less, with the tail following the top of the board through turns.

**Level 7:** Student is confident on all blue and easier black terrain and is not afraid of easy moguls or ungroomed trails. Both skiers and riders can make carved and skidded turns. Student is looking to learn different techniques for skiing/riding in variable snow conditions and/or at higher speeds.

Please do your best to estimate student's ability level. (We will do a ski-off during the first class, but it is helpful to have an idea of ability beforehand)