



Joining the Perisher Ski Patrol - Ski and Snow Board Competencies

Ski Competency Assessment

The Ski Assessment is not seeking a specific style of skiing, (eg. instructor style skiing) but emphasises skiing performance, sound technique, competence and confidence.

The candidate is to be in control of his or her skis and unless the candidate is skiing with unsound technique, (eg. massive upper body rotation) any style is acceptable. The candidate should therefore be able to execute the following three parts of the assessment with total competence.

Each part of the assessment will be demonstrated and explained by the examiner before testing.

Part 1- Control Run

Consisting of two manoeuvres

- varying radius turns, and
- constant radius turns.

This assessment will be conducted on an intermediate to advanced slope with moderate bumps, of sufficient length so as to test the stamina and endurance of the candidate. After a demonstration, the candidate will execute a series of short turns (say 3 to 4) directly in the fall line, changing smoothly to a series of long, constant radius turns (say 3 to 4) over the bumps and then changing back to short radius and so on for the length of the slope. The turns must be differentiated and the transition must be smooth and controlled. The constant radius turns across the slope must be of reasonable speed.

Control is paramount. These manoeuvres test the candidate's ability to turn at a specific place (determined by the radius and not where it is convenient). A series of poles may be set up at the examiner's discretion to ensure the radius of the turn is constant. Absorption of the terrain and ski/snow contact are paramount, thus demonstrating control.

Assessment categories:

- Linked turn smoothness
- Independent leg action
- Edge control
- Balance and stance

The aim of this assessment is for the candidate to demonstrate good functional skiing with variations of technical skills. The candidate's ability to control the ski regardless of the terrain changes and continue to perform the sequence of short and long radius turns demonstrates the candidate's skiing control over the terrain and not vice versa.

Part 2 - Free Run

This assessment will be held on a frequently skied steep slope with moguls (eg. Eyre, International, Excellerator). The length of the descent should test the stamina and endurance of the candidate. This run is intended to assess the candidate's ability to ski as well as he or she is able on "most difficult" terrain. Emphasis will be on strong functional skiing with the candidate making linked parallel turns (without traversing) indicating a competent descent. A fall does not necessarily mean disqualification.

The assessment categories will be:

- Linked turns (pivoting and smoothness)
- Strength
- Consistency of control
- Balance
- Edging



The aim of this assessment is to demonstrate the standard of skiing required to be able to competently ski anywhere in the Perisher Resort area. It is the type of skiing observed by the public and as such must be of a suitable high standard. The speed of the descent is typical of a patroller going to an incident.

Part 3 - Off Piste Run

This assessment is intended to test the candidate's ability to ski on a steep slope competently under adverse snow conditions, eg. heavy tracked snow, ice, crud etc. Again the emphasis is on function much less than style with the result being a safe controlled descent.

Should such conditions not exist on the day, it will be at the assessor's discretion to substitute a run transporting rescue equipment, or to ask the candidates to ski with WIGOs or marker poles.

The assessment categories will be:

Overall control with safety

Linked turns (unless severely adverse conditions)

Stability

The aim of this test is to demonstrate a strong standard of skiing in adverse terrain and conditions.

Definitions

The assessment categories mentioned above will be used throughout the assessment at the discretion of the examiners. Not all categories are relevant to all parts. Explanation of these categories has been included for the benefit of both examiners and candidates.

Linked Turns - means that there is no traversing between turns and the finish of one turn leads into the initiation of the next.

Independent Leg Action - is using each leg individually to fulfil specific functions and can be found in a narrow or wide stance, eg. weight transfer, stepping.

Edge Control - is the adjustment of the angle between the ski and the snow and is controlled by the position of the ankle, knee and hip. Edge control permits carving of a turn with minimal skidding.

Balance - is the ability to move your weight backward and forward over the ski to change the behaviour of the ski eg initiating turns, controlling skids, leaning to remove snow build up. A skier should generally be centred over the ski to maximise the ski's turning ability. Similarly, the mass of the body should be laterally spread over both skis so that over and under balancing does not occur.

Overall Control - the candidate through sound technique controls the ski's performance and therefore the speed and safety of the descent rather than the terrain or the ski controlling the skier. Emphasis is on ski to snow contact.

Strength - reflects on the consistency of edge control and the persistence of way the skier attacks and uses the terrain. Often it is reflected in how comfortable the skier looks on his or her skis. Strength is also seen in the consistency of approach to turns on longer runs, where the candidate is able to demonstrate the same skills in the first and last turns of a run. This includes confidence and a good athletic upper body position.

Note:

The manoeuvres described above are only a guide describing what is typically examined during the ski assessment. Candidates may be asked to demonstrate other manoeuvres that suit the prevailing conditions on the day.



Snowboard Competency Assessment

The Snowboard Assessment is not seeking a specific style of riding, (eg. instructor style boarding) but emphasises functional performance, sound technique, competence and confidence.

The candidate is to be in control of his or her board and unless the candidate is riding with unsound technique, any style is acceptable. The candidate should therefore be able to execute the following three parts of the assessment with total competence.

Each part of the assessment will be demonstrated and explained by the examiner before testing.

Part 1- Control Run

Consisting of two manoeuvres

- varying radius turns, and
- constant radius turns.

This assessment will be conducted on an intermediate to advanced slope with moderate bumps, of sufficient length so as to test the stamina and endurance of the candidate. After a demonstration, the candidate will execute a series of short turns (say 4 to 6) directly in the fall line, changing smoothly to a series of long, constant radius turns (say 4 to 6) over the bumps and then changing back to short radius and so on for the length of the slope. The turns must be differentiated and the transition must be smooth and controlled. The constant radius turns across the slope must be of reasonable speed.

Control is paramount. These manoeuvres test the candidate's ability to turn at a specific place (determined by the radius and not where it is convenient). A series of poles may be set up at the examiner's discretion to ensure the radius of the turn is constant. Absorption of the terrain and snowboard/snow contact are paramount, thus demonstrating control.

Assessment categories:

- Linked turn smoothness
- Rhythm
- Edge control
- Balance and stance

The aim of this assessment is for the candidate to demonstrate good functional riding with variations of technical skills. The candidate's ability to control the snowboard regardless of the terrain changes and continue to perform the sequence of short and long radius turns demonstrates the candidate's riding control over the terrain and not vice versa.

Part 2 - Free Run

This assessment will be held on a frequently ridden steep slope with moguls (eg. Eyre, International, Excellerator). The length of the descent should test the stamina and endurance of the candidate. This run is intended to assess the candidate's ability to ride as well as he or she is able on "most difficult" terrain. Emphasis will be on strong functional boarding with the candidate making linked carved turns (without traversing) indicating a competent descent. A fall does not necessarily mean disqualification.

The assessment categories will be:

- Linked turns (pivoting and smoothness)
- Strength
- Consistency of control
- Balance
- Edging
- Versatility (ie: Fakie riding)

The aim of this assessment is to demonstrate the standard of riding required to be able to competently ride anywhere in the Perisher Resort area. It is the type of boarding observed by the public and as



such must be of a suitable high standard. The speed of the descent is typical of a patroller going to an incident.

Part 3 - Off Piste Run

This assessment is intended to test the candidate's ability to ride on a steep slope competently under adverse snow conditions, eg. heavy tracked snow, ice, crud etc. Again the emphasis is on function much less than style with the result being a safe controlled descent.

Should such conditions not exist on the day, it will be at the assessor's discretion to substitute a run transporting rescue equipment, or to ask the candidates to ski with WIGOs or marker poles.

The assessment categories will be:

Overall control with safety

Linked turns (unless severely adverse conditions)

Stability

The aim of this test is to demonstrate a strong standard of riding in adverse terrain and conditions.

Definitions

The assessment categories mentioned above will be used throughout the assessment at the discretion of the examiners. Not all categories are relevant to all parts of the assessment. Explanation of these categories has been included for the benefit of both examiners and candidates.

Linked Turns - means that there is no traversing between turns and the finish of one turn leads into the initiation of the next.

Edge Control - is the adjustment of the angle between the snowboard and the snow and is controlled by the position of the ankle, knee and hip. Edge control permits carving of a turn with minimal skidding.

Balance - is the ability to move your weight backward and forward over the snowboard to change the behaviour of the board eg initiating turns, fakie, controlling skids, leafing to remove snow build up. A snowboarder should generally be centred over the board to maximise the board's performance.

Overall Control - the candidate through sound technique controls the board's performance and therefore the speed and safety of the descent rather than the terrain or the board controlling the snowboarder. Emphasis is on board to snow contact.

Strength - reflects on the consistency of edge control, balance and the persistence of way the rider attacks and uses the terrain. Often it is reflected in how comfortable the boarder looks on his or her board. Strength is also seen in the consistency of approach to turns on longer runs, where the candidate is able to demonstrate the same skills in the first and last turns of a run. This includes confidence and a good athletic upper body position.

Versatility - a definite strength with patrolling on a snowboard is the rider's ability to ride both forward and fakie. Strong fakie skills in intermediate terrain should be essential to fulfil necessary patrolling duties and demonstrate to the examiner the rider's overall control and versatility.

Note:

The manoeuvres described above are only a guide describing what is typically examined during the snowboarding assessment. Candidates may be asked to demonstrate other manoeuvres that suit the prevailing conditions on the day.