How this card works

Bring this card to every lesson so your instructor can track your progress and help you get the most out of your time.

As you master each skill, your instructor will mark it:
D = Developing, **S** = Skilful.

Once all the skills in a level have been completed, your instructor will sign and date it, leaving notes and tips for your next steps.

Complete Level **7** to be cleared for open practice sessions.

SKIER HAS SAFELY SKIED FROM LIFT EXIT:

1	2	3	4	5	6	Top
☐	☐	☐	☐	☐	☐	☐

☐ **CLEARED FOR OPEN PRACTICE SESSIONS**

Observe the FIS Skiway Code, be aware of other slope users and accept the guidance of instructors.

DATE	SIGN OFF

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SKI
PROGRESS CARD

NAME

Developing = **D** **S** = Skilful

LEVEL	CORE SKILLS	D	S	NOTES
1 Safety	Personal safety check			
	Skis and boots safety check			
	Using equipment correctly (boots & skis)			
	Awareness of the FIS Skiway Code			SIGNED
2 Mobility	Sliding and turning on the flat			
	Side-stepping/manoeuvring up and down			
	Safe falling and recovery			SIGNED
3 Sliding	Short straight run in correct posture			
	Dynamic balance: bunny-hop/small jump			
	Longer straight run in correct posture			SIGNED
4 Going up	Can walk up safely carrying skis			
	Can use the lift with assistance			
	Can use the lift independently			SIGNED
5 Control	Basic snowplough glide (wedge/pizza)			
	Straight running to snowplough stop			
	Controlling straight speed with snowplough			SIGNED
6 Basic turns	Snowplough simple turns			
	Basic traversing with snowplough turns			
	Linking snowplough turns			SIGNED

LEVEL	CORE SKILLS	D	S	NOTES
7 Intermediate turning	Using turns to control speed		OP	
	Varied radius snowplough turns		OP	
	Making the snowplough narrower		OP	SIGNED
8 Advancing	Basic plough/parallel transition (+traverse)			
	Getting skis parallel earlier in the turn			
	Reducing plough more and increasing speed			SIGNED
9 Advanced turns	Basic parallel turns			
	Continuous turns with skis parallel			
	Varied radius parallel turns			SIGNED

GENERAL NOTES/POINTERS