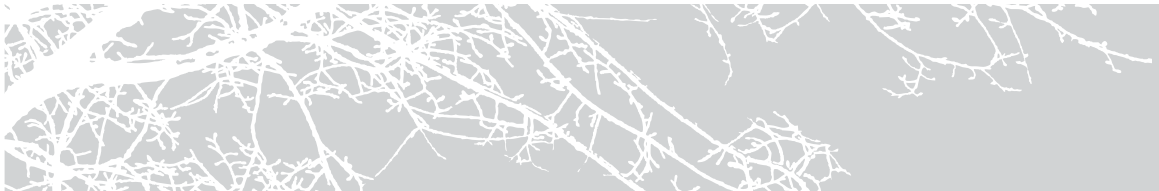


# Chapter 1

## Canadian Ski Teaching



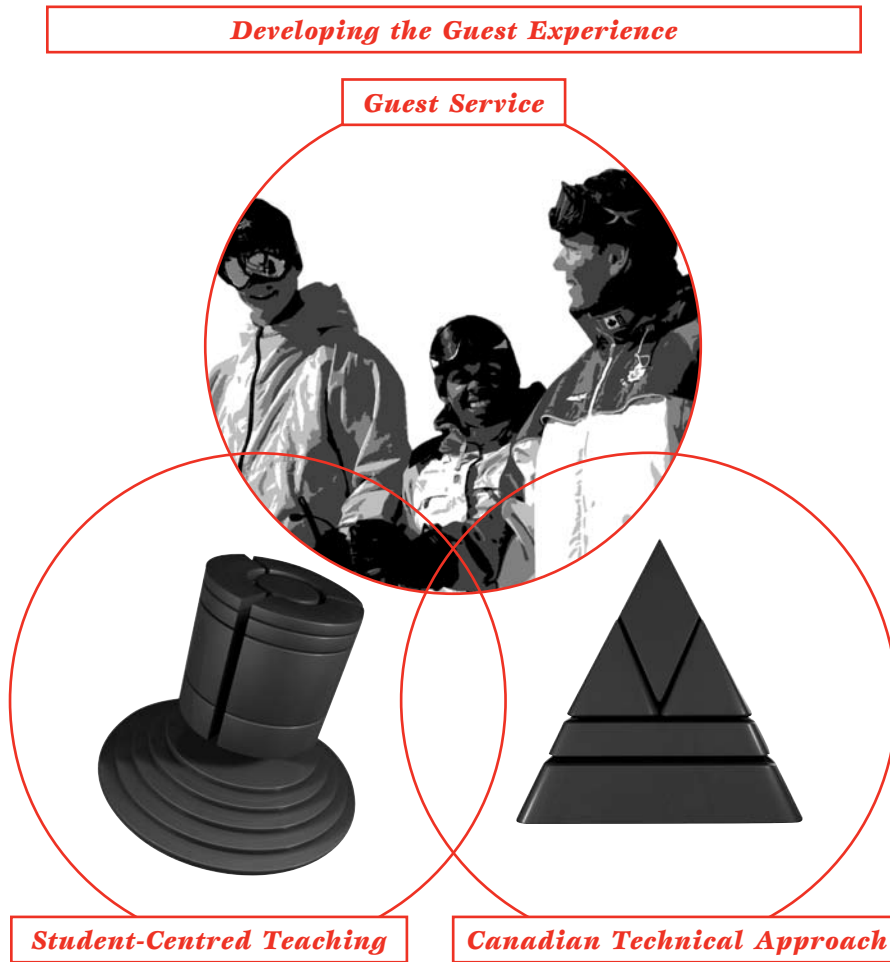
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## Canadian Ski Teaching

The CSIA mission statement mandates a “vibrant mountain experience for the skiing public”. The Canadian approach to ski instructor training is shaped by the needs of the guests that take lessons in ski schools across the country.

CSIA training is built on these three thirds. Canadian ski instruction represents excellence in guest service with student-centred development built on a sound technical approach.



<b>Guest Service</b>	<b>Canadian Technical Approach</b>	<b>Student-Centred Teaching</b>
<ul style="list-style-type: none"> <li>• Exceeding guest expectations.</li> <li>• Awareness for the skiing environment and experience.</li> <li>• People skills and communication.</li> <li>• Anticipating client needs.</li> </ul>	<ul style="list-style-type: none"> <li>• Developing skiing skills using a sound technical understanding.</li> <li>• Combining a technical base with tactical tools.</li> </ul>	<ul style="list-style-type: none"> <li>• Dealing with individual development needs.</li> <li>• Teaching for results.</li> <li>• Tactical adjustments to a changing ski environment.</li> </ul>

## Guest Service

The customers that visit the resorts and snow schools fuel the ski industry. With their personal contact with skiers, instructors play a vital role in developing and retaining a customer base. In many cases a lesson can be a make or break experience for a customer, and the implications extend well beyond the time frame of the lesson.

Ski instruction offers many opportunities for guest service. Starting from the first contact and extending through the lesson and beyond, the instructor anticipates client needs and acts as a guide and helper for the customer. As an interpreter of the ski experience the instructor can determine a skier's success and ultimately their long term participation in the sport.

Chapter 2 of this manual provides tools for developing excellence in guest service.



## Canadian Technical Approach

The Canadian Technical Approach combines theoretical knowledge with practical tools for skier development. It is the shared approach of the Canadian Ski Instructors' Alliance and the Canadian Ski Coaches Federation and is outlined in chapter 3 of this manual.

### Methodology (Assessment and Development Tools)

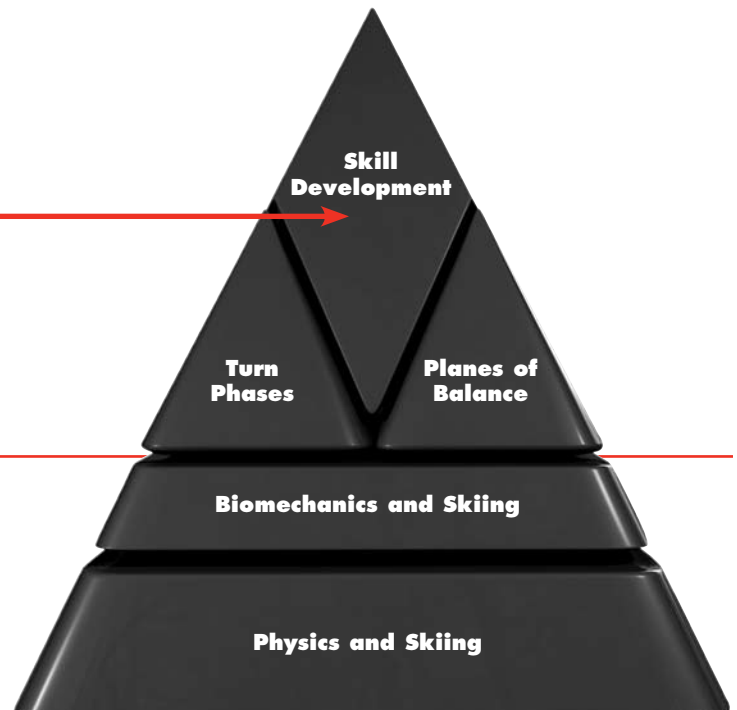
Teaching methods provide a structure for skier assessment and development and are the on-snow tools used by instructors and coaches.

**Turn phases** link a skier's movement patterns with specific parts of the turn and help in prioritizing and sequencing skills.

**Planes of balance** provide a method for identifying balance problems and respond with targeted skill development.

**Skill development** is the core of the Canadian Approach. This system identifies five skills common to all skiing, and develops them through a tactical approach.

The elements of the Canadian Technical Approach form the technical reference core of the Skier Development Model.

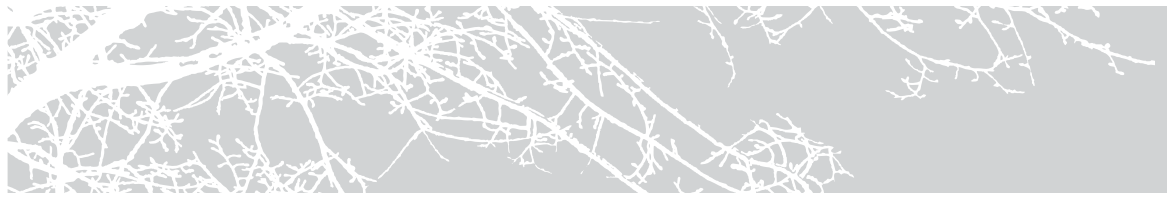


### Technique (technical base)

Physics and biomechanics provide the theory for effective skier development. These laws and principles are universal and help in understanding balance and movement patterns.

**Physics and Skiing:** Physics provide the fundamentals for understanding ski technique as a skier interacts with the forces provided by an ever-changing environment.

**Biomechanics and Skiing:** Biomechanics describe efficient and effective body movements and links these movements to physics.



## Student-Centred Teaching

The primary goal of ski instruction is to improve people's enjoyment of the sport. This is why most people buy ski lessons. Student-centred development recognizes that each individual has different abilities, desires and way of learning. The successful instructor uses an approach that targets the specific needs of each student.

This approach is shown in the Skier Development Model. The horizontal layers represent different levels of skill acquisition, each having different learning characteristics. Consequently the teaching approach varies as students advance.

The core of the model provides a technical reference the instructor uses for the student's progress. The many similarities in the technical components from entry level to expert helps choose and maintain a technical focus as skiers improve.

Around the technical core, the instructor must adapt to conditions and situations encountered on the ski terrain. Rather than following fixed steps, good ski instruction uses these situations as learning opportunities while maintaining a clear direction based on the student's needs.

To move students up the development model the instructor combines a variety of all-mountain, performance and free tactics. The result is ski improvement based on student needs and adapted to the situations at hand.

Student-centred teaching and the skier development model are explored in chapter 4 of this manual.

