

# E-prep questions - level 1

Canadian Ski Instructors' Alliance

## Canadian Ski Teaching ... an introduction

Objectives:

- Canadian Ski Teaching
- Guest Service
- CSIA code of ethics

### Guest Service

How can we make ski lessons fun?

- A) keep students moving to avoid boredom
- B) set difficult goals to challenge students
- C) make jokes about other skiers
- D) ski under the chairlift

### Guest Service

Check all opportunities to generate return business...

Check the correct answers:

- A) provide a clear summary and suggestions for further improvement
- B) go up the chairlift alone so you have time to think
- C) talk to the parents about the children's progress
- D) make sure to ask for a tip
- E) give a business card and indicate your availability for another lesson
- F) keep in touch with clients in the off-season

### Guest Service

The best skiers are always the best instructors.

Fill in the circle of the correct answer:

- A) True
- B) False

### Guest Service

Check all examples of good guest service...

Check the correct answers:

- A) a friendly greeting and eye contact
- B) talk with other instructors while your guests wait in the meeting area
- C) help students with their equipment
- D) finish on difficult terrain so they know what they are doing wrong
- E) talk with clients to find out their reasons for taking lessons
- F) familiarize them with ski area lifts, signage and services

### Guest Service

Which is a quality of good communication?

Fill in the circle of the correct answer:

- A) calm and pleasant
- B) long technical explanations
- C) talk to one student without involving others in the group
- D) don't let them talk - it will only confuse your message

### Code of Ethics

Check the four principles of the CSIA code of ethics.

- A) respect for participants
- B) professional development
- C) responsible teaching
- D) communication skills
- E) integrity in relationships
- F) honouring sport

### Code of Ethics

You have a one student in a group who learns more quickly than the rest.

You should:

Fill in the circle of the correct answer:

- A) pay equal attention to all students in the group
- B) pay more attention to that student
- C) tell the others that they are slow learners
- D) separate the group so you don't have to deal with it

### Code of Ethics

Actions of other instructors are none of your business.

Fill in the circle of the correct answer:

- A) True
- B) False

### Code of Ethics

You think that your student's skis are unsuitable for them. You should:

Fill in the circle of the correct answer:

- A) suggest that they try different models that might work
- B) tell them that their skis are no good
- C) tell them that the best skis are the ones made by the company you represent

### Code of Ethics

You disagree with a company policy that doesn't give instructors special lift access. You should:

Fill in the circle of the correct answer:

- A) complain to your clients that the ski area doesn't help instructors.
- B) approach your supervisor privately to discuss the policy and see if there are other options.
- C) try to get all the instructors to work together to get the policy changed.

### Practical Teaching

Objectives:

- Beginner Progression
- Teaching Children

### "Fast track to parallel"

Which is *not* one of the 5 steps or outcomes ?

Fill in the circle of the correct answer:

- A) keep students moving to avoid boredom
- B) mobility
- C) sliding
- D) turning
- E) stopping
- F) linking

### "Fast track to parallel"

Click all ways of familiarizing students with equipment ...

Check the correct answers:

- A) moving, hopping in the ski boots
- B) leaning on your poles while students figure it out themselves
- C) showing how bindings work
- D) how to carry skis
- E) how poles straps are used

**“Fast track to parallel”**

You should always perfect each step, even if the student is able to progress more quickly.

Fill in the circle of the correct answer:

- A) True
- B) False

**“Fast track to parallel”**

Once the student is linking turns in the beginner area, what are appropriate "next steps" ?

- A) consider moving to longer green runs for guided mileage
- B) teach them how to carve
- C) ski slightly faster to encourage gliding
- D) lots of repetition to improve motor skills and balance

**“Fast track to parallel”**

Check *all* that will help beginners control themselves ...

- A) a good snowplow
- B) leaning back in their boots
- C) a "hockey stop"
- D) round, even turns
- E) good balance on the outside ski
- F) leaning into the hill

**Teaching Children**

The level of responsibility for your students is ...

Fill in the circle of the correct answer:

- A) that of a careful or prudent parent
- B) something you shouldn't worry about
- C) the ski school director's problem

**Teaching Children**

Risk assessment and avoidance includes the following points...

Check the correct answers:

- A) have an "easy way down" in case students can't handle terrain
- B) asking the lift operator to assist with small children
- C) check the grooming report to find the best options for your class
- D) send students over jumps first to see how far they fly
- E) stay on marked trails inside ski area boundaries
- F) let the kids decide where they want to ski

**Teaching Children**

In case of accident you should stay with the person and send a responsible adult to notify patrol.

Fill in the circle of the correct answer:

- A) True
- B) False

**Teaching Children**

Check all good examples of class management ...

- A) indicate stopping areas, and have them stop below the group
- B) ski in front to set a track when control is required
- C) have them respect an order when following
- D) stronger students can take a different run and wait for you at the lift
- E) ski backwards in front of the class to communicate and observe
- F) never look over your shoulder to count students - you will look silly to those watching from the chair.

**Teaching Children**

Check all good examples of communication with children ...

- A) using imagery and language appropriate to age group
- B) getting down to their level for verbal and visual contact
- C) long technical explanations
- D) use their names
- E) use games and activities to develop cooperation within a group

**Teaching Children**

Which age group starts deductive reasoning?

Fill in the circle of the correct answer:

- A) 2-5 years
- B) 6-8 years
- C) 9-12 years
- D) 13-18 years

**Teaching Children**

Which are good approaches for 6-8 year olds?

Check the correct answers:

- A) long runs without stopping
- B) focused on participation, not competition
- C) co-operative play in the group
- D) take turns following the instructor

**Teaching Children**

Which are good approaches for 9 - 12 year olds?

Check the correct answers:

- A) long, technical explanations
- B) clear guidelines for behavior
- C) teamwork and interaction
- D) guided discovery

**Teaching Children**

Team work is an effective strategy for 2 - 5 year olds

Fill in the circle of the correct answer:

- A) True
- B) False

**Teaching Children**

Check all effective approaches for 13-18 year olds

- A) longer, more complex sequences and tasks
- B) ask their input on which approaches they like
- C) "make believe" games
- D) reasoning and decision making tasks
- E) keep feedback positive for self-esteem