



February 2005

## **Intake Test**

During the ski test each candidate's overall skiing ability will be assessed. We are not seeking a specific style of skiing (for example instructor type skiing), but rather watching for ski performance, sound technique, overall competence and confidence. The successful candidate must have been in control of the skis and unless the candidate skied with unsound technique, (e.g. massive upper body rotation) any style is acceptable, provided that style allows for the following manoeuvres to be executed with total competence.

The pass levels required reflect the risks associated with the performance of the ski patroller's role. Any candidate who fails may elect to be retested at a future time.

Each manoeuvre will be demonstrated and explained by an examiner before testing. The order of and number of exercises will depend on the conditions available and the needs perceived by the examiners.

### **Free Run:**

Aim of this test: to demonstrate the standard of skiing required to ski competently anywhere on this mountain. It is the type of skiing observed by the public and as such must be of a suitably high standard.

This test will be held on a steep and/or mogul slope of sufficient length so as to test the stamina and endurance of the candidate. This run is intended to test the candidate's ability to ski as well as he or she is able to on more difficult terrain. Emphasis will again be on strong functional skiing and the candidate making linked parallel turns (without traversing) indicating a competent descent. A fall does not necessarily mean disqualification.

The judging categories will be linked turns, overall control, and edge control.

### **Control Run:**

Aim of this test: to demonstrate good functional skiing with variations of technical skills. It will reflect the candidate's ability to respond to command and to control the ski over the snow, demonstrating the candidate's control over the terrain and not vice versa.

This consists of two manoeuvres: - varying radius and constant radius turns. This test will be conducted on an intermediate to advanced slope. Again the length of descent should test the stamina and endurance of the candidate. As will be demonstrated, the candidate should execute a series of short radius turns (say 4-6) directly in the fall line, changing smoothly to a series of long constant radius turns (say 4-6) and then changing back to short radius and so on for the length of the slope. The radius of the turns must change significantly and suddenly, yet the transition must be smooth and controlled. The constant radius turns across the slope must be of a reasonable speed.

This manoeuvre tests the candidate's ability to turn at a specific place (determined by the radius of the turn and not by convenience). Absorption of terrain, ski to snow contact and control are paramount.

**Crud Run:**

Aim of this test: to demonstrate skiing of any terrain on the mountain, not just groomed piste, with good control and ability.

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

The judging categories will be overall control, linked turns, and control of speed.

**Sideslip and Snow plough:**

These tests are intended to test the candidate's ability to sideslip and snowplough competently. These skills indicate in particular the candidate's potential for alpine training.

Again the emphasis is on function much less than style as these skills are essential to correct, safe sled running.

**Some Definitions:**

The following definitions may help candidates understand the ski test requirements.

1. Linked turns - essentially means that there is no traversing between turns, and the finish of one turn leads into the initiation of the next.
2. Independent leg action - means using each leg separately to fulfil specific functions and can be found in a narrow or wide stance, e.g. weight transfer, stepping.
3. Edge control - is the adjustment of the angle between the ski and the snow and is controlled by the position of ankle, knee and hip. Edge control relates to carving in that turns are performed with minimum skidding/sliding.
4. Overall control - the candidate through sound technique controls the skis performance and therefore the speed and safety of the descent rather than the terrain or the ski controlling the skier. Emphasis is on ski/snow contact.
5. Strength - reflects back to the amount of edge control, the way the skier attacks and uses the terrain and how comfortable the skier looks on his/her skis. This includes confidence, fitness and a good balanced body position.

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