



Kendal Snowsports Club Junior Lessons Policy

V1.0

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Version control

Version	Author	Date	Changes
V0.1	Rose Tideswell	May 2023	New document
V1.0	J Bryers/R Tideswell	April 2024	Approval at AGM

Introduction

This policy shall define how a junior (skier under 18 years of age) can enrol for junior alpine ski lessons at Kendal Snowsports Club. It also defines what is required to continue on this chosen path including future enrolment, payments and standards required in order to progress within the club development structure.

We offer junior ski lessons for members from the age of seven years old. We recognise as the juniors become adult members at aged eighteen they can *continue* in the lessons if offered. We don't offer these lessons to adult beginners.

There is a high demand particularly at the start of season in September and just before February half term for junior beginners lessons.

All instruction is given by qualified UKSS volunteer instructors. The instructors are continually assessed and have development training under the governing body [Snowsport England Licencing](#).

Membership

Any junior taking lessons must be a current member of Kendal Snowsports Club prior to commencing in lessons. No junior is insured to ski if not a member.

Enrolment

Due to the popularity of the junior lessons there are at times waiting lists. To enrol complete the following form - [Register Junior Member Form](#). On completion of this form an email will be sent to the Junior lessons co-ordinator and copy will be sent to the provider of the information as a record of their registration.

The waiting list will be reviewed throughout the seasons and a first on, first off policy will apply. The junior lessons co-ordinator will usually email or phone the next suitable junior(s) on the list. A week (7 days) will elapse and if no contact is made back to the junior co-ordinator this junior will be flagged as 'contacted' and put to the back of the list. Due to the numbers on the list, this is the only efficient way to move through the list fairly.

Once a junior is accepted in to a lesson they can continue right through the awards scheme as they will automatically be invited back for the following season. If a junior does not wish to continue please ensure our junior co-ordinator is informed, so we can offer the place to others.

If a junior is already aged seven or over and can ski, we may be able to offer an appropriate lesson based on availability thus skipping the beginners waiting list.

An on slope assessment may be offered to see if the skill level of the Junior is appropriate for such a lesson. Only if the junior can attain a skill level equal to the level in the lesson will the junior be offered a place.

Lessons timetable

We offer ten, one hour lessons prior to Christmas starting late September and 10 one hour lessons in the New Year finishing around Easter.

We usually break for the school half terms giving the junior and instructors a well earned rest. There are no lessons in the school half terms in October and February.

Lessons are offered currently at the following times for one hour, unless stated otherwise;

Tuesday - 6.30pm

Friday - 6.30pm & 7.30pm

Saturday mornings 9.15am, 10.30am & 11.45am

Saturday evenings 4:30pm

Saturday Junior Development 5.30pm - 7pm

Pre season measuring evenings

Every junior is expected to attend a measuring evening every season. The dates of these evenings will be posted on our website in August and are usually arranged early September ready for the start of the lessons. As the junior grows in size it's essential to ensure safe skiing to recheck their measurements annually.

The reason for these sessions is to ensure all measurements for the Junior are collected such as weight, height, shoe size. This allows us to pre set the equipment for the start of the lessons and avoids long queues early in the season.

Payments

Payments for a set of ten lessons are payable prior to or on the first lesson date. No junior is entitled to take lessons if the payment has not been received by the commencement of the lessons or is not a member for the coming season.

Refunds are not normally offered.

Awards and skill assessment

Awards

The instructors will make assessments of each junior usually at the end of the season. Each junior MUST be able to repeat the given task(s) on different lesson dates to ensure there is a repeatable learned skill.

The instructor doing the assessment has the final word of whether the junior has achieved the task and therefore the award.

If a parent or guardian is unhappy with the assessment, they must put this in writing to the junior co-ordinator in the first instance. We don't expect our instructors to be challenged directly at the time of the assessment.

Email Junior co-ordinator

[Email Junior co-ordinator](#) via web site.

See also our Code of Conduct and Ethics for Parents and Carers.

[Code of Conduct and Ethics for Parents and Carers](#)

In term skill assessment

At the start of each season and as the season continues, there will be a need to reassess juniors in each lesson to ensure the standard of the lesson matches the their skill level. It also ensures we progressively move juniors through the lessons to make space for other beginners lessons and keep the lesson numbers equal across the session times.

This assessment will be conducted usually by the junior co-ordinator.

If a junior, in our view, is working at a higher skill level than most of the other juniors in that lesson, they may be offered to move to another lesson at the same time or to a different time. This will of course be communicated to the parent or guardian.

On occasions we can also accommodate siblings in the same time slot, but please be aware this is not always possible.

APPENDIX 1 - Award scheme details

The Award Scheme

The KSC Award Scheme is as far as possible consistent with the UK Snowlife Awards. The Snowlife snowsport awards are nationally recognised awards for alpine skiing. They've been developed by UK Governing Bodies for skiing.

- An assessment is based on demonstrating the aim plus performing a few specified exercises.
- Other observational activities used as a checklist for instructors.
- Awareness of Ski-Way code and general Health & Safety issues will be mandatory.

Certificates and badges are attained and given to each junior when they attain the required standard.

Proficiency Award

Snowlife 1* (Put skis on/off, climb and ski down short ski run. Control speed by ploughing).

Aim

Demonstrate good balance and posture in a schuss & snowplough glide.

No	Task Description	Observation Criteria
1	Put on and take off own skis, get up from fall on slope	
2	Step up the slope using the edges of the skis to 1st get-off	
3	Use rope tow to 1st get-off consistently without falling, know what to do in event of self or other skier falling	
4	Turn into fall line and make straight descent without fall	Flat skis; hips above feet.
5	Turn through 180o on slope without losing height	
6	Descend in snow plough glide maintaining shape of plough	Plough formed by leg rotation. Good posture, Straight line, no upper body tension.
7	Snow Plough to a stop on gentle terrain	NOT a wide emergency stop
8	Perform 3 of the following exercises in schuss	

	a. Heads, shoulders, knees and toes	Balanced over ski. Appropriate flexing. Eye line
	b. "Walking down slope" lifting heels of skis alternately	Balance over ski, appropriate flex
	c. Ducking under bar	Flexing, eye line
	d. Catching and throwing object during single run	Remain balanced
	e. Run with 2 bunny hops – lifting heels of skis together	Good posture throughout.

Assessment is based on demonstrating the aim plus performing 3 exercises.

One Star Award

Snowlife 2* & 3*(2*Plough turning, wider & narrower turns, 3* Linked turns practicing plough parallel).

Aim

Demonstrate versatile snowplough linked rounded turns.
(From the top of new slope).

No	Task Description	Observation Criteria
1	Use rope and button tow to middle get-off consistently without falling, know what to do in event of self or others falling	Manages lifts most times Can manage falls from lift unaided Does not get on lift if not clear, considerate to others
2	Schuss in straight run from 1st get-off	Symmetrical, skis hip width apart, relaxed body position, flat skis. Hips above feet.
3	Snowplough run varying width of plough several times during run and coming to a stop at a planned point	Snowplough formed and adjusted by leg turning. (Without much leg extension)
4	Stop in snowplough, starting run with straight skis and stopping at marked point or on signal	
5	Snowplough turns: 6 linked turns through marked course from 2nd get-off remaining in control throughout	Good posture. No upper body tension Symmetry
6	Traversing: 4 linked traverses with parallel skis during traverse and 3 snow plough turns.	In balance

7	Be able to absorb bump or roller when skiing straight over at reasonable speed	Balance with hips over feet, adjusting before/after roller
8	Perform 4 of the following:	
	a. Ski under and over bar in schuss	Eye line, don't sit back
	b. Small jump off roller or bump in control	Pop of roller by extending
	c. Step over rope or line on mat and back	Remain balanced
	d. Snow plough drifts /Crabbing	Upper body facing down fall line
	e. 3 bunny hops	Remain balanced
	f. Balance on one ski during straight run from $\frac{1}{2}$ height of nursery slope	Both feet attempted

Assessment is based on demonstrating the aim plus performing 4 exercises.

Two Star Award

Snowlife 4* (Polished plough parallel, balanced against outside ski earlier in turn, turns fluid & “S” shaped, skis parallel before middle of each turn).

Aim

Demonstrate polished plough parallel turns. (Carrying poles).

No	Task Description	Observation Criteria
1	Make at least 2 traverses linked by plough turns	
2	Stop from Traverse	Parallel skis & stop in defined distance & At right angles to slope.
3	Stop from Schuss	Ditto
4	Stop from Run of Turns at Signal	Ditto (At “Practice” level)
5	Plough Parallel Turns	Support on outside ski – show extension and edge change & turning of inner ski.
6	Side slip	Rolling edges of both skis
7	Balanced little “pop”	Over bottom mogul.
8	Absorb lower moguls/ridge (flex/extend)	For 2* starting at 3rd highest mogul OR ridge on new slope. Using constant pressure and full contact with mat.

8	Controlled descent of course with markers on: main piste,	Turning is “S” shaped, skis naturally want to become parallel in or even before the middle of each turn (the fall line).
9	Basic mogul skiing	Snow plough/plough parallel in easy line.
10	Turn on bank around markers	
11	Perform 3 exercises	Stepping 1000 steps Ski backwards Single ski Jump with skis parallel to slope on landing Skating etc

Assessment is based on demonstrating the aim plus performing 3 exercises.

Three Star Award

Snowlife 5* (Basic parallel turns).

Aim

Demonstrate rounded S shaped basic parallel turns. (Carrying poles).

No	Task Description	Observation Criteria
1	Make at least 4 traverses linked by plough turns	
2	Stop from Traverse	Parallel skis & stop at marker in defined distance & remaining at right angles to slope.
3	Basic Plough Parallel	Support on outside ski – show extension and edge change & turning of inner ski.
4	Side slip	Rolling edges of both skis
5	Balanced little “pop”	Over bottom mogul.
6	Absorb lower moguls/ridge (flex/extend)	For 2* starting at 3rd highest mogul <i>OR</i> ridge on new slope. Using constant pressure and full contact with mat.
7	Controlled descent of course with markers on: a) main piste, b) terrain with skis parallel	Show a controlled “S” shaped descent from top, completing turn and with simultaneous edge transfer.
8	Basic mogul skiing	Basic Plough Parallel in easy line.

9	Turn on bank around markers (1 metre up)	Remain in balance
10	Perform all exercises	Stepping 1000 steps Ski backwards Single ski turns Jump with skis parallel to slope on landing. Skating in a straight line.

Assessment is based on demonstrating the aim plus performing all exercises.

Four Star Award

Snowlife 6* -7*(6* Parallel turns with pole plants, “S” shaped turns. 7* Well coordinated pole plants on challenging slope).

Aim

Demonstrate basic parallel turns with pole plant; basic short radius turns with pole plant, and mogul skiing.

No	Task Description	Observation Criteria
1	Short radius turns with pole plant (8 continuous)	Showing rounded turns (“S”)
2	Mogul skiing (plough parallel) One fast run & one slow run	Basic swing down very easy line (Outside moguls)
3	Skidded parallel turns with pole plant	Showing control of pressure/edging & turning
4	Stop – during run (at signal) across slope	Remain balanced
5	Do slalom course - 6 gates.	Good speed & posture
7	Jump turn on bank	Don't lose height??
8	Single ski turn Uphill ski start Downhill ski start	Make a turn on one ski – both feet! Keep other foot off matting. Minimum upper body rotation
9	Carving	Turn initiated by simultaneous edge change.
10	Jump off rollers. (From off rampette)	Showing good posture & balance.
11	Perform 10 from 20 exercises	See list after 5* award

Assessment is based on demonstrating the aim plus performing 10 from 20 exercises in 5* award.

Five Star Award

Snowlife 8* (Rhythmical short radius turns with pole plant on steep & narrow run. Roll from edge to edge to change direction (carving). Rhythmical medium radius turns. Note Snowlife suggests this to be done on snow).

Aim

Demonstrate short radius turns with pole plant, slalom course; demo rounded carved turns, control speed & line through moguls with parallel skis using pole plant in moderate line.

No	Task Description	Assessors Criteria
1	Railing - Carving	Turn initiated by edge change.
2	Short radius turns (with pole plant)	Showing rounding off turns and appropriate use of pole plant.
3	Mogul skiing parallel with pole plant	
4	Long radius turns, skidded and carved.	Demonstrating ability to vary the degree of skidding from 100% to zero.
5	Perform "slalom" course - 8 gates.	Varying offset of gates
6	Perform 15 from 21 exercises listed below	

Assessment is based on demonstrating the aim plus performing 15 from 21 exercises.

Exercises

1. Foot-to-foot exercise
2. Short Swing exercise
3. Jump skis in/out of plough
4. Change direction in reverse plough,
5. Chinese snowplough
6. Shuffle feet when skiing across slope,
7. Push feet forwards when skiing across slope,
8. Bunny jumps when skiing across slope
9. Backward skiing matching skis at end of turn,
10. Ski 360 deg.
11. Run while turning .
12. Lead partner through funnel,
13. Pull a star jump, twister or grab,
14. One legged outside ski turns.
15. Stem turn,
16. Parallel step turn,
17. Ski backwards semi parallel turns
18. 1000 steps.
19. Ski backwards parallel turns at least 4 linked,
20. Pull 180 deg jump across slope,
21. Skating turns when accelerating

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