

# Alpine Skiing/Snowboarding Performance Evaluation

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Instructor/Examiner: \_\_\_\_\_

<u><b>Groomed Slope-Skiing</b></u>	Performance grading scale: (+) Exceeds Objectives (=) Meets Objectives (-) Fails Objectives			
<b>Slope selection should be more/to most difficult terrain based on evaluation day conditions and be appropriate for the skills being evaluated.</b>	Candidate:	Candidate:	Candidate:	Candidate:
<b>Slope selection should be more/to most difficult.</b>	(+) (=) (-)	(+) (=) (-)	(+) (=) (-)	(+) (=) (-)
Demonstrate rounded turn shape (medium are bigger than short and the long's are bigger than the medium. Mediums are approximately 45 feet in width. Some skidding is acceptable in Short and medium turns.				
Demonstrate efficient mix of short, medium and long radius turns (Show us what you got.)				
Perform open parallel turns on skis using simultaneous foot steering. The skier/rider is relaxed and maintains balance throughout the runs.				
Performs run in a series of turns as connected arcs.(no traverse)				
Demonstrates an adaptive balance to terrain changes throughout the run.				
<b>OVERALL Groomed Slope Skiing: PASS OR FAIL</b>	(P) (F)	(P) (F)	(P) (F)	(P) (F)

<u><b>Steep Slope-Skiing</b></u>	Performance grading scale: (+) Exceeds Objectives (=) Meets Objectives (-) Fails Objectives			
<b>Slope selection should be more/to most difficult terrain based on evaluation day conditions and be appropriate for the skills being evaluated. Slope selection should be more/to most difficult.</b>	Candidate:	Candidate:	Candidate:	Candidate:
<b>Slope selection should be more/to most difficult.</b>	(+) (=) (-)	(+) (=) (-)	(+) (=) (-)	(+) (=) (-)
	(+) (=) (-)	(+) (=) (-)	(+) (=) (-)	(+) (=) (-)
Performs a fall line descent maintaining upper body/center of mass moving down the fall line.				
Performs a range of turn size, shapes and techniques.				
Performs short turns where skidding is allowed.				
Maintains consistent, controlled speed.				
Maintains active balance, with both feet steering through the turn and the center of mass moving down the fall line.				
Simultaneous vs sequential foot movement is expected.				
<b>OVERALL SCORE STEEP SLOPE SKIING: PASS OR FAIL</b>	(P) (F)	(P) (F)	(P) (F)	(P) (F)

**Comments:**

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	Performance grading scale: (+) Exceeds Objectives (=) Meets Objectives (-) Fails Objectives			
<b>Mogul Skiing</b>	Candidate:	Candidate:	Candidate:	Candidate:
<b>Terrain:</b> More Difficult Smooth	(+)=(-)	(+)=(-)	(+)=(-)	(+)=(-)
The descent should be a series of turns where traverses and side slips are only used for the candidate to demonstrate effective control and select a route down the fall line				
Traverse, turn, traverse is not acceptable performance.				
Shows a competent technique to negotiate terrain.				
Performs consistent turns while maintaining a constant speed of descent				
Performs controlled direction changes, use of edges and pressure to complete the turns.				
Demonstrate balance, stability and control				
<b>OVERALL SCORE MOGUL SKIING : PASS OR FAIL</b>	(P) (F)	(P) (F)	(P) (F)	(P) (F)

<b>Notes:</b>				
<b>OVERALL SCORE UNPACKED SNOW: PASS OR FAIL</b>	(P) (F)	(P) (F)	(P) (F)	(P) (F)

<b>For a <u>Final Passing Score</u> the candidate must pass all alpine skills: Groomed, Steep and Mogul</b>	Candidate:	Candidate:	Candidate:	Candidate:
<b>FINAL SCORE FOR ALPINE SKILLS EVALUATION: PASS OR FAIL</b>	(P) (F)	(P) (F)	(P) (F)	(P) (F)

**Comments:**