



SENIOR ALPINE

Performance Evaluation

Sign Off Sheet

Date: ____/____/____

| SCORING | |
|---------|----------------------------------------------------------------------|
| 1 | Essential elements were not observed or were not present |
| 2 | Essential elements are beginning to appear but not at a Senior level |
| 3 | Essential elements appear but are not consistently at Senior level |
| 4 | Essential elements appear regularly at Senior level |
| 5 | Essential elements appear frequently above a Senior level |
| 6 | Essential elements appear consistently at a Superior level |

Risk Management: All those involved will communicate any concerns regarding risk management. Strict efforts must be made to ensure the safety of all participants & the public.

Reference (not scored): PSIA Fundamentals for Alpine Skiing – *All skiing is a blend of the fundamentals*

| | |
|-----------------------------------------------------------------------------------------------------------|----------------|
| Control the relationship of the COM to the base of support to direct pressure along the length of the ski | CANDIDATE NAME |
| Control pressure from ski to ski and direct pressure toward outside ski | |
| Control edge angles through a combination of inclination and angulation | |
| Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body | |
| Regulate the magnitude of pressure created through ski/snow interaction | |

| GROOMED SLOPE PERFORMANCE – Visual Cues – What Do You See? | Instructor | Initials | Date |
|-------------------------------------------------------------------------------------------------------------|------------|----------|------|
| a. Connected and rounded turn shapes of varying sizes – maintaining consistent speed and control | | | |
| b. Simultaneous foot tipping at initiation – carving & skidding acceptable – both feet in contact with snow | | | |
| c. Skis parallel and consistent width throughout turns | | | |
| d. Consistently turns the skis separate from a stable upper body | | | |
| e. Center of mass moves forward and across the skis into the new turns | | | |

| STEEP SLOPE PERFORMANCE – Visual Cues – What Do You See? | Instructor | Initials | Date |
|------------------------------------------------------------------------------------------------------|------------|----------|------|
| a. Rounded and connected shorter radius turns for a controlled and consistent fall line descent | | | |
| b. Pole touch/plant aids in stabilization and timing | | | |
| c. Skis parallel and consistent width throughout turns | | | |
| d. Simultaneous foot tipping at initiation – carving and skidding throughout the turns is acceptable | | | |
| e. Edging achieved through inclination and angulation | | | |

| MOGUL/UNGROOMED SLOPE PERFORMANCE – Visual Cues – What Do You See? | Instructor | Initials | Date |
|----------------------------------------------------------------------------------|------------|----------|------|
| a. Connected turns for controlled fall line descent - consistent rate of descent | | | |
| b. Pole touch/plant aids in stabilization and timing | | | |
| c. Skis turn under stable upper body | | | |
| d. Rotary movements of the legs to navigate moguls or ungroomed terrain | | | |
| e. Maintains active balance throughout terrain changes | | | |

COMMENTS:

Sign-offs must be from a current OET TE (2024/25) or current, calibrated Ski/Ride TE (2023/24)

All Sign-Offs Must be completed on Senior Level Terrain

(rev. 12/11/2023)