

FDSC – ADVANCED SKI TEST

OVERVIEW

This is a proficiency test designed to identify and recognize proper movement patterns that should be exhibited by an advanced skier. The objective is to determine if the skier can safely and competently ski on expert terrain.

Skiers will receive a brief critique on their performance. A skier must receive a passing grade on all components in order to pass the test.

PURPOSE

The test will aid the skier in identifying and understanding the proper movement patterns exhibited by an advanced skier. The skier should demonstrate the proper blending of fundamental skills to ski black diamond terrain, on demand in all conditions.

ADVANCED TEST COMPONENTS

The components of the test provide for a constructive evaluation of advanced skiing skills on expert terrain.

The terrain will be varying advanced as determined by the tester(s) based on current conditions.

Traversing

- Demonstrate proper balance, pressure and edge control while traversing expert terrain from both the left and right
- Demonstrate independent leg action and absorption over uneven terrain
- Demonstrate edge control with no slippage

Long Radius Turns

- Demonstrate fluid movement, consistency of turn shape and speed control using turn radius and terrain
- Demonstrate proper balance and blending of steering, pressure and edge control for smooth turns

Short Radius Turns

- Demonstrate fluid movement, consistency of turn shape, rhythm, speed control and pole plants
- Pole plants should be timed with edge release of the ski

Safety Stops

- Demonstrate balanced, fluid movement and control of skid to a complete stop from both the left and right
- Direction of travel preceding the safety stop shall be in a straight line down the hill. No veering to the left or right

Skating Steps

- Demonstrate balanced, fluid movement from ski to ski on a moderate incline going uphill
- Skate from an edged to a flat ski, projecting the body up the hill by extending the leg of the edged ski
- There should be as little slipping as conditions will permit