

# FDSC – STANDARD SKI TEST

## OVERVIEW

This is a proficiency test designed to identify and recognize the intermediate skier. The objective is to determine if the skier can safely and competently ski on average intermediate 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 their strengths and weaknesses in skiing. It outlines a foundation for developing the proper movement patterns and skills needed to progress towards advanced skiing.

## STANDARD TEST COMPONENTS

The components of the test provide for a constructive evaluation of intermediate skiing skills.

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

### Parallel Turns

- Demonstrate linked, non-wedged short and medium radius parallel turns appropriate for intermediate terrain using pole touches

### Sideslipping

- Demonstrate sideslipping straight downhill, forwards and backwards
- Demonstrate proper body position with upper body facing down the slope, proper hand and pole position, weight on downhill ski and rolling of the ankles down the slope

### Hockey Stops In a Box

- Demonstrate stopping safely and completely to the left and right in a confined area
- Four ski poles will be used to demarcate a box with the size being determined by the terrain and snow conditions

### Turn In Place

- Demonstrate with proficiency, executing a Step turn, Bullfighter turn or Kick turn, to the left and the right

### Non-skidded Traverse

- Demonstrate proper balance, pressure and edge control while traversing intermediate terrain from both the left and right