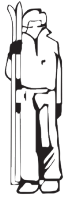


SKI ABILITY GUIDE



Beginner Level 1 - Head Learn to Ski

Never skied before.

HEAD

GOAL: Learn about equipment, safety and the Responsibility Code. Make a controlled stop and basic turns and use the surface lifts.



Novice Level 2 - Novice Pack

You can stop in a wedge and make basic wedge turns.

GOAL: Gain confidence on beginner lifts and easy green trails, link turns with control and rhythm.



Intermediate Level 3a - Progression Pack

You make linked wedge turns with comfortable speed control on all green trails and ride chairlifts.

GOAL: Match your skis to parallel at the end of each turn and gain confidence on chairlifts and green trails.

Intermediate Level 3b - Progression Pack

You match your skis to parallel from the middle of your turn. Ski with confidence on all green and some blue trails.

GOAL: Ski blue trails with confidence, match skis to parallel for most turns.



Intermediate Level 4 - Progression Pack

You ski blue trails confidently and ski parallel very early in and throughout the turn.

GOAL: To make round and controlled parallel turns and to use a pole plant. Ski steeper blue trails with confidence.



Advanced Level 5 - Progression Pack

You make strong parallel turns on all steep blue trails with confidence and speed control and use a pole plant.

GOAL: To make dynamic carving turns, long and short radius turns with pole plant. Ski easy bumps and groomed black trails with confidence.



Advanced Level 6 - Progression Pack

You make dynamic carving turns on black trails. You ski with control off-piste and in easy bumps.

GOAL: Ski with precise technique and form in all conditions and terrain. Ski more dynamically with less effort.

SNOWBOARD ABILITY GUIDE



Beginner Level 1 - Burton Learn to Ride

Never snowboarded before.

BURTON

GOAL: Learn about equipment, safety and the Responsibility Code. Basic stance and balance, mobility exercises, basic turns and ride the surface lifts.



Novice Level 2 - Novice Pack

You can make skidded traverses on both edges and you are starting to link some basic turns on very easy green trails.

GOAL: Build confidence through control. Ride easy green trails. Improve basic stance, use the surface and/or beginner chairlifts safely.



Intermediate Level 3 - Progression Pack

You are comfortable in linking skidded turns on easy green trails and can vary your turn size and shape.

GOAL: To develop skills and ride confidently on green and some blue trails and ride in control with speed.



Intermediate Level 4 - Progression Pack

You ride on blue trails comfortably and in full control, you are balanced when turning both ways.

GOAL: Use different turn shapes and sizes and make a basic carved turn.



Advanced Level 5 - Progression Pack

You make carved turns, ride difficult blue and easy black terrain and use movements efficiently.

GOAL: Improve carved turns on blue and black terrain and make short, medium and long turns. Ride off-piste including bumps. Ride switch.



Advanced Level 6 - Progression Pack

You ride confidently in all terrain and in all conditions.

GOAL: Refine carving skills, precision, speed, control and versatility including bumps, off-piste, in the terrain parks, halfpipe and riding switch.