

On Piste Skiing Profiles

<p>Early Intermediate on-piste – (Blue)</p> <p>- Competent to ski all blues whatever the conditions & easy reds</p> <p>Confident to ski blues in all conditions, skis reds in good conditions</p> <p>About 4 weeks or more experience, but sticks to blue pistes mainly</p> <p>Maintains consistent pace and turns on blue pistes. Likes a break between runs</p> <p>Prefers to ski pistes in good conditions, avoids icy and bumpy terrain</p>	<p>Intermediate on-piste – (Red)</p> <p>- Competent to ski all reds whatever the conditions & easy blacks</p> <p>Confidently skis groomed reds, easy blacks in good conditions.</p> <p>Around 8 weeks or so experience, but sticks to red pistes mainly</p> <p>Skis parallel on groomed reds, consistent pace and turns, top to bottom, limited stops</p> <p>Enjoys groomed pistes and prefers to avoid bumps or icy slopes</p>	<p>Advanced Intermediate – (Silver)</p> <p>- Competent to ski most blacks</p> <p>Controlled and confident skiing on any red piste and easier blacks</p> <p>Possibly many years of experience, enjoys skiing whole mountain on piste</p> <p>Vary turn radius on more challenging terrain. Skis the mountain all day with limited stops</p> <p>Able to ski icier pistes or easy bumps. Avoids larger bumps. Frequent stops in tricky conditions.</p>	<p>Advanced on-piste – (Purple)</p> <p>- Competent to ski blacks whatever the conditions & easy bumps</p> <p>Skis whole mountain including steep blacks, varying turn radius</p> <p>Experience of many ski resorts. Able to ski most piste conditions</p> <p>Skis top to bottom except on toughest blacks. Enjoys taking the fall line, skis at a good pace all day</p> <p>Able to handle a variety of conditions including icy pistes and larger bumps</p>	<p>Expert on-piste (Gold)</p> <p>- Competent to ski the fall line on all blacks, all bumps, all conditions</p> <p>Enjoys skiing steepest and most challenging terrain, taking the fall line</p> <p>Considerable experience. Confidently adapts behaviour in challenging conditions</p> <p>Comfortably varies speed and turns. Fluently skis fall line of all runs including bumps at fast pace</p> <p>Safely and confidently negotiates any conditions they may encounter including ice and large bumps</p>
--	--	---	--	--

In between levels? (+ profile)

Fully competent at level, shows several competencies of next profile up.

Use these skills and behaviours to help them progress

Move to the next level?

Shows all the competencies of the next level up.

Peak Experience Profiles are the same, but the pace of the day may be slower

Fitness can/will affect the profile

Below Average fitness - struggles to maintain good energy levels through the day - **lower profile level?**

Good fitness - skis consistently at the level all day and on consecutive days, no undue fatigue - **OK for profile**

High fitness – comfortably manages the day’s activity with energy to spare and on consecutive days. Might well be able keep up with a group of better skiers - **possible higher profile level**

What else can affect Skier profile?

Attitude & Confidence? Right type of ski, well maintained skis? Do their boots fit?

Environment - wind, visibility, type and state of snow?

What you see?

Basic confident and rhythmical turns

May find it difficult to carve turns on groomed blue pistes

Will generally go out of their way to avoid bumpy and irregular terrain.

Tendency to sit back and lose control through a turn in tricky conditions.

Struggles to control speed on more difficult pistes, particularly blacks

Long pistes require stops and the effort required to turn continuously will use much energy.

They could be quite timid or show a ‘have-a-go’ attitude

What you see?

Skis for a good distance on red pistes without needing a break

Carves on blue pistes in good conditions, well balanced over their skis through each turn

Happily take on bumpy or irregular terrain but may fail to maintain a continuous rhythm over distance

On steeper and icier pistes, may lose some control in the turn and have difficulty correcting the error

Steering the skis may involve noticeable physical effort but still be effective

May use physicality to make turns or could be equally effective with less energy expenditure

What you see?

Well balanced over skis, maintains control at all speeds on all pistes and in wide variety of snow conditions

Carves well on Blue pistes and groomed Reds, with excellent balance over the skis in every turn

Willingly enters bumpy or uneven terrain, with good control, appropriate technique for a considerable distance

Varies turn shape, adapts to changes in snow with ease and comfort. Able to control speed when appropriate

Skis well-formed bump runs maintaining good shape, rhythm, control, lots of linked turns

Comfortable to ski fast, at a high tempo through whole day. Need very few stops to recover or rest

Skis old style, feet clamped together? Acceptable as long as all criteria above are observed

Off piste skiing Profiles

Aspirer off-piste – (Red)
 - *Competent to ski easy off piste in good conditions. Minimum Adv Int on piste*

Willing to venture off piste on easy slopes (lesser steepness than a blue)

Limited off piste experience. Relatively fit, keen and able to progress

Working on linking turns

Able to ski off piste in easy conditions

Intermediate off-piste– (Silver)
 - *Competent to ski moderate off piste*

Confident and comfortable skiing moderate slopes off piste

A few weeks experience off piste skiing, possibly with guides / instructors

Can link several turns in light powder snow (boot height) on a uniform base

Can manage easy untracked terrain. Prefers conditions with no obstacles

Advanced off-piste – (Purple)
 - *Competent to ski advanced off-piste*

Confidently enjoys skiing off-piste on steeper slopes

Several years experience, some mountain craft. Spends whole day off-piste. May have toured

Confidently enjoys powder. Skis with consistent speed and turn shape in all but the most challenging conditions

Can handle variety of conditions including lightly crusted and wind affected snow

Expert off-piste (Gold)
 - *Competent to ski all off-piste in all conditions*

Confidently skis all skiable off piste terrain in a controlled line, in the widest variety of snow conditions

Considerable off-piste experience on all types of snow. Excellent mountain craft

Skis with fluidity and confidence in almost any condition. Seeks challenging terrain and snow

Safely and confidently negotiates any conditions, including breakable crust and deep snow

In between levels? (+ profile)

Fully competent at the level, shows several competencies of higher profile

Use these skills and behaviours to help them progress

Move to the next level?

Shows all the competencies of the next level

Fitness can/will affect the profile

Below Average fitness - struggles to maintain good energy levels through the day - **lower profile level?**

Good fitness - skis consistently at the level all day and on consecutive days, no undue fatigue - **OK for profile**

High fitness – comfortably manages the day’s activity with energy to spare and on consecutive days. Might well be able keep up with a group of better skiers - **possible higher profile level**

What you see?

May not be capable of linking continuous turns without needing to stop to recover

In varied snow conditions, turns less rounded, sits back, drop their hands and occasionally lose control

The skier will be particularly apprehensive about skiing crusty or varied snow

They will often ski with feet very wide apart using an independent leg action.

Could be energetic and enthusiastic despite falls. Or timid and will return to pistes when tired

May fall regularly causing accelerated fatigue and discomfort

Tiredness and fatigue could lead to a serious fall and potential injury

Peak Experience Profiles are the same, but the pace of the day may be slower

What you see?

In predictable snow conditions, links many turns, though not always with rhythmical turn shape

In varying snow conditions, turns are irregular, may stop to regain composure

Effective skills on all but most difficult slopes. Good balance throughout turn

May have open, feet wide apart stance for stability, using body strength to turn

May be strong "have a go" skier, prepared to fall over and improve

Could be more precise, less physical skier who stops before falling over

What you see?

In good off-piste conditions, maintains good position and balance over skis, using little effort

This level of skier will not shy away from challenging snow conditions

On steep terrain, even with obstacles, they will ski a controlled line confidently

Skiers with decades of experience skiing at this level may ski in an older style where the feet are kept close together. Provided all other criteria are fulfilled this an acceptable skier profile

The skier will rarely fall

Will not balk at skiing hard all day and will often be up for greater challenges