

**REQUIREMENTS FOR CADS LEVEL 2 ALPINE INSTRUCTOR  
CERTIFICATION COURSE (Open to skiers who are able bodied or have a  
disability)**

PEOPLE WITHOUT CSIA/CASI CERTIFICATION

PEOPLE WITH CSIA/CASI CERTIFICATION

- |   |  |   |  |
|---|--|---|--|
| 1 | Have a CADS membership   | 1 | Have a CADS membership   |
| 2 | CADS level 1 Certification   | 2 | CADS Level 1 Certification   |
| 3 | Require 1 season of teaching persons with a disability to ski                            | 3 | Require 1 season of teaching persons with a disability to ski                            |
| 4 | 18 hour CSIA/CASI Teaching Methodology Clinics   | 4 | Not applicable   |
| 5 | 6 hour clinic – teaching Disabled Skiing Methodology                                     | 5 | 6 hour clinic – teaching Disabled Skiing Methodology                                     |
| 6 | Pass exam on teaching knowledge and pass a 4 run ski off (Sitski separate Certification) | 6 | Pass exam on teaching knowledge and pass a 4 run ski off (Sitski separate Certification) |

**SKIERS WITH A DISABILITY NOTE:**

Skiers with a Disability must be able to teach their own disability function, but must also be able to teach, detect and correct all the skiing functions. To demonstrate these other functions, another demonstrator can be used. The person with a disability must have the usual mobility and strength to assist the students.

**CADS LEVEL 2 INSTRUCTOR CERTIFICATION COURSE – TEACHING EXAMINATION REQUIREMENTS**

The teaching exam is done on snow and will consist of:

- 1 Teaching on:
 

Visually Impaired	Function 1
3 Track	Function 3
4 Track	Function 4
- 2 There will be 1 teaching exam.
- 3 There may be more than 1 examiner at each session

- 4 Examiners are looking for your Ability to communicate ideas and teaching criteria from your training experiences or knowledge gained by reading CSIA and CADS Methodology manuals.
- 5 The mark will be Pass or Fail and not a number grade

## **CADS LEVEL 2 INSTRUCTOR CERTIFICATION COURSE – SKI OFF REQUIREMENTS**

- 1 **BASIC CHANGE OF DIRECTION (3 Track –shallow terrain – slow speed)**  
SKILLS: Forward Side Slip linked with unweighting
  - a) Balance (stance): Fore and Aft, Vertical
  - b) Pivot : The ability to rotate the foot and ski under the body
  - c) Pressure Control : Hop or unweighting to show the skill of Pivot and through forward slip. Show the ability to hold foot/ski turned across line of travel
  - d) Edging : The ability to maintain balance and a line of travel and speed control.
- 2 **BASIC PARALLEL ( 4 Track – no leg motion – upper body rotation – slow speed)**  
SKILLS : Balance (stance) : Pivot : Pressure control : Edging
  - a) Balance (stance) : - same as in #1
  - b) Pivot : Ability to rotate upper body and stay in balance
  - c) Pressure control: No unweighting
  - d) Edging: Showing an amount of arc to the turn through increase in edging with upper body and / or hip. Round skidded arc, small degree of edge.
  - e) Power from rotation.
- 3 **PARALLEL CHRISTIE (with edge control – own equipment)**  
SKILLS : Balance (stance) : Pivot : Pressure control : Edging
  - a) Balance (stance) : - same as in #1
  - b) Pivot : Less pivot. Work the ski more through arc
  - c) Pressure control : Ability to deal with pressure buildup from edging skill
  - d) Edging : With the ability to increase edge we must deal with pressure by flexing or extending.

Main skills – Pressure control and edging.

- 4 **FREE SKI ( Own equipment)**  
Terrain : Intermediate type, smooth small bumps  
SKILLS : All skills required.  
The ability to control speed through different radius of turns and adaptability to changing terrain.

NOTE: Skiers with a Disability who cannot change equipment must ski each run on their own equipment.

## **CADS LEVEL 2 INSTRUCTOR CERTIFICATION COURSE FOR SNOWBOARDERS - RIDING REQUIREMENTS**

- 1 **BASIC CHANGE OF DIRECTION** (shallow terrain – slow speed)  
- outriggers optional

**SKILLS:** Linked forward Side Slip with un-weighting

- a) **Stance & Balance:** Fore & aft – centered between the bindings.
- b) **Pivoting:** The ability to rotate the feet and board. Lead with the shoulder in the direction of the turn.
- c) **Pressure Control:** Demonstrate the skill of un-weighting while pivoting
- d) **Edging:** The ability to balance on the edge and maintain a straight line of travel with a skidded track. Maintain speed.

- 2 **BASIC TURNS** (limited use of lower body – shallow terrain – slow speed)  
- outriggers required

**SKILLS:** Linked turns with limited leg motion

- a) **Stance & Balance:** Fore & aft – centered between the bindings.
- b) **Pivoting:** The ability to rotate the feet and board by rotating the upper body. Lead with the shoulder in the direction of the turn.
- c) **Edging:** Round, skidded arc with a flat board (minimal edge). Increase edge angle as required by bending at the hip (limited use of ankle/knee).
- d) **Pressure Control:** No un-weighting or hopping with the legs.

- 3 **NOVICE TURNS** (linked turns with edge control - smooth, beginner/intermediate terrain – own equipment)

**SKILLS:** Linked turns with edge control

- a) **Stance & Balance:** Fore & aft – centered between the bindings. Equal bend in the ankle/knee/hip. Level shoulders. One hand in front, one behind.
- b) **Pivoting:** Lead the turn with the shoulder.
- c) **Edging:** Demonstrate the ability to increase edge angle using ankle/knee/hip.
- d) **Pressure Control:** Use of extension to initiate each turn. Use of flexion to control pressure build-up due to edging.
- e) **Timing & Coordination:** Rhythmical, linked turns. Medium/large radius.

- 4 **FREE RUN** (own equipment - intermediate terrain, smooth small bumps)

**SKILLS:** All skills required.

Demonstrate advanced riding.

Demonstrate the ability to control speed through different radius of turn and the ability to adapt to changing terrain.

Demonstrate a change of rhythm