

## Quick Guide to Skill 'Grades'

Criteria	Acceptable	Masters
<b>Sliding</b> Ability	Demonstrates progression of skills through <b>skidded turns on any green</b> run.	Demonstrates progression skills through <b>well shaped S turns (limited skidding) on any blue</b> run (strong Level 1 PSIA/ASSI).
<b>Stand</b> Teaching	Can teach the basic core progression through <b>skidded turns on green</b> runs.	Teaches the progression through <b>well shaped S turns (limited skidding) on blue</b> runs; incorporates <b>Movement Analysis</b> into his/her teaching.
<b>Sit Skills</b>	Can fit, lift/load, thumb and <b>tether a 150 lb</b> participant on <b>green</b> runs – with either fixed or hand-held outriggers.	Can identify and adjust the ski fit for unique conditions. Can lift/load, thumb and <b>tether a 150+ lb</b> participant on <b>blue</b> runs – with either fixed or hand-held outriggers.
<b>Service</b> Skills	Creates and manages a <b>safe</b> and <b>pleasant</b> environment for the participant.	Creates and manages a safe, fun and motivational environment for the participant. Is a strong model for other instructors.
<b>Adaptive</b> Skills	Understands and can adapt to the different cognitive and physical needs of each participants.	Has a variety of <b>specialized adaptive ski/snowboard teaching and training skills</b> .