

Ski Test Mark Description

Level 4

UNACCEPTABLE

- FAIR control over speed and direction, lack of control, or very inconsistent
- POOR balance and stance
- POOR pivot and edge control
- NO lively use of skis

Level 5

- GOOD control of speed and direction
- FAIR balance and stance, periodically uneasy
- FAIR pivot, edge control (skidded turns)
- NO lively use of skis, turns inconsistent/incomplete, lacks rhythm, uses muscles and mass rather than pivot, edge, and pressure control to achieve turning action.

Level 6

- GOOD control of speed and direction
- GOOD balance and stance
- FAIR pivot and edge control
- POOR lively use of skis
- Generally a good consistent skier
- Turns fairly consistent, rhythmical and linked
- May make use of mass, muscles and upper body to initiate turns but should be starting to use pivot, edge, and pressure control (reverse ski camber and rebound) in turns

Level 7

- EXCELLENT control of speed and direction
- GOOD balance and stance
- GOOD pivot and edge control
- FAIR lively use of skis
- A good consistent skier;
- Consistent, linked carved turns in the fall line and maintains good ski-to-snow contact with some ski rebound;
- Good timing and use of terrain.

Level 8

- EXCELLENT control of speed and direction
- EXCELLENT balance and stance
- GOOD lively use of skis
- Consistent linked round carved turns in the fall line with ski rebound on most turns;
- EXCELLENT timing and use of terrain
- Quiet upper body

Level 9

- EXCELLENT control of speed and direction
- EXCELLENT balance and stance, quiet
- EXCELLENT pressure and edge control
- EXCELLENT lively use of skis
- Skis aggressively in fast but smooth, constant control of speed and direction
- EXCELLENT timing and use of terrain
- Consistent linked round carved turns in the fall line with ski rebound.
- Appears at ease and in control even under the most difficult conditions

Level 10

- MOGULS PART ON COMMAND and WEARS A HALO!

(excerpt from Chapter 9 of the CSPS Mountain Division On Hill Training Guide)

Snowboard Test Mark Description

Level 4

- UNACCEPTABLE
- INCONSISTENT or lack of control over speed and direction, tends to sideslip more than turn
- POOR balance and stance
- LITTLE or NO edge use

Level 5

- GOOD control over speed and direction
- FAIR balance and stance, periodically hesitant
- TURNS inconsistent or incomplete, lacks rhythm
- EDGE USE may use one edge better than the other, tends to sideslip a bit
- USES muscle and mass rather than edge and pressure control to initiate and maintain turning action

Level 6

- CONSISTENT snowboarder
- GOOD consistent control over speed and direction
- GOOD balance and stance
- FAIRLY consistent turns, rhythmical and linked
- FAIR to GOOD use of edges throughout most of the turn
- MAY USE one edge better than the other
- MAY USE muscle and mass to initiate turn, but reverts to edge control in the turn

Level 7

- FLUID, consistent snowboarder
- GOOD consistent control over speed and direction
- GOOD balance and stance
- CONSISTENT rounded, linked, carved turns made in the fall line
- GOOD USE of both edge and pressure control throughout entire turn
- USES both edges equally well
- GOOD timing and use of terrain

Level 8

- GOOD fluid, consistent snowboarder
- EXCELLENT control over speed and direction
- CONSISTENTLY good balance and stance
- GOOD consistent, rounded, linked, carved turns made in the fall line
- GOOD USE of both edge and pressure control throughout entire turn
- GOOD USE of both edges
- QUIET upper body
- MAKES GOOD lively use of snowboard
- EXCELLENT timing and use of terrain

Level 9

- EXCELLENT control over speed and direction
- EXCELLENT balance and stance, quiet upper body
- EXCELLENT use of pressure and edge control is displayed throughout the entire turn
- EXCELLENT use of both edges
- RIDES aggressively and fast, but in smooth fashion and in control
- APPEARS AT EASE and in control even under the most difficult conditions

Level 10

- WEARS A HALO AND CAN SNOWPLOW!

(excerpt from Chapter 13 of the CSPS Mountain Division On Hill Training Guide)

Unloaded Toboggan Handling Mark Description

Level 4

- UNACCEPTABLE, not adequate to be safe; dangerous to patient
- POOR position in handles, hands behind skier
- POOR balance and stance
- POOR inconsistent or lack of control over speed and toboggan
- POOR to dangerous choice of route, obviously not considered
- POOR knowledge of signals and accident site management

Level 5

- FAIR handling of toboggan
- FAIR position in handles; hands behind skier, past curve of handles or on cross-member of handles
- FAIR balance and stance
- FAIR turns, inconsistent/incomplete, lacks rhythm
- FAIR control of speed and toboggan
- FAIR route finding, skis down middle of run, may have trouble avoiding obstacles
- GOOD knowledge of signals and accident site management

Level 6

- GOOD consistent toboggan handler
- GOOD position in handles
- GOOD balance and stance
- FAIR to GOOD inconsistent short parallel turns, strays from fall line
- GOOD control of speed and toboggan
- Stops toboggan within reasonable distance
- GOOD but may not be the fastest or best route
- GOOD knowledge of signals and accident site management

Level 7

- GOOD consistent toboggan handler
- EXCELLENT position in handles, waist high, hands in front of body
- GOOD balance and stance
- EXCELLENT short rhythmical turns well executed, skis the fall line
- GOOD consistent control of speed and toboggan
- Stops on command
- GOOD stop before the accident site
- GOOD route finding; may stray from edge of run
- EXCELLENT knowledge of signals and accident site management

Level 8

- GOOD to EXCELLENT toboggan handler
- EXCELLENT position in the handles, waist high, hands in front of the body
- GOOD balance and stance
- EXCELLENT consistent, linked, round, carved turns on the fall line
- EXCELLENT control of speed and toboggan, no danger to patient, stops on command
- GOOD stop before the accident site
- GOOD to EXCELLENT route finding, stays to edge of run as conditions allow
- EXCELLENT knowledge of signals and accident site management.

Level 9

- EXCELLENT toboggan handler in all conditions
- EXCELLENT control at all times, safe speed, obvious ability, stamina, and technique
- EXCELLENT execution of all manoeuvres
- EXCELLENT route finding and safest route
- EXCELLENT knowledge of signals and accident site management

Level 10

- PURE MOTION WITH AN IMAGINATION

Loaded Toboggan Handling Mark Description

Level 4

- **UNACCEPTABLE** - Not adequate to be safe, dangerous to patient
- **POOR** inconsistent or lack of control over speed and toboggan
- **POOR** balance and stance
- **POOR** position in handles, hands behind skier
- **POOR** to dangerous choice of route, obviously not considered
- **POOR** knowledge of signals and accident site management

Level 5

- **FAIR** control of speed and toboggan, not making good use of chain to control toboggan's speed
- **FAIR** balance and stance
- **FAIR** edge control
- **FAIR** handling of toboggan, seems to tire easily
- **FAIR** position in handles, uses arms to lift toboggan
- **FAIR** manoeuvre, some inconsistency, too quick, jerky
- **FAIR** route finding, skis down middle of run, awareness of obstacles could be better

Level 6

- **GOOD to FAIR** control through most manoeuvres, fairly consistent and smooth
- **GOOD** balance and stance
- **GOOD** consistent control of speed and toboggan
- **GOOD** consistent toboggan handler
- **GOOD** position in handles
- **GOOD** route finding, may not be fastest or best route available

Level 7

- **GOOD** consistent control of speed and toboggan
- **GOOD** balance and stance
- **GOOD** steady, smooth manoeuvres, slight toboggan swing but stays in the fall line
- **GOOD** position in handles, uses legs to lift
- **GOOD** use of chain
- **GOOD** safe choice of route

Level 8

- **EXCELLENT** control of speed and toboggan, stays in fall line
- **GOOD to EXCELLENT** edge control
- **GOOD to EXCELLENT** consistent toboggan handler
- **GOOD to EXCELLENT** position in handles, lots of movement in bars to apply chain or lift toboggan
- **EXCELLENT** use of chain
- **GOOD to EXCELLENT** route finding, stays to side of run as conditions allow and stays in troughs of moguls

Level 9

- **EXCELLENT** control at all times, safe speed, obvious ability, stamina, and technique
- **EXCELLENT** balance and stance
- **EXCELLENT** edge control
- **EXCELLENT** toboggan handler, appears at ease even under the most difficult conditions
- **EXCELLENT** position in handles, lots of movement in bars to apply chain or lift toboggan
- **EXCELLENT** execution of all manoeuvres
- **EXCELLENT** use of chain
- **EXCELLENT** route finding, safest route.

Level 10

- **THE TOBOGGAN APPEARS TO FLOAT OVER MOGULS!**

(excerpt from Chapter 11 of the CSPS Mountain Division On Hill Training Guide)