

Skiing

The candidate is assessed in the selection and application of acquired and developed skills, tactical awareness and behaviour whilst planning and taking part in a physically and technically demanding three day course in the mountains at a recognised ski resort. The type of terrain must allow candidates to fulfil the assessment phases. The following regulations apply:

- the appropriate safety procedures must be applied;
- the candidate maintains a detailed logbook which covers both the planning and preparation for the course as well as the course itself. The log **must** be available at moderation.

The log should contain:

- details of personal equipment for the course and the reasons for taking it;
- details of group equipment and the reasons for taking it;
- discussion of the safety principles to be applied;
- identification of the code of ethics to be followed;
- detailed route planning together with relevant safety measures;
- route card;
- details of nutritional planning;
- evaluative comments in relation to the course.

The course should include at least four hours skiing a day. Suitable venues in Britain can be found at Aviemore, Fort William, Glencoe, Glenshee and Glenmore. Other suitable venues may be found abroad.

Assessment is based on performance in a competitive situation where the candidate performs the acquired and developed skills under pressure in a strategic situation. The level of success of the acquired and developed skill is measured through the phases identified below:

- safe preparation of equipment - binding checks, and general maintenance of skis;
- demonstration of appropriate techniques whilst performing a range of parallel arcs/turns which suit the challenges of the slopes;
- use of a piste map to plan and navigate routes which take the group on the most appropriate runs;
- ability to assemble and carry a suitable first aid/group support rucksack;
- application of safety principles, conservation practices and respect for others.

These assessment phases are used in conjunction with the following assessment criteria for the three day course.

Outdoor and Adventurous Activities: Skiing

Unit 2567

Marks	Description
25-30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite pressures. The candidate introduces strategies at a high level and demonstrates an understanding of survival and safety techniques. Performances in the formal competitive situations are excellent and progress has allowed them to achieve their performance-based targets. An excellent level of physical endeavour and sportsmanship is evident combined with flair. National/Regional representation may be an indicator of attainment of this high standard but assessment criteria must still be met.
19-24	Candidate demonstrates a high level of acquired and developed skills that illustrates a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in the course. Under pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of survival and safety techniques. Performances in the formal competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding. A high level of physical endeavour and sportsmanship is evident combined with flair. Regional/County representation may be an indicator of attainment of this standard but assessment criteria must still be met.
13-18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the course. There is a sound level of success in the selection and application of advanced techniques in the course and under pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use sound survival and safety techniques. Performances in the formal competitive situations are good and improvement reflects satisfactory learning and understanding. A good level of physical endeavour and sportsmanship is evident combined with some flair. District/Area/School/Local club representation may be an indicator of attainment of this standard but assessment criteria must still be met.
7-12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the course. There is an attempt to select and apply advanced techniques in the course and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a perception of the requirements of performance and is able to introduce and use survival and safety techniques at a satisfactory level. Performances in the formal competitive situations become more consistent and progress has allowed some learning and understanding. A competent level of physical endeavour and sportsmanship is evident combined with a little flair. Representing the school/college but not at first team level may be an indicator of attainment of this standard but assessment criteria must still be met.
0-6	Candidate demonstrates a moderate level of acquired and developed skills that leads to a moderate level of performances. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some survival and safety techniques with a limited perception of the requirements of performance. Performances in the formal competitive situations have some consistency with a degree of learning and understanding. A level of physical endeavour and sportsmanship is evident.