



Welcome to the 2023 BASS Pro Training programme.

We run a full Professional Training Programme so you will be joining a team of people training for their BASI Level 1 & 2 qualifications as well as Instructors training for their BASI Level 3 and 4.

So, specifically to you, welcome to the 2023 BASS Pro2 Professional Training.

You have a fantastic course ahead of you, and like all opportunities, you will get out of it what you put into it.

This resource is designed to assist you in your development, your learning, your success and it is available to you in 3 formats, there is a .pdf version online, plus an audio or video version so you can choose how to access the information whichever way you prefer.

This resource is split into 3 sections as follows:

Part 1

Week 1 - an Introductory training week

Week 2 - your BASI Level 1 Ski Instructors Exam plus a follow up coaching session

Part 2

Weeks 3 to 9 - where we get into the meat of your Coaching, Ski School Experience and the essential Practice time where you actually consolidate the changes you make and establish a new, more skilful performance.

Part 3

Weeks 10 to 14 - where we go into the half term period and final preparations before your BASI Level 2 Ski Instructors Exam

You will notice we talk about Coaching, Ski School Experience and Practice. These are key components in your course.

You have 16 weeks until the end of your BASI Level 2 course, it feels like a long time at the start of the programme but it goes quickly. And the level you are aspiring to, the BASI Level 2 Ski Instructor is a high, professional level, at times, achieving this level will feel challenging. So, let's clarify what we mean by Coaching, Ski School Experience and Practice

- Coaching is the contact time with our team of coaches, we've got 160hrs coaching scheduled for you during the course.

- Ski School Experience is an essential part of learning the trade, this can be shadowing Instructors on the hill as they work with clients, it can also be tasks that we set you to aid your development. You need to complete 70 hours between your BASI Level 1 and starting your Level 2
- And then Practice – this is the time you need to apply yourself and make the changes required to achieve the assessment criteria. We'll help set you up on how to practice effectively and suggest you apply yourself for 1 hours structured practice for every hour of coaching you receive.

Our instructors start coaching at 9:15 and work through to 4:00, 4:30 or 5:00pm depending on the stage of the season and when the lifts shut. We suggest for Monday to Friday, you set yourself up with that same structure.

We know it is really important for you to enjoy all aspects of your course, including what the resort offers off the snow. And we cannot stress how important it is for you to pace yourself through the season – it is a marathon, not a sprint!

To keep yourself fit, healthy and injury free, take at least 1 day off over the weekend, don't put your feet in ski boots, don't ski, rest and recover. Sometimes take 2 days off or go skiing for fun!

Don't worry though, the time we have scheduled for you is going to be a lot of fun, it may be frustrating at times, learning and developing can be frustrating, but it is also incredibly rewarding. You will have a fantastic course.

Enjoy yourself and make the most of the opportunity you have ahead of you.

See you on the mountain!

A handwritten signature in black ink that reads "Jez Lambert". The signature is stylized and fluid.