

Weeks 3 to 5

I hope by now you are settling into being in resort and finding your feet – literally and metaphorically!

The first 2 weeks will have been intense, so now you can settle down and start pacing yourself through this main section of the programme. Don't relax too much, this is a 3-week block, there is still a lot to do – and it will go quickly.

You've done your BASI Level 1, and whatever the course outcome, you have a much deeper insight into Ski Instruction and can really move forwards.

If you're disappointed you have not been successful, do not worry, you can still progress and be successful at Level 2. Your coaches will support you, apply yourself and we can arrange a re-sit when you are ready and skiing to the level. Meanwhile, keep working hard on your skiing.

If you were successful, congratulations, you are now well on your way to gaining your BASI Level 1 Ski Instructors licence, remember you need to complete the Safeguarding Children module (details below) and submit 35 hours of Ski School Experience.

Now the BASI Level 1 course has finished you need to start logging your 70 Ski School Experience hours.

These hours are made up of Tasks set for you to complete each week, and hours you spend shadowing Instructors on the hill as they work with their clients.

It is your responsibility to record these hours by completing the short surveys associated with each task.

Before you start, make sure that you have read and acknowledged the BASS Shadowing Protocol; you can access the document on the [BASECAMP Resources Page](#).

It is very important for you to note that teaching skiing in France is regulated by the French Government and the laws are applied strongly by the French Police. If anyone is caught teaching without their French Carte Professional they will be liable for up to 2 years in jail and a fine up to €15,000.

Please also read the document "How to Practice" giving you ten top tips on how to make the most of the time you have to practice, you can access the document on the [BASECAMP Resources Page](#).

We are going to need you to start thinking like a professional and responsible Ski Instructor.

We are going to be busy working with our clients so we need you to become responsible for managing your own time.



It is your responsibility to be at the meeting point ready for the Shadowing hours you are allocated, and, if you can't make it for any reason, swap the sessions with someone else so sessions do not go to waste.

Keep a note of this link so you can keep a record of the sessions you shadow –

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=463b480018&e=*IUNI QIDI*

Outside the shadowing time, aim to complete the following Tasks.

Once you have completed the questionnaires for these Tasks you will be well on target to achieve the 70 required.

There are goals outlined for each week below, but the overall goals for this training block are:

- Be at the meeting point, ready to be coached for each coaching session.
- Complete at least 30 hours of Ski School experience tasks and Ski School Shadowing hours?
- Be familiar with the BASI Level 2 Assessment Criteria
- Be familiar with the TIED Model
- Be clear on where your performance is relative to the BASI Level 2 Assessment Criteria for:
 - Central Theme
 - Piste Performance Short Radius Turns
 - Piste Performance Long Radius Turns
- Be comfortable skiing the terrain for Level 2 Variable, Steep and Bumps strands.

Speak to one of your coaches, or grab me on the hill, if you want to ask any questions, otherwise, enjoy your week and have a great time!

A handwritten signature in black ink that reads "Jez Lambert".

Over the next 3 weeks, aim to complete the following tasks along with your shadowing hours and coaching sessions.

Week 3

Week 3 Goals:

- Participate fully in your contact coaching sessions
- Complete:
 - 4 hrs of Navigation Tasks
 - 1 hr of Safety Observation Tasks
 - 2 hrs of Teaching Toolbox Tasks
 - 4 hrs of Structure Practice Tasks
- Complete the BASI Child Protection/Safeguarding Children online course

BASI Child Protection/Safeguarding Children online course.

This is included in your BASI Level 1 course fee it is recommended that you do it as early in the course as you can to give you time to process all the documentation required to gain qualifications.

BASI will register you with the learning provider - eLearning At Work, and you will receive an email providing you with details how to gain access to the Child Protection/Safeguarding Children course.



Navigation Task 3 2hrs

Map a route from the Pleney meeting point to the bottom of the Les Gets Chavannes Express chairlift / Chavannes gondola and return to the Pleney meeting point.

Make a note of:

- The name of the pistes you take,
- The number of the Piste Marker at the start
- Any intersections where the run splits
- The names of any lifts you use

Ski the route and calculate how long it would take with a small group of skiers who are competent snow plough turners.

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=3e975b9c8b&e=*IUNI QIDI*



Navigation Task 4

2hrs

Map a route from the BASS meeting point to the top of the Nyon - Pre Farvre chairlift and back to the meeting point.

Make a note of:

- The name of the pistes you take,
- The names of any lifts you use
- The steepest sections of the runs
- Note how you would help your clients negotiate those sections.
- Other areas of concern for your group.

Ski the route and calculate how long it would take with a single client who is comfortable skiing blue runs in plough parallel.

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=a02801a5f0&e=*IUNI QIDI*



Safety & Group Management Observation Task 1

1hr

Spend 15 minutes in a safe place at the bottom of the Ranfolly chairlift.

From observation of skier/snowboarder behaviour, identify any safety issues that you should be aware of to keep your learners safe. Include the approach towards the lift area from all the runs that funnel into that area.

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=89f4a8e499&e=*IUNI QIDI*



Toolbox Task 1

2hrs

In pairs, create a list of 10 Drills or Tasks you have come across, noting against each what Fundamental Element is being developed through the task.

Then, on the mountain, find suitable terrain and video each other Introducing and then performing 2 of those tasks.

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=39df3be424&e=*IUNI QIDI*

Structured Practice Task Plough T

2 hrs

With a partner, find suitable terrain to practice the following stage of the Central Theme:

- Plough Turning

Organise your practice session so it has purpose, structure and benefit for you:

- Have one person performing the task whilst the other observes
- Before you set off, state your developmental focus to your partner and be clear in your mind what you are focussing on for that performance. If you are not sure, ask your coach for clarification.
- Perform the task without distraction, ie ensure you are on the correct gradient and terrain for that aspect of the Central Theme and that the slope is clear before you set off. Focus and apply yourself to your developmental focus.
- Once you finish, take time to reflect on what you noticed and discuss with your partner.

- Take that same developmental focus and apply it in your own skiing as you travel back to your starting point. Ski at a pace and turn shape that allows you to notice and consolidate your developmental focus.

At the end of the session, take time to video each other performing the task.

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=7412a08fcc&e=*IUNI QIDI*

Structured Practice Task PP

2 hrs

With a partner, find suitable terrain to practice the following stage of the Central Theme:

- Plough Parallel Turning

Organise your practice session so it has purpose, structure and benefit for you:

- Have one person performing the task whilst the other observes
- Before you set off, state your developmental focus to your partner and be clear in your mind what you are focussing on for that performance. If you are not sure, ask your coach for clarification.
- Perform the task without distraction, ie ensure you are on the correct gradient and terrain for that aspect of the Central Theme and that the slope is clear before you set off. Focus and apply yourself to your developmental focus.
- Once you finish, take time to reflect on what you noticed and discuss with your partner.

- Take that same developmental focus and apply it in your own skiing as you travel back to your starting point. Ski at a pace and turn shape that allows you to notice and consolidate your developmental focus.

At the end of the session, take time to video each other performing the task.

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=7412a08fcc&e=*IUNI QIDI*

Week 4

Week 4 Goals:

- Participate fully in your contact coaching sessions
- Complete:
 - 2 hrs of Navigation Tasks
 - 1 hr of Safety Observation Tasks
 - 2 hrs of Teaching Toolbox Tasks
 - 6 hrs of Structure Practice Tasks

Navigation Task 5

2 hrs

Map a route from the BASS Pleney meeting point to Ranfolly bowl, take two runs on Rhodos and return to the meeting point via a different route.

Make a note of:

- The name of the pistes you take,
- The number of the Piste Marker at the start of each new run
- The names of any lifts you use

Ski the route to calculate how long it would take for a competent recreational parallel skier who is comfortable on blue and easy red runs.

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=d7060d1689&e=*IUNI QIDI*



Safety & GM Observation Task 2 1hr

Spend 15 minutes to half an hour in a safe place where you can watch some key teaching terrain, ie Nabor / Pleney B in Morzine or underneath La Croix in Les Gets.

From observation of Instructors behaviour, identify anything you think they are consciously doing to manage their group and ensure they are safe and comfortable to learn.

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=eb3c4de608&e=*IUNIQIDI*



Toolbox Task 2

2hrs

Record your 3 favourite Tasks to develop the following Fundamental Elements:

- Balance
- Movements
- Edge Control

Then note how you can change how you use these tasks for different level skiers

Question Link

- Note one of the Fundamental Elements you chose and list the 3 Tasks you used to develop that Fundamental Element.
- How can you change how you use this tasks for different level skiers?

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=1a5d54bd61&e=*IUNI QIDI*

Structured Practice Task 4 - Parallel

2 hrs

With a partner, find suitable terrain to practice the following stage of the Central Theme:

- Parallel Turning

Organise your practice session so it has purpose, structure and benefit for you:

- Have one person performing the task whilst the other observes
- Before you set off, state your developmental focus to your partner and be clear in your mind what you are focussing on for that performance. If you are not sure, ask your coach for clarification.
- Perform the task without distraction, ie ensure you are on the correct gradient and terrain for that aspect of the Central Theme and that the slope is clear before you set off. Focus and apply yourself to your developmental focus.
- Once you finish, take time to reflect on what you noticed and discuss with your partner.

- Take that same developmental focus and apply it in your own skiing as you travel back to your starting point. Ski at a pace and turn shape that allows you to notice and consolidate your developmental focus.

At the end of the session, take time to video each other performing the task.

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=7412a08fcc&e=*IUNI QIDI*

Structured Practice Task 5 - SR

2 hrs

With a partner, find suitable terrain to practice the following stage Beyond the Central Theme:

- Piste Performance Short Radius

Organise your practice session so it has purpose, structure and benefit for you:

- Have one person performing the task whilst the other observes
- Before you set off, state your developmental focus to your partner and be clear in your mind what you are focussing on for that performance. If you are not sure, ask your coach for clarification.
- Perform the task without distraction, ie ensure you are on the correct gradient and terrain for that aspect of the Central Theme and that the slope is clear before you set off. Focus and apply yourself to your developmental focus.
- Once you finish, take time to reflect on what you noticed and discuss with your partner.

- Take that same developmental focus and apply it in your own skiing as you travel back to your starting point. Ski at a pace and turn shape that allows you to notice and consolidate your developmental focus.

At the end of the session, take time to video each other performing the task.

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=e0cb17e33f&e=*|UNIQID|*



Structured Practice Task 6 - LR

2 hrs

With a partner, find suitable terrain to practice the following stage Beyond the Central Theme:

- Piste Performance Long Radius

Organise your practice session so it has purpose, structure and benefit for you:

- Have one person performing the task whilst the other observes
- Before you set off, state your developmental focus to your partner and be clear in your mind what you are focussing on for that performance. If you are not sure, ask your coach for clarification.
- Perform the task without distraction, ie ensure you are on the correct gradient and terrain for that aspect of the Central Theme and that the slope is clear before you set off. Focus and apply yourself to your developmental focus.
- Once you finish, take time to reflect on what you noticed and discuss with your partner.

- Take that same developmental focus and apply it in your own skiing as you travel back to your starting point. Ski at a pace and turn shape that allows you to notice and consolidate your developmental focus.

At the end of the session, take time to video each other performing the task.

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=e0cb17e33f&e=*IUNI QIDI*

Week 5

Week 5 Goals:

- Participate fully in your contact coaching sessions
- Complete:
 - 2 hrs of Navigation Tasks
 - 2 hrs of Practical Teaching Practice
 - 6 hrs of Structure Practice Tasks

Navigation Task 6

2 hrs

Find and ski Le Tétrás Run in the Ranfolly Sector.

Make a note of:

- The number of the Piste Marker at the start of Le Tétrás
- Where Le Tétrás finishes

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=1f072ebe78&e=*IUNI QIDI*



Practical Teaching 1 – TIED

2 hrs

Use 2 or 3 of your colleagues as your pupils and lead them through a complete TIED loop using 1 or 2 tasks from your Task Toolbox. Make sure you choose terrain that allows you all to achieve the tasks successfully.

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=1fa0d6e603&e=*IUNI QIDI*

Structured Practice Task 5 - SR

2 hrs

With a partner, find suitable terrain to practice the following stage Beyond the Central Theme:

- Piste Performance Short Radius

Organise your practice session so it has purpose, structure and benefit for you:

- Have one person performing the task whilst the other observes
- Before you set off, state your developmental focus to your partner and be clear in your mind what you are focussing on for that performance. If you are not sure, ask your coach for clarification.
- Perform the task without distraction, ie ensure you are on the correct gradient and terrain for that aspect of the Central Theme and that the slope is clear before you set off. Focus and apply yourself to your developmental focus.
- Once you finish, take time to reflect on what you noticed and discuss with your partner.

- Take that same developmental focus and apply it in your own skiing as you travel back to your starting point. Ski at a pace and turn shape that allows you to notice and consolidate your developmental focus.

At the end of the session, take time to video each other performing the task.

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=e0cb17e33f&e=*IUNI QIDI*

Structured Practice Task 6 - LR

2 hrs

With a partner, find suitable terrain to practice the following stage Beyond the Central Theme:

- Piste Performance Long Radius

Organise your practice session so it has purpose, structure and benefit for you:

- Have one person performing the task whilst the other observes
- Before you set off, state your developmental focus to your partner and be clear in your mind what you are focussing on for that performance. If you are not sure, ask your coach for clarification.
- Perform the task without distraction, ie ensure you are on the correct gradient and terrain for that aspect of the Central Theme and that the slope is clear before you set off. Focus and apply yourself to your developmental focus.
- Once you finish, take time to reflect on what you noticed and discuss with your partner.

- Take that same developmental focus and apply it in your own skiing as you travel back to your starting point. Ski at a pace and turn shape that allows you to notice and consolidate your developmental focus.

At the end of the session, take time to video each other performing the task.

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=e0cb17e33f&e=*IUNI QIDI*

Structured Practice Task 7 - B

2 hrs

With a partner, find suitable terrain to practice the following stage Beyond the Central Theme:

- Bumps

Organise your practice session so it has purpose, structure and benefit for you:

- Have one person performing the task whilst the other observes
- Before you set off, state your developmental focus to your partner and be clear in your mind what you are focussing on for that performance. If you are not sure, ask your coach for clarification.
- Perform the task without distraction, ie ensure you are on the correct gradient and terrain for that aspect of the Central Theme and that the slope is clear before you set off. Focus and apply yourself to your developmental focus.
- Once you finish, take time to reflect on what you noticed and discuss with your partner.

- Take that same developmental focus and apply it in your own skiing as you travel back to your starting point. Ski at a pace and turn shape that allows you to notice and consolidate your developmental focus.

At the end of the session, take time to video each other performing the task.

Question Link

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=e0cb17e33f&e=*IUNI QIDI*



Goal Setting Check, end of Week 5:

You now have 3 weeks left before you start your BASI Level 2 module, use this as a check on your progress.

You can complete the Goal Setting Check here:

https://us13.list-manage.com/survey?u=deaf67b44a0879cff23db8319&id=608ac60a4d&e=*IUNI QIDI*

Were you at the meeting point, ready for every coaching session?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Have you read and acknowledged the BASS Shadowing protocol?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are you familiar with the BASI Level 2 Assessment Criteria?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Can you explain the TIED Model?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are you clear on what you need to do to perform all phases of the CT on terrain appropriate to client needs, as described in the BASI Alpine manual?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are you clear on what you need to do to perform grippy (from the fall line), round, symmetrical, short turns, in various corridors on a blue or easy red piste, in line with the Level 2 assessment criteria?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are you clear on what you need to do to perform cleanly carved turns on a blue piste, in line with the Level 2 assessment criteria?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are you comfortable skiing Level 2 Variable, Steep and Bumpy terrain?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Have you completed at least 30 hours of Ski School experience tasks and Ski School Shadowing hours?	Yes <input type="checkbox"/>	No <input type="checkbox"/>