



Level 1 Professional Instructor - Program Overview

Introduction and Purpose:

Welcome to the Professional Ski Instructors of Canada (PSIC) Level 1 Program! Your journey into the fun and rewarding world of ski instructing begins here! The purpose of the PSIC Level 1 is to spark your interest in ski instructing in a fun and engaging environment. You will acquire essential knowledge and practical skills necessary for delivering your initial lessons at a snow school.

The following is an overview of the PSIC Level 1 certification course, detailing the curriculum, organization, and prerequisites to help you evaluate the program.

Review the information here and if you are ready to jump in, click on the “register” button at the end of this document to get started!

Learning outcomes:

Learning outcomes are based on the PSIC’s *Adventure Philosophy* - Creating Fun, Safe, Learning experiences for first timers through green and easy blue run skiers with a primary focus on children. At the Level 1, specific competencies are described within each of the Adventure components, “Fun”, “Safe” as well as skiing and teaching components of “Learning”.

FUN

- Participate actively with Peers, Trainer and program activities
- Recall the three main priorities of building skiing Adventures
- Identify strategies for building connections
- Identify fun teaching tactics for children

SAFE

- Uses a safe learning environment at all times
- Chooses appropriate terrain for beginner progression steps
- Applies basic lift safety considerations
- Understands "Duty of Care" within the role of ski instructing

LEARNING - TEACHING

- Identify main progression milestones from first time to linking parallel
- Recall the three skills that control the skis

LEARNING - SKIING

- Demonstrate the following milestones of the Progression on green terrain:
 - Ability to control speed in straight run snowplow
 - Ability to link snowplow turns
 - Ability to link Stem turn
- Ability to navigate Blue run safely while maintaining parallel skiing most of the time
- Ability to control speed and direction in reverse snowplow for assisting students on beginner terrain.

Assessment and Evaluation

- Evaluation is derived through ongoing assessment of the learning outcomes throughout the course. There is no single, summative, final exam. For this reason, your engagement and active participation throughout the program is important.
- Evaluation is provided based on “exceeds expectations”, meets expectations“ and “development required” in relation to the learning outcomes.
- These results are provided at the conclusion of the program before departure from the ski area at which the program takes place.
- Opportunities for one on one check-ins will be available during the program to ensure learning outcomes are understood and increased focus is applied where necessary. The goal is to help you where you need help.
- Completion of the online E-Learning modules and Participation in all three days of the on-snow portion are required to complete the program and achieve the Level 1 Certification.
- All participants receive a written development plan following the program to help provide guidance on next steps for ongoing development.

Course Structure

The Level 1 program includes both on-line E-Learning and On-Snow, practical components.

On-line E-Learning component

- This section of the program will take approximately 45 minutes to one hour to complete and can be done at home, at your own pace.
- The E-Learning modules provide priming and insight into the concepts that will be explored further during the on-snow portion of the program.
- The online modules must be completed prior to the on-snow portion.
- Access to the E-Learning modules will be provided once you have registered for the Level 1 Program.

Modules include:

- PSIC Introduction - It's all in the Adventure
- Building Connections - with the sport, people, places and experiences
- Adventures for Young Skiers - getting things started!

- Safe teaching - understanding common risks and how to limit and manage them.
- Beginner and novice progression - the important milestones

On-Snow component

- On-Snow training is three days, approximately 4.5 - 5 hours per day.
- These three days will provide introduction to, demonstrations and practice of the components of the learning outcomes.
- Practice opportunities and feedback will be continuous throughout.

Course Prerequisites:

- Previous teaching experience is NOT required for this introductory course.
- You MUST be a minimum of 14 years of age on the day the on-snow portion begins.
- On-line E-Learning modules made available upon registration must be completed prior to day one of the on-snow portion of the program. These modules will provide important and useful information that will increase the value and effectiveness of your on-snow experience.
- You should be ready to experiment, try new things, collaborate with others, and have a great time! Arrive curious!
- Safety is a top priority! For the safety of all participants and effectiveness of the course, you should be able to confidently ski green runs in parallel and safely navigate blue (intermediate) groomed runs to participate. We'll help you from there.
 - Please note, the PSIC Level 1 is a Professional Ski Instructor training course aimed at helping you help others learn, so some confidence on skis is required as described above. If you are interested but aren't sure if you need a bit more work on your skiing, please take advantage of a ski lesson at your local ski area.
- You will need to provide all of your own ski equipment and necessary gear. Be sure to be prepared for cold, and sometimes inclement weather.

General:

- Breaks will happen throughout the day (vary depending on weather), however we recommend that you carry a snack in your pocket as the daily schedule and lunch break timing can vary based on various factors.
- You will receive a detailed description of the meeting time and place of your program when you register.

Questions?

Please connect with our PSIC staff at info@psic.pro. We look forward to seeing you on-snow!