

## HALTON OUTDOOR CLUB

### LEVEL 1 CLASSIC SKI PROFICIENCIES

Skill	Checkpoints
Equipment, & Clothing	<ul style="list-style-type: none"> <li>• Describe the effect of ski camber on ski selection</li> <li>• Show the correct height for classic ski poles plus correct strap entry.</li> <li>• Know how to select “wicking, breathable” ski clothing</li> </ul>
Star turn	<ul style="list-style-type: none"> <li>• Keep tails together</li> </ul>
Falling and rising	<ul style="list-style-type: none"> <li>• Fall and get up unassisted using correct technique</li> </ul>
Diagonal stride	<ul style="list-style-type: none"> <li>• On flat to slight uphill terrain</li> <li>• Opposite arm and leg movement</li> </ul>
Herring-bone	<ul style="list-style-type: none"> <li>• Walking herring bone on gentle to moderate uphill</li> </ul>
Uphill side stepping	<ul style="list-style-type: none"> <li>• On moderate to steep uphill</li> </ul>
Straight running	<ul style="list-style-type: none"> <li>• On gentle downhill with straight runout</li> </ul>
Snowplow	<ul style="list-style-type: none"> <li>• Control speed on gentle to moderate downhill</li> <li>• Half snowplow (with 1 ski in track) at low speed</li> </ul>
Adapting to terrain	<ul style="list-style-type: none"> <li>• Be able to do star turns to change direction, fall and rise on the trail without assistance, and side-step up a moderate to steep hill</li> </ul>
Introduction to Double Poling	<ul style="list-style-type: none"> <li>• Be able to execute basic double poling</li> </ul>
Trail Safety & Etiquette	<ul style="list-style-type: none"> <li>• Be able to describe the Nordic Skier Safety and Etiquette Code and use it when skiing</li> </ul>

## HALTON OUTDOOR CLUB LEVEL 2 CLASSIC SKI PROFICIENCIES

Skill	Checkpoints
	<ul style="list-style-type: none"> <li>• Be able to complete all of Level I proficiencies</li> </ul>
Diagonal Stride	<ul style="list-style-type: none"> <li>• On flat to slight uphill terrain</li> <li>• Balance and glide on one ski at a time</li> <li>• At least partial weight transfer</li> <li>• Pole plant timed to follow end of leg push</li> </ul>
Double pole	<ul style="list-style-type: none"> <li>• On flat to slight downhill terrain</li> <li>• Contract and coil core muscles at torso. Bend at least 45 degrees</li> <li>• Torso is used before arms in push phase</li> </ul>
Herring-bone	<ul style="list-style-type: none"> <li>• Walking herring bone on moderate to steep uphill</li> </ul>
Straight running	<ul style="list-style-type: none"> <li>• On gentle to moderate downhill (slow to moderate speed) with straight runout</li> <li>• Be able to complete a “high tuck” at slow speed</li> </ul>
Step turn	<ul style="list-style-type: none"> <li>• Gradual changes in direction at low speed, gentle downhill</li> </ul>
Snowplow	<ul style="list-style-type: none"> <li>• Brake to stop on gentle downhill</li> <li>• Control speed on moderate hill</li> <li>• Half snowplow (with one ski in track) at moderate speed</li> </ul>
Snowplow turn	<ul style="list-style-type: none"> <li>• On gentle to moderate downhill</li> <li>• Single turns, either direction (not linked turns)</li> </ul>
Tracking	<ul style="list-style-type: none"> <li>• Step out of track at low speed and do a full snowplow</li> </ul>
Adapting to terrain	<ul style="list-style-type: none"> <li>• Demonstrate the use of different maneuvers on varied gentle to moderate terrain (Diagonal Stride, Double Pole, Herringbone)</li> <li>• Smooth transitions not necessary</li> </ul>

## HALTON OUTDOOR CLUB LEVEL 3 CLASSIC SKI PROFICIENCIES

Skill;l	Checkpoints
	<ul style="list-style-type: none"> <li>• Be able to complete all of Level 2 proficiencies</li> </ul>
Diagonal stride	<ul style="list-style-type: none"> <li>• On flat to slight uphill terrain</li> <li>• Balance and glide on 1 ski at a time</li> <li>• At least partial weight transfer consistently; complete weight transfer occasionally</li> <li>• Recovery foot lands beside or in front of the glide foot</li> <li>• Pole plant timed to follow end of leg push</li> </ul>
Uphill Diagonal Stride	<ul style="list-style-type: none"> <li>• Demonstrate weight transfer on gentle incline</li> <li>• Tempo increases with steepness</li> </ul>
Advanced Double pole	<ul style="list-style-type: none"> <li>• On flat to slight downhill terrain</li> <li>• Weight committed forward before poling by moving shoulders, hips and knees ahead of the ankle</li> <li>• Poles never swing ahead of vertical; plant with baskets near toe</li> <li>• Upper body rises visibly, bends forcefully down at the waist to load poles then arms drive down and back.</li> <li>• Core muscles are contracted as torso flexes to approximately 45 degrees</li> <li>• Heels remain on ski at all times to increase glide</li> </ul>
Herring-bone	<ul style="list-style-type: none"> <li>• Walking herring bone on steep uphill</li> </ul>
Straight running	<ul style="list-style-type: none"> <li>• On moderate downhill (moderate speed) with straight runout</li> <li>• Stay in tracks around gradual curve at low speed</li> </ul>
Tracking	<ul style="list-style-type: none"> <li>• Step out of track at moderate speed</li> <li>• Step out of and into track at low speed</li> </ul>
Step turn	<ul style="list-style-type: none"> <li>• Gradual changes in direction at low speed, gentle downhill</li> <li>• Short, quick steps</li> <li>• Flexion and extension of legs</li> </ul>
Snowplow	<ul style="list-style-type: none"> <li>• Brake to stop on gentle to moderate downhill</li> <li>• Control speed on moderate to steep hill</li> </ul>
Snowplow turn	<ul style="list-style-type: none"> <li>• On gentle to moderate downhill</li> <li>• Shallow linked turns</li> <li>• Weight transferred to outside (downhill) ski</li> </ul>
Adapting to terrain	<ul style="list-style-type: none"> <li>• Make smooth transitions with appropriate maneuvers by adjusting to differences on moderate terrain</li> <li>• Demonstrate transitions between double pole, diagonal stride and uphill diagonal stride</li> </ul>