

HALTON OUTDOOR CLUB

LEVEL 1 CLASSIC SKI PROFICIENCIES

Skill	Checkpoints
Equipment, & Clothing	<ul style="list-style-type: none"> • Describe the effect of ski camber on ski selection • Show the correct height for classic ski poles plus correct strap entry. • Know how to select “wicking, breathable” ski clothing
Star turn	<ul style="list-style-type: none"> • Keep tails together
Falling and rising	<ul style="list-style-type: none"> • Fall and get up unassisted using correct technique
Diagonal stride	<ul style="list-style-type: none"> • On flat to slight uphill terrain • Opposite arm and leg movement
Herring-bone	<ul style="list-style-type: none"> • Walking herring bone on gentle to moderate uphill
Uphill side stepping	<ul style="list-style-type: none"> • On moderate to steep uphill
Straight running	<ul style="list-style-type: none"> • On gentle downhill with straight runout
Snowplow	<ul style="list-style-type: none"> • Control speed on gentle to moderate downhill • Half snowplow (with 1 ski in track) at low speed
Adapting to terrain	<ul style="list-style-type: none"> • 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
Introduction to Double Poling	<ul style="list-style-type: none"> • Be able to execute basic double poling
Trail Safety & Etiquette	<ul style="list-style-type: none"> • Be able to describe the Nordic Skier Safety and Etiquette Code and use it when skiing

HALTON OUTDOOR CLUB LEVEL 2 CLASSIC SKI PROFICIENCIES

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

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LEVEL 3 CLASSIC SKI PROFICIENCIES

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

