

## Personal Skill Assessment Form

Name: \_\_\_\_\_

School: \_\_\_\_\_

**To Parents: If this will be the first day your child will be skiing or snowboarding this season, please sign them up for the level BELOW their designated ability level. All groups will be divided according to their ability level – any adjustments will be made by instructors.**

<b>Ski Ability Levels</b>	<b>Snowboard Ability Levels</b>
○ <b>RED</b>	○ <b>RED</b>
First time skiers	First time snowboarders
Developing a wedge	Developing balance on the board
Developing turns and stopping	Developing turns and stopping
Gentle Slopes	Getting up on the board
Lift: Magic Carpet (Surface Lifts)	Gentle Slopes
<b>Red is the lowest ability</b>	Lift: Hiking and Magic Carpet (Surface Lifts)
○ <b>YELLOW</b>	○ <b>YELLOW</b>
Makes turns using wedge	Makes toe and heel turns
Makes controlled stops	Makes controlled stops on toe and heel side
Gets up by themselves	Can control speed
Lift: Long Magic Carpet (Surface Lift)	Lift: Long Magic Carpet (Surface Lift)
○ <b>GREEN</b>	○ <b>GREEN</b>
Connects wedge turns	Connects toe and heel turns to make an “S”
Turns to control speed	Turns to control speed and stop
Incorporates some parallel skiing	Control of heel and toe side turns
Skis green trails	Rides the green trails
Lift: South Peak Chairlift	Lift: South Peak Chairlift
○ <b>BLUE</b>	○ <b>BLUE</b>
Controls speed by parallel turns	Controls speed by linking turns
Minimal falls	Minimal falls
Skis under control on blue trails	Rides under control on blue trails
Skis the South Peak terrain park	Rides the South Peak terrain park
Lifts: All Chairlifts	Lifts: All Chairlifts
○ <b>BLACK</b>	○ <b>BLACK</b>
Skis under control on all trails	Rides under control on all trails
Turns easily on steeper trails & varying conditions	Rides under control and can stop at any time
Able to control speed by varying turn shape	Rides the terrain park in control
Lift: All Chairlifts	Lift: All Chairlifts