



SKI ACADEMY

TRAINEE SKI INSTRUCTORS WANTED

In a new initiative, Arbroath Ski Club invites applications for a new programme to qualify as a ski instructor.

Have you got what it takes?

We are looking to recruit a group of trainee instructors aged 14+ to undertake their BASI Level 1 examination either in July 2018 or July 2019, depending on age and ability (candidates are required to be 16 before sitting their BASI Level 1).

If you have a keen interest in snowsports and would like the opportunity to develop a career in ski instructing then this is a great opportunity. Whether you are already an accomplished skier or completely new to skiing is irrelevant as you will benefit from a comprehensive training programme before taking your British Association of Snowsport Instructors (BASI) Level 1 examination.

Training on the artificial ski slope at RM Condor, Arbroath, the Club will work with you to develop your skills and help all candidates achieve the required level within the duration of the programme.



What's involved?

You will be required to undertake the training programme which will involve taking ski lessons delivered by the Club's instructors. The training programme is designed to turn participants into confident parallel skiers, the level required to sit your Level 1 instructor course. Arbroath Ski Club currently has a good team of qualified instructors but needs to add to this to cope with the demand for lessons. The instructors have considerable experience between them and they're all passionate about skiing and enjoy the challenge of training and bringing others into the sport.

Ski Training Programme:

Stage 1 – Introduction to skiing

Stage 2 – Sliding

Stage 3 – Snow Ploughing

Stage 4 – Snow Plough turning

Stage 5 – Plough parallel turning

Stage 6 – Parallel turning

Your level will be assessed at the outset and fixed by the Club's Head Coach in accordance with the following ski ability levels. Dependent on your ability, you will start your training at the appropriate stage.

Ability level 1 - I have tried skiing before. I can put my skis on and off. I can climb sideways up a gentle hill and ski down, controlling my speed by ploughing. I can stop when I need to on green runs.

Ability level 2 - I can ski down green runs controlling my speed and direction of travel by ploughing. I can make big and little turns and avoid other skiers. I can use an easy ski lift (poma or T bar).

Ability level 3 - I can ski faster and make plough parallel turns, where I start the turns in a plough and finish with my skis parallel. I can make a series of linked turns on green and easy blue runs.

Ability level 4 - I am very confident with my plough parallel turns and my skis are naturally becoming parallel earlier in the turns, sometimes before the fall line. My turns are smoother and more S shaped. I am happy skiing on all blue runs.

Ability level 5 - I am consistently making parallel turns on all blue and easy red runs. Both my skis are turning at the same time. I still need to improve on balance and posture. I am confidently skiing all blues and easy red runs.

Ability level 6 - I am learning to use a well coordinated pole plant to improve my balance and timing. My parallel turns are smoother and more rhythmical.

Ability level 7 - I am becoming more confident in tackling challenging terrain. I can make really smooth turns with a well coordinated pole plant. I can vary the radii of my turns to suit changes in gradient, whilst remaining in control of speed and line of travel. I can ski comfortably on steeper terrain.

On completion of the training programme, to qualify as a BASI Level 1 instructor, you will be required to undertake the successful completion of the following:

- BASI Alpine Level 1 instructor Examination course (5 days). This is a continuous assessment course and is usually run over three weekends on the artificial ski slope at RM Condor, Arbroath.
- First aid course (2 days). Normally over a weekend in Arbroath.

- Safeguarding children module (on-line assessment)
- 35 hours ski school experience. Can be on the artificial ski slope or on snow with a ski school.

What qualification will I obtain?

On successful completion of the programme and mandatory requirements you will be awarded the BASI Level 1 qualification in Alpine Skiing. You've then completed the first step on your way to a career as a ski instructor. Your Level 1 qualification will allow you to teach clients on artificial ski slopes and indoor snow centres. If you want to teach on snow in the mountains, you will need to continue your development and train and qualify as a BASI Level 2 instructor. Go to www.basi.org.uk for further information.

What's required to participate?

We're looking for people who have spirit and a taste for adventure and who enjoy a challenge. No previous experience of skiing is required. To participate, you need to be a member of Arbroath Ski Club and it's easy to join. Go to www.arbroathskiclub.co.uk for the Club's history and further information.

Applications are invited from adults and juniors – the minimum age for the programme is 14 to undertake the examination in July 2019 or 15 to undertake the examination in July 2018. Candidates therefore must be at least 14 years old by 01 June 2017 or 15 years old by 01 June 2017 respectively.

Trainees are required to cover the costs of lessons to get their skiing up to the required standard to take the BASI Level 1 exam. However, Arbroath Ski Club are looking at organising fundraising events (which trainees would be expected to assist with) to help with these training costs. Additionally, Arbroath Ski Club will also seek out funding opportunities and submit applications to the funding organisations, however the Club cannot guarantee success in this

What will it cost?

Arbroath Ski Club will offer a 100% subsidy of a candidate's costs for the BASI Level 1 Alpine Ski Instructor Examination course – a total cost of £660 per candidate. This is made up by:

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| • BASI Course Cost | £430 |
| • Slope Hire Cost | £125 |
| • 2 Day First Aid Course | £ 80 |
| • Child Protection Module | £ 25 |

We ask that candidates undertake to pay the annual Club joining fee (currently £10 for juniors and £15 for adults) and lessons as required at £9 per hour.

The Arbroath Ski Club season runs for 26 weeks each year between September and May and offers one hour lessons between 7.00 – 8.00pm and 8.00 – 9.00pm on Tuesday and Thursday evenings. Trainees are likely to require a one hour lesson once a week over the 26 week season. Lessons cost £9 for one hour which includes equipment hire and instruction. The number of lessons required may be less than one per week and this will ultimately depend on your own progression and development through steps 1 – 6. The Head Coach will determine when your skiing ability meets the standard required to take the BASI Level 1 examination.

What we expect of you

The Club is happy to invest in your development as a ski instructor and what we ask in return is that you take an active part in the Club by helping out with club events, instruction and shadowing lessons during the training period. Along with your fellow Level 1 trainees, and as a gesture of your commitment to the club, you are asked to help to organise an annual club fundraiser to contribute to costs. We're a great Club with great people and a great attitude to skiing and life. Give it some serious thought.

How do I apply?

Visit our website www.arbroathskiclub.co.uk/skiacademy where you will find full instructions of how to apply and an application form. Please note that a closing date of 19 June 2017 has been set for receipt of all applications.