

Arbroath Ski Club

Guide to Skiing Ability Levels



Absolute beginner	Never skied
Based on the Snowlife Ski Award System Snowlife 1 & 2 Star	I have tried skiing before. I can climb sideways up a gentle slope and ski down, controlling my speed by ploughing. I can stop when I need to on gentle slopes. I can control my speed and direction of travel by ploughing. I can make big and little turns and avoid other skiers.
Snowlife 3 Star	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 run.
Snowlife 4 Star	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.
Snowlife 5 Star	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.
Snowlife 6 Star	I am learning to use a well coordinated pole plant to improve my balance and timing. My parallel turns are smoother and more rhythmical.
Snowlife 7 Star	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.