

<b>Title</b>	<b>Demonstrate basic classic Nordic skiing skills</b>		
<b>Level</b>	<b>1</b>	<b>Credits</b>	<b>2</b>

<b>Purpose</b>	People credited with this unit standard are able to demonstrate basic classic Nordic skiing skills.
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<b>Classification</b>	Snowsport > Skiing and Snowboarding
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 All learning and assessment against this unit standard must be carried out in accordance with the following:
  - relevant legislation including the Health and Safety at Work Act 2015, Accident Compensation Act 2001, Human Rights Act 1993, Vulnerable Children Act 2014 and subsequent amendments and associated regulations;
  - organisational policies and procedures including Emergency Action Plans (EAPs), Standard Operating Procedures (SOPs), and the use of personal protective equipment (PPE);
  - alpine industry codes including *Snow Safety Code*, *Outdoor Safety Code*; (available at <http://www.mountainsafety.org.nz>) and *Leave No Trace* principles (available at <https://www.doc.govt.nz> ).
- 2 Definitions
 

*Gentle slope* means a slope of no more than 5 degrees.

*Organisational policy and procedures* are documented instructions to staff that are available for reference at snowsport areas in the form of an operations manual and/or policy and procedures manual.
- 3 Assessment conditions
 

A minimum of five hours on-snow time is required for assessment against this unit standard. Assessment must be carried out on groomed trails.

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### Outcomes and performance criteria

#### Outcome 1

Demonstrate basic classic Nordic skiing skills.

#### Performance criteria

- 1.1 Walk forward on skis with minimal glide on flat terrain with swinging arms, the use of opposite arm and leg, without falling to side.

Range includes poles.

1.2 Perform basic classic Nordic ski techniques of jogging, herringbone, and sidestepping techniques to move up a gentle slope.

1.3 Demonstrate skiing straight down a gentle slope and stopping safely.

Range stopping may include – a wedge stop or braking with one ski out of the track.

1.4 Ski a one kilometre track on beginner Nordic terrain using classic technique, without stopping.

<b>Planned review date</b>	31 December 2025
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#### Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	29 June 2005	31 December 2014
Review	2	16 May 2013	31 December 2022
Review	3	25 March 2021	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

#### Comments on this unit standard

Please contact Skills Active Aotearoa Limited [info@skillsactive.org.nz](mailto:info@skillsactive.org.nz) if you wish to suggest changes to the content of this unit standard.