

<b>Title</b>	<b>Demonstrate personal cross-country skiing competence to enable safe and effective snowsport instruction</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>5</b>

<b>Purpose</b>	People credited with this unit standard are able to demonstrate personal cross-country skiing competence to enable safe and effective snowsport instruction.
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<b>Classification</b>	Snowsport > Snowsport Instruction and Facilitation
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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, Fair Trading Act 1986, Consumer Guarantees Act 1993, Privacy Act 2020, Human Rights Act 1993, 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 and Outdoor Safety Code; (available at <http://www.mountainsafety.org.nz>).
- 2 Definition  
*Organisational policy and procedures* are instructions to staff that may be documented and available for reference at each alpine facility or snowschool in the form of an operations manual and/or policy and procedures manual.
- 3 This unit standard forms part of a package with Unit Standard 32357, *Instruct beginner classic and skate technique on cross-country skis on groomed green terrain*.
- 4 For definitions and explanations of the ski movements, refer to the following instruction manuals: CANSI (Canadian Association of Nordic Ski Instructors) *Teaching Nordic Skiing - Instructor's Manual, 2005*, published by Canadian Association of Nordic Ski Instructors (available at <https://cansi.ca/>); PSIA-W (Professional Ski Instructors of America - Western Division) *Cross Country Handbook 2007*, published by Professional Ski Instructors of America - Western Division (available at <https://psia-w.org/home/resources>).

## Outcomes and performance criteria

### Outcome 1

Demonstrate personal cross-country skiing competence to enable safe and effective snowsport instruction.

### Performance criteria

- 1.1 Demonstrate diagonal stride classic technique in the tracks on flat and uphill terrain.
- 1.2 Demonstrate double pole and kick double pole technique in the tracks on flat and downhill terrain.
- 1.3 Demonstrate downhill and skate techniques in the tracks on green and blue terrain.
- 1.4 Demonstrate turning and braking in and out of the tracks on green and blue terrain on classic skis and skate skis.
- 1.5 Demonstrate skate techniques for cross-country skiing.
- Range diagonal skate, offset skate, 1 skate, 2 skate and free skate.
- 1.6 Demonstrate efficient skiing and coordinated movements by blending the three movements of cross-country skiing, both in and out of the tracks on groomed terrain.
- Range cross-country skiing includes – demonstrating classic skiing and skate skiing;  
movements include – push phase, weight transfer, glide phase.

<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	25 February 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 [info@skillsactive.org.nz](mailto:info@skillsactive.org.nz) if you wish to suggest changes to the content of this unit standard.