

Title	Instruct beginner classic and skate technique on cross-country skis on groomed green terrain		
Level	4	Credits	10

Purpose	People credited with this unit standard are able to instruct beginner classic and skate technique on cross-country skis on groomed green terrain.
----------------	---

Classification	Snowsport > Snowsport Instruction and Facilitation
-----------------------	--

Available grade	Achieved
------------------------	----------

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 policies 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 32356, *Demonstrate personal cross-country skiing competence to enable safe and effective snowsport instruction*.
- 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

Instruct beginner classic and skate techniques on cross-country skis on groomed green terrain.

Performance criteria

- 1.1 Explain technique and mechanics for cross-country skiing in relation to instructing others.
- 1.2 Undertake beginner skier movement analysis to identify key areas for improvement and provide recommendations to enhance cross-country skiing skills.
- 1.3 Describe and demonstrate progressions for beginner cross-country skiers.
- 1.4 Apply teaching methods, practices and models to provide appropriate cross-country ski instruction for beginners.
- 1.5 Demonstrate a range of cross-country techniques for beginners.
Range diagonal stride, classic technique, offset skate, diagonal skate, double poling, downhill technique, braking and wedge turn.

Planned review date	31 December 2025
----------------------------	------------------

Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	25 February 2021	N/A

Consent and Moderation Requirements (CMR) reference	0099
--	------

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 if you wish to suggest changes to the content of this unit standard.