

<b>Title</b>	<b>Instruct intermediate cross-country ski lessons in a snowschool</b>		
<b>Level</b>	<b>5</b>	<b>Credits</b>	<b>10</b>

<b>Purpose</b>	People credited with this unit standard are able to instruct intermediate cross-country ski lessons in a snowschool.
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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 32358, *Demonstrate personal cross-country skiing competence to enable safe and effective intermediate 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 intermediate cross-country ski lessons in a snowschool.

### Performance criteria

- 1.1 Explain techniques and mechanics for intermediate cross-country skiing in relation to instructing others.
- 1.2 Undertake skier movement analysis to identify key areas for improvement and explain how to enhance learner's cross-country classic and skate skiing skills.
- 1.3 Explain and demonstrate progressions for instructing intermediate cross-country skiers.
- 1.4 Apply teaching methods, practices and models to provide ski instruction for intermediate cross-country classic and skate skiing on groomed intermediate terrain.

Range includes but is not limited to – classic techniques of diagonal stride, double poling, kick double pole; downhill technique, braking, turning; and the skate techniques of diagonal skate, offset skate, 1 skate, 2 skate and free skate.

<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.