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| Title | Demonstrate beginner Nordic skiing skills on beginner Nordic terrain | | |
| Level | 2 | Credits | 3 |

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| Purpose | People credited with this unit standard are able to demonstrate beginner Nordic skiing skills on beginner Nordic terrain. |
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| Classification | Snowsport > Skiing and Snowboarding |
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| Available grade | 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

Beginner Nordic terrain is groomed green trails at a Nordic area (flat, uphill, and downhill); and groomed slopes angled no more than five 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 A minimum of five hours on-snow time is required for assessment against this unit standard.

Outcomes and performance criteria

Outcome 1

Demonstrate beginner Nordic skiing skills on beginner Nordic terrain.

Performance criteria

- 1.1 Perform basic diagonal stride on flat and easy undulating terrain to develop glide, timing and rhythm.

Range diagonal stride must show – stance, balance, and weight transfer.

1.2 Demonstrate double poling showing flex from the waist and follow through with poles on slight downhill.

1.3 Demonstrate Nordic techniques of jogging, herring-bone, and side-step for climbing easy-angled slopes.

1.4 Glide downhill in and out of tracks showing flex at the knees and ankles and hands forward with fast and slow tuck as the terrain, conditions and speed dictates.

Range may include poles.

1.5 Demonstrate a braking wedge to slow speed and to stop on a hill.

Range in tracks, out of tracks.

1.6 Use appropriate speed to negotiate corners on the trails, in and out of the tracks.

Range may include in track – outside ski slightly forward and banking turn; outside ski out of track and braking to slow on a turn, wedge turn when out of the track.

1.7 Ski a beginner trail of two kilometres using a combination of appropriate basic Nordic classic techniques and demonstrating pacing skills.

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| Planned review date | 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 | 18 June 1995 | 31 December 2014 |
| Revision | 2 | 24 July 1996 | 31 December 2014 |
| Revision | 3 | 19 February 1998 | 31 December 2014 |
| Review | 4 | 28 March 2001 | 31 December 2014 |
| Review | 5 | 29 June 2005 | 31 December 2014 |
| Review | 6 | 16 May 2013 | 31 December 2022 |
| Review | 7 | 25 March 2021 | N/A |

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| Consent and Moderation Requirements (CMR) reference | 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 if you wish to suggest changes to the content of this unit standard.