

# The Level 1 Instructor - Snowboarding

## The Level 1 Instructor

Award trains and qualifies candidates to work with novice participants on artificial slopes.

### THE AWARD

Snowsport Cymru Wales is the body recognised by Sport Wales and the International Federation of Snowsports Instructors as the awarding body for snowsports coaching within Wales.

Many level 1 instructors work part time, some purely for the love of the sport, others for payment.

The level 1 award also provides younger instructors with important life skills which can be transferred to a number of other areas.

### THE REQUIREMENTS

This award has three core components:

- The Level 1 training course, this is delivered at a local ski centre and takes a minimum of 2 days or 12 hours
- Further workplace training. This involves you working with a mentor – a more experienced instructor or coach to help you to develop your skiing and coaching abilities.
- The Level 1 Assessment. This can take place at your local ski centre. Some Level 1 Assessments are conducted one on one at a time of your choosing. Other candidates prefer to be assessed together with a group of colleagues. You will be expected to show that you can run a safe coaching session and that your personal skiing is adequate.

In most circumstances candidates are expected to be 16 years of age or older. However a young persons' training course has been developed for young people actively involved in skiing and sport. These courses can be attended by candidates of 14-16 years of age. Candidates are given a certificate to confirm their 'trained' status and can present themselves for assessment after they reach 16 years of age.

### FURTHER REQUIREMENTS

To be licenced all coaches and instructors must also:

- Be registered with Snowsport Cymru Wales
- Hold an appropriate first aid certificate
- Have completed a Criminal Record check, now known as a DBS check
- Have attended a safeguarding children course
- Every three years you are required to attend an appropriate course to refresh your award. In the case of the level 1 award that can be a one day refresher course or a level 2 training course.

### PRE-REQUISITE RIDING ABILITY

To attend the course it is expected that you be of a good recreational standard. This involves the ability to:

- Perform flowing, continuously linked turns on your main slope (blue terrain),
- Control speed,
- Stop,
- Use a drag lift.