



Skier Ability Levels

Level 1 Beginner skier in their first lesson.

Prerequisite: None. First time on skis with no previous experience.

Terrain/Lifts: Flat/beginner area

Carpet

Developing Skills:

- Putting skis on/off
- Able to get up after falling
- Walking on flat terrain with skis on
- Sidestep up hill
- Establish athletic/balanced position
- Slow gliding wedge to gravity stop
- Slow gliding wedge to a control stop
- Slow gliding wedge to right/left turn
- Ride carpet to practice/refine turns and stopping

Level 2 Skier is dependent on the wedge (pizza) for turning and stopping. Building confidence in ability to turn and stop on easy green terrain. Beginning to ride lifts.

Prerequisite: All Level One Skills

Terrain/Lifts: Carpet lift

South Branch Chair

Easy Green Circle terrain

Developing Skills:

- Linking right/left turn

- J-turn to a stop
- Adjust turn size and shape
- Use of turn size/shape for speed control
- Safely ride South Branch Chair
- Demonstrate ability to change direction and control speed on South Branch trails
- Demonstrate the ability to safely stop/start as a member of a group
- Introduce skier responsibility code

Level 3 Skier is confident in use of wedge (pizza) turns for changing direction and speed control. Can safely stop and start as a member of a group. Can safely ride the South Branch Chair. Beginning to match skis into parallel sometimes but inconsistent.

Prerequisite: All Level Two Skills

Terrain/Lifts: South Branch Chair

Sandy Chair

Rangeley Chair

All Green Circle terrain

Developing Skills:

- Begin matching skis in transition between turns (parallel)
- Begin matching skis during a turn (beginning, middle, end)
- Maintains speed control as terrain and snow conditions change via turn size/shape vs breaking wedge.
- Maintains a balanced/athletic body position
- Knows and practices skier responsibility code

Level 4 Skier is developing and gaining confidence in the parallel turn and using it more consistently on easy green terrain. May revert to the wedge turn as terrain increases in difficulty. Can safely ride chair lift. Controls speed via turn size and shape vs a breaking wedge. Ready to explore easy blue square terrain.

Prerequisite: All Level Three Skills

Terrain/Lifts: Sandy Chair

Rangeley Chair

All Green Circle Trails and some easier Blue Square Trails

Developing Skills:

- Use of parallel turn throughout all phases of the turn (beginning, middle, end)
- Maintains parallel ski position from one turn to the next on easy green terrain
- Use of turn size and shape for speed control
- Maintains ability to change direction as needed
- Adapts to changes in terrain and snow conditions by changing tactics
- Exploring the use of edges and creating edge angles via angulation
- Beginning use of poles (if age appropriate)
- Knows and practices skier responsibility code

Level 5 Skier is consistently using the parallel turn on all green and easier blue terrain. Beginning to become more dynamic and athletic to create edge angles through angulation. Can adapt to changes in terrain and snow conditions by changing tactics. Use of poles is developing for timing and tempo.

Prerequisite: All Level four skills

Terrain/Lifts: Rangeley chair

Kennebago quad

All blue square trails (depending on snow conditions)

Developing Skills:

- Use of poles for timing and tempo
- Can vary turn size and shape as needed
- Can change direction and vary tactics as terrain and snow conditions change
- Becoming more dynamic with turns and exploring edge angles from one turn to the next
- Exploring easy bumps
- Developing and maintaining upper/lower body separation
- Developing short and long radius turns and ability to blend them together
- Knows and practices skier responsibility code

Level 6 Skier is confident on all blue square terrain and is ready to explore easier black terrain while maintaining the parallel turn. Skier can navigate through/around easy bumps and changing snow conditions. Speed and directional control are consistent and adapted to changing terrain and conditions.

Prerequisite: All level five skills

Terrain/Lifts: All lifts

All blue square trails and some easier black trails.

Developing Skills:

- Ability to maintain upper/lower body separation
- Ability to change edge angles and intensity to accomplish desired intent
- Create various turn sizes, shapes, edge angles, in order to adapt to changes in terrain and snow conditions.
- Consistent pole touch
- Begin moving across the skis at beginning of turn (moving center of mass to apex of new turn)
- Ski easy bumps
- Introduction to easy glades/trees.
- Knows and practices skier responsibility code

Level 7 Skier can ski most, if not all, the available terrain at the mountain.

Prerequisite: All level six skills

Terrain/Lifts: All Lifts and trails (dependent on snow conditions)

Developing Skills:

- Consistent directional and speed control on all terrain
- Varying tactics and movements to adapt to changes in terrain
- Safely ski bumps and glades/tree trails
- Adapt to changing snow conditions-ice, crud, powder, and wet snow
- Knows and practices skier responsibility code