



ACMG

Training and Assessment Program

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Downhill Movement Skills Screening Overview

Screening Runs

- Perform 10-15 GS style turns with good speed on moderate terrain
- Perform 10-15 short to medium radius turns on moderate to advanced terrain
- “Free Run”; perform 15-20 turns on varied (moderate to advanced) terrain in a variety of snow conditions (tracked powder, crud, moguls)

After a warm-up and practice students are assessed on 2-3 descents on each scenario. Not all scenarios will necessarily be used.

Assessment is based on the following evidence:

- Balanced and stable throughout turns
- Stable upper body with arm discipline
- Linked turns with rhythm and timing
- Dynamic lower body movement
- Maintain speed with turn shape and pressure control

Equipment

- Participants are not required to use touring equipment or to wear a guide's pack
- Please bring appropriate skis for the venue. Very wide or rockered skis may not be appropriate and have been the cause of student issues on past screenings
- Helmet
- Screening will take place at a ski area so skis and boards need to be equipped with brakes or leashes

Snowboarders: Riders complete the same scenarios and are assessed according to the evidence indicated above.



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TAP Ski/Snowboard Downhill Movement Standard

"The candidate is physically capable of guiding strong, fit skiers and riders on advanced downhill terrain. The candidate demonstrates dynamic, well-balanced movement with appropriate speed and control given the terrain and conditions."

Movement skills video: <https://vimeo.com/310194665>

Ski Standard

Movement is fluid and confident

- Smooth balanced skiing linking a variety of turn shapes and speeds
- Demonstrates a fun, dynamic skiing in a variety of terrain
- Demonstrate good control while skiing fast in ungroomed black diamond terrain

Stable upper body and arm discipline

- Limited upper body rotation - steering should happen from the lower body, upper body separation is created by limiting the upper body rotation. Upper body does not have to be fixed; some rotation is necessary to steer the ski.
- Shoulders should stay level throughout the turns
- Pole plants to initiate the turn, with no additional upper body rotation

Linked turns w/ rhythm and timing.

- In control throughout the entire turn
- Appropriate speed for the terrain and conditions (this doesn't necessarily equate to skiing slowly)
- Good timing of the weighting and unweighting of the ski in conjunction with the pole plant

Dynamic lower body movement

- Solid athletic stance that varies with speed and snow conditions
- Legs (ankles, knees, hips) absorb terrain while keeping pressure on the edge of the ski
- Legs extend throughout the turn and return to center when switching edges

Maintain speed w/ turn shape, pressure control.

- Able to commit to skiing fall line in a variety of terrain
- Initiates turn prior to entering the fall line
- Able to use turn shape and size to control speed using some combination of edging and pivoting. (Steering)

Snowboard Standard

Movement is fluid and confident

- All points under Skiing
- Constant body movement and adjustments through the turns instead of just balancing on the edge or "statueing"

Stable upper body and arm discipline

- Upper body should be lined up with the rider's stance to allow strong initiation and constant rotation through the turns. This enables strong lower body steering
- Back hand should be stable indicating a center of mass that is under control

Linked turns w/ rhythm and timing.

- Nice controlled "C" where the rider is able to control speed throughout the entire turn
- Even spray of snow throughout the turn
- Appropriate speed for the terrain and conditions (this doesn't necessarily equate to riding slowly)

Dynamic lower body movement

- Rider can use both legs independently to absorb terrain as they roll over it. (think front and back suspension on a car)
- Ability to incorporate vertical movement with rotational movement throughout the turn

Maintain speed w/ turn shape, pressure control

- Good C shaped turns
- Vertical movement and edge angle above the fall line

Initiates turn prior to fall line

- Early upper body rotation
- Early edge change