UK SNOWLIFE Ski Awards
Thank you for using the Snowlife award scheme. The scheme has been designed to work for a variety of skiing organisations and environments from school groups, tour operators, snow centres, dry ski slopes to ski schools.

It is essentially a skiing proficiency scheme to mark important milestones in a recreational skier’s progress and has been made as simple as can be so that it can transfer between all potential users with as much ease as possible. It is not a programme for a lesson, but rather a series of targets or levels for the learner to reach.

How to reach these milestones is the job of the ski instructor and he/she may choose whatever drills or developmental activities he/she deems appropriate and effective to help the learner progress.

There is a checklist at the end of the booklet that offers further precisions for each level but the milestones in themselves are clear and simple. The clarity of the text and the expert judgement of the ski instructor should make the awarding of levels easy.

Good luck with the scheme and we hope you enjoy using it.

Becoming a Star Skier

Welcome to the world of skiing and the UK Snowlife awards.
Can you succeed in the 9 stage UK Snowlife challenge to good skiing?

These awards are divided into 4 zones, green, blue, red and black. Each zone has a series of stages for you to complete.

Work with your instructor to develop your skiing and have your progress checked and recognised within the UK Snowlife awards.

Up to and including Level 7 can be done on Artificial Slopes (Snow Centres & Dry slopes), Level 8-9 on an open mountain snow resort.

At each level your instructor will ask you to perform a range of tasks to show you can ski at the required level and to help improve your skiing.

The tasks will help to show how well you can ski and will be appropriate for the terrain and conditions where you are being assessed.

<table>
<thead>
<tr>
<th>Location</th>
<th>Assessor Name</th>
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<tbody>
<tr>
<td>Ski Starter</td>
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<td>One</td>
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Green Zone

Ski starter

Clunky boots, sticks, slippy surfaces!

**What Can I do?**
I can move around with skis on and ski down a short ski run in a straight line with my skis parallel.

**Where Can I do it?**
I can ski on short easy ski runs with a natural run out.

**What Will I learn Next?**
You will be doing lots of activities to help you balance when sliding.

**Please Note:**
Penguin or Green Star badge

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Blue Zone

By the time you complete the blue zone you will be able to ski comfortably on blue runs.

**A One ⭐ Skier - Get to grips with everything**

Clunky boots, sticks, slippy surfaces! Make sense of a whole new world and learn to glide and stop on a nursery slope!

**What Can I do?**
I can put my skis on and take them off again. I can climb and ski down a short ski run. I can control my speed by ploughing.

**Where Can I do it?**
I can ski on short easy ski runs with a natural run out.

**What Will I learn Next?**
To prepare for the 2 star award you will learn the things you need to do to turn your skis.

**Please Note:**
Polar Bear 1 or Blue Star 1 badge

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Location

Assessed by

Date

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"I really enjoyed my first lesson. I made lots of friends, learnt to balance and slide, it’s like flying with your feet on the ground."

Sam

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Our instructor was so patient, we learnt so much and had such fun learning to plough to help control our descent down the slope.

Victoria

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Photo: ©The Snow Centre, Hemel Hempstead
Blue Zone

A Two ★ Skier - Snowplough turns...

This is the first thing to learn to get around the slopes. Snowplough turns are your brakes and steering wheel!

**What Can I do?**
I can climb and ski down a short ski run, plough turning to control my speed and direction of travel. When I am skiing I can make wider and narrower turns if I need to. I no longer have to climb a slope, instead I can use a ski lift. I can pick a safe route and avoid other skiers. I know where I can stop and wait safely on a ski run.

**Where Can I do it?**
I can ski on easy runs, normally nursery slopes and green runs.

**What Will I learn Next?**
To prepare for the 3 star award you will be practising, things that will make you feel confident without a big snowplough.

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Blue Zone

A Three ★ Skier - Practise plough parallel...

This is the first step towards parallel turning as your plough naturally starts to disappear.

**What Can I do?**
I am now skiing more quickly. I can make a series of linked turns where I start with my skis ploughing and then finish with my skis becoming parallel. When I do this my skis become parallel at the end of each turn.

**Where Can I do it?**
I can ski on easier runs, normally green and blue slopes.

**What Will I learn Next?**
To prepare for the 4 star award you will learn to become much less reliant on a plough and much more confident in keeping your skis in parallel when turning.

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**Assessed by**

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**Location**

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**Date**

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“Today we learnt how to make linked turns down the nursery slopes, it feels so good to be able to control both speed and direction with the turns.”

Chris

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“I found confidence to let the skis run a bit faster round the curves and can feel my skis becoming parallel as I exit each turn, more practise and I will be skiing parallel all the time!”

Andrew

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**Assessed by**

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**Location**

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**Date**

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Red Zone

By the time you have completed the red zone you will be comfortable skiing on red runs.

A Four ★ Skier - Polished plough parallel...

You’re almost a parallel skier. At this level you feel more secure and need to rely on a snowplough much less. Your skis naturally come closer together and you ski more smoothly and rhythmically.

What Can I do ?
I am able to ski more quickly and I am feeling balanced against my outside ski earlier in each turn. My turning is more fluid and my tracks are S shaped. When making plough-parallel turns my skis now naturally want to become parallel in or even before the middle of each turn (the fall line).

Where Can I do it ?
I can ski on blue slopes.

What Will I learn Next ?
To prepare for the five star award you will start to learn how to turn with your skis parallel all the time.

Assessed by

Location

Date

A Five ★ Skier - Perform the parallel...

Your skis are now turning parallel. Parallel turning is the foundation of good skiing. It opens the door to all sorts of exciting possibilities all over the mountain.

What Can I do ?
I can turn both skis at the same time and consistently. This is basic parallel turning. I am still working on improving my posture. Although I can descend a run on my own and select my route, my turns are not as smooth as I would like.

Where Can I do it ?
I can ski in control on blue slopes and some easier reds. Steeper red runs and slopes where the conditions are tougher prove a challenge.

What Will I learn Next ?
To prepare for the 6 star award you will be learning activities that help give you a distinct rhythm and pattern of movement to your turns. Your skis are parallel all the time.

Assessed by

Location

Date

photo@ScottMarkewitz

Practised balance exercises on red runs in my lesson, very helpful on the changing terrain.

Dave
**Red Zone**

**A Six ★ Skier - Pinpoint the pole plant…**

Here you will learn to use your poles to help your balance and timing, you’ll ski faster and make smoother arcs.

**What Can I do ?**

When I am parallel turning I can now use a well coordinated pole plant for timing and my turns are becoming smoother and I take charge of my skis rather than them taking charge of me. My tracks are now S shaped where they used to look more like Zs.

**Where Can I do it ?**

I can ski on steeper terrain such as red runs.

**What Will I learn Next ?**

To prepare for the 7 star award you will be challenged to ski parallel with varying rhythms and speeds and on slopes with a range of gradients.

Assessed by

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**Black Zone**

By the time you have completed the awards in the Black zone you will be comfortable skiing on black runs.

**A Seven ★ Skier - Perfecting parallel…**

Making your parallel turns more versatile, solid and fluid is the way to feel confident when tackling more challenging slopes.

**What Can I do ?**

When I am skiing I can make a variety of smoothly steered arcs with a well coordinated pole plant. I can ski various radii of turn on a variety of gradients and use my steering skills to control my speed of travel.

**Where Can I do it ?**

I can ski comfortably on steeper terrain such as red runs.

**What Will I learn Next ?**

Learn how to refine your parallel skiing to cope with any gradient of slope comfortably.

Assessed by

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*Photo: ©Scott Markewitz*
Black Zone

An Eight ★ Skier - Piste perfect…

To ski comfortably, confidently and skilfully on all groomed pistes...

What Can I do?

• I can ski a steep and narrow run making a series of rhythmical short radius turns, balanced, in good posture and with an appropriately timed pole plant. I can remain in the fall line and I can control my speed.
• On shallow green/blue terrain show the ability to roll from edge to edge using ONLY the shape and sidecut of the ski to change direction. My tracks will be well defined and there will be no skidding.
• Ski on a groomed steeper red or black run making a series of rhythmical medium radius turns whilst always maintaining good posture and balance.

Where Can I do it?

On red and black runs which are groomed or have very small bumps.

What Will I learn Next?

To prepare for the 9 star award you will learn how to ski well in less predictable, ungroomed terrain.

Assessed by

Location

Date

Carving is so cool! It feels so smooth, more of that please! Emily

Black Zone

A Nine ★ Skier - Master the mountain…

To go and explore a whole host of possibilities that are now opening up to you…

What Can I do?

• I can perform a fall line descent on an easy to medium bumps field, balanced, in good posture and with an appropriately timed pole plant.
• Perform a sequence of rhythmical turns in fresh snow of approximately ski boot depth leaving a series of symmetrical tracks.
• Descend a piste covered with uneven, soft, cut up snow of approximately ski boot depth, making a series of linked rhythmical arcs of small to medium radius.

Where Can I do it?

On almost any marked piste open to the general public.

What Will I learn Next?

You are ready to make choices in your skiing. Perhaps you want to ski competitively or to coach other skiers. There are lots of possibilities for you.

Assessed by

Location

Date

That was awesome, I skied the bumps linking every turn and my skis just seemed to do what I wanted them to do, all that hard work has now come together, yeeha! Neil
When skiing we have to take care of ourselves and of other skiers.
When you ride your bike you must ride carefully looking where you are going and
avoiding other people and cars. Skiing is the same, you must ski in control and
avoid other skiers. Skiers follow a set of rules written by the International Ski
Federation [The F.I.S.] called the ‘Ski Way Code’ which you can see
on this page. Please read them, if you are unsure what they mean
you should ask your teacher or ski instructor.

Rules for the Conduct of Skiers and Snowboarders:

1. Respect for others.
A skier or snowboarder must behave
in such a way that he does not endanger
or prejudice others.

2. Control of speed and skiing
or snowboarding.
A skier or snowboarder must move in
control. He must adapt his speed and
manner of skiing or snowboarding to
his personal ability and to the prevailing
conditions of terrain, snow and weather
as well as to the density of traffic.

A skier or snowboarder coming from
behind must choose his route in such
a way that he does not endanger skiers
or snowboarders ahead.

4. Overtaking.
A skier or snowboarder may overtake
another skier or snowboarder above
or below and to the right or to the left
provided that he leaves enough space
for the overtaken skier or snowboarder
to make any voluntary or involuntary
movement.

5. Entering, starting and moving upwards.
A skier or snowboarder entering a
marked run, starting again after stopping
or moving upwards on the slopes must
look up and down the slopes so that he
can do so without endangering himself
or others.

6. Stopping on the piste.
Unless absolutely necessary, a skier or
snowboarder must avoid stopping on the
piste in narrow places or where visibility
is restricted. After a fall in such a place,
a skier or snowboarder must move clear
of the piste as soon as possible.

7. Climbing and descending on foot.
A skier or snowboarder either climbing
or descending on foot must keep to the
side of the piste.

8. Respect for signs and markings.
A skier or snowboarder must respect
all signs and markings.

9. Assistance.
At accidents, every skier or snowboarder
is duty bound to assist.

10. Identification.
Every skier or snowboarder and witness,
whether a responsible party or not,
must exchange names and addresses
following an accident.

As you get better, there are a multitude of exciting possibilities
that open up to you! What next?

Recreational skiing spectrum

Master of the Mountains

Nine ★

Eight ★

Seven ★

Six ★

Five ★

Four ★

Three ★

Two ★

One ★

Ski starter

Become a ski instructor!

After level nine you may wish to try
the entry level qualifications for ski
instruction and pass on your love
of the sport to others…

www.basi.org.uk
www.snowsportengland.org.uk
www.snowsportscotland.org
www.snowsportwales.net

Your local Head of Ski School
will be happy to advise you.

Join a ski club and train!

Join a ski club and train to compete
in ski racing, freestyle, skiercross…

www.snowsportengland.org.uk
www.snowsportscotland.org
www.snowsportwales.net

Whatever you do, enjoy your skiing and
stay safe.
### Key Abilities by Level

<table>
<thead>
<tr>
<th>Level</th>
<th>Key Abilities</th>
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<tbody>
<tr>
<td><strong>Green</strong></td>
<td>1. Walk around on the flat</td>
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<tr>
<td><strong>Penguin</strong></td>
<td>2. Straight run with natural run out</td>
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<td>3. Step up a small slope on one ski</td>
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<tr>
<td><strong>1 Star</strong></td>
<td>1. Sidestep up a small slope to gain height</td>
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<tr>
<td><strong>Polar</strong></td>
<td>2. Plough glide and plough stop on a shallow slope</td>
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<tr>
<td></td>
<td>3. Put skis on and take them off</td>
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<tr>
<td><strong>2 Star</strong></td>
<td>1. Ski green runs or equivalent in snow centre or dryslope</td>
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<tr>
<td></td>
<td>2. Plough turn in a controlled fashion for ten turns through cones or markers</td>
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<td></td>
<td>3. Take lifts safely</td>
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<tr>
<td><strong>3 Star</strong></td>
<td>1. Ski green runs and easy blues or equivalent in snow centre or dryslope</td>
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<tr>
<td></td>
<td>2. Match the skis to parallel at the end of the turn for a sequence of ten turns</td>
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<tr>
<td></td>
<td>3. Traverse a slope in parallel, lifting the inside ski for 3 seconds</td>
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<tr>
<td><strong>4 Star</strong></td>
<td>1. Ski on blue runs or equivalent in snow centre or dryslope</td>
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<td></td>
<td>2. Consistently perform a sequence of 10 turns where the skis match parallel in fall line or earlier</td>
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<tr>
<td></td>
<td>3. Diagonal sideslip to lose height</td>
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For further information contact:

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Morlich House / 17 The Square Grantown-on-Spey / Scotland / PH26 3HG

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