

## **TERRAIN**

### **Rolling**

Flat to gently rolling hills, no big hills to climb or descend. There may be some steep sections but these will be short and easy to negotiate.

### **Hilly**

Large rounded hills requiring several turns to descend but not technically difficult. There may be some steep sections but these will be short and easy to negotiate.

### **Steep**

Steep skiable hills including black runs at resorts, cornices and chutes. Technically difficult slopes to descend.

## **DISTANCE**

### **Short**

Under 8km/day and < 200m vertical climb. A moderate level of fitness is required.

### **Medium**

8km to 15km/day OR 200m to 600m vertical climb. A moderate level of fitness is required.

### **Long**

Over 15km/day OR > 600m vertical climb. A high level of fitness is required.

## **SKILL LEVELS**

### **Basic**

Can maintain control and perform the following skills on gentle terrain: kick turns, snow plough, side step, herringbone, traverse and diagonal stride.

### **Intermediate**

Can maintain control and perform the following skills on hilly terrain: kick turns, snow plough turns, step turns, side slip, side step, herringbone, traverse, diagonal stride and self arrest.

### **Advanced**

Can maintain control on steep terrain. Has intermediate skills plus linked stem, parallel or telemark turns. Proficient at self arrest technique. Can maintain pace over long distances.