

| <b>ONE STAR # Compulsory</b><br>S=snow<br>R=roller skis        | <b>Max<br/>Pts</b>      | <b>Score</b> |
|--|-------------------------|--------------|
| Stand safely on the flat or slope<br>SR                        | #5                      |              |
| Diagonal stride/forward movement on flat<br>SR                 | #10                     |              |
| Double pole<br>SR  | #10                     |              |
| Run straight down gentle slope<br>SR                           | #10                     |              |
| Snowplough glide & brake<br>S                                  | #10                     |              |
| Half snowplough in tracks<br>S                                 | 5                       |              |
| Herringbone<br>S   | #10                     |              |
| Side step<br>SR  | 10                      |              |
| Star turn<br>SR  | 10                      |              |
| Kick turn<br>S   | 5                       |              |
| Importance of warming up before skiing<br>SR                   | 5                       |              |
| Basic knowledge of suitable clothing for<br>the activity<br>SR | #5                      |              |
| Basic knowledge of equipment<br>SR                             | 5                       |              |
| <b>Total points S</b><br><b>Required points S</b>              | <b>100</b><br><b>60</b> |              |
| Assessed by.....Date.....                                      |                         |              |
| <b>Total points R</b><br><b>Required points R</b>              | <b>70</b><br><b>42</b>  |              |
| Assessed by.....Date.....                                      |                         |              |

| <b>TWO STAR # Compulsory</b><br>S=snow<br>R=roller skis | <b>Max<br/>Pts</b>      | <b>Score</b> |
|---|-------------------------|--------------|
| Diagonal stride on flat<br>SR                           | #10                     |              |
| Diagonal stride uphill<br>SR                            | 5                       |              |
| Double Pole<br>SR                                       | #10                     |              |
| Double pole with stride<br>SR                           | 5                       |              |
| Half Snowplough in tracks<br>S                          | #5                      |              |
| Exit Track<br>S   | 5                       |              |
| Basic skate<br>SR                                       | #10                     |              |
| Skate turn<br>SR  | 5                       |              |
| Step turn<br>SR   | 5                       |              |
| Herringbone<br>S  | #5                      |              |
| Sidestepping on hill<br>S                               | #5                      |              |
| Snowplough<br>S   | #10                     |              |
| Snow plough turn to left & right<br>S                   | 10                      |              |
| Traverse with step up stop to left<br>& right S         | #5                      |              |
| Basic knowledge of equipment<br>and waxes SR            | #5                      |              |
| <b>Total points S</b><br><b>Required points S</b>       | <b>100</b><br><b>60</b> |              |
| Assessed by.....Date.....                               |                         |              |
| <b>Total points R</b><br><b>Required points R</b>       | <b>55</b><br><b>33</b>  |              |
| Assessed by.....Date.....                               |                         |              |

| <b>THREE STAR</b><br>S=snow<br>R=roller skis        | <b>Max<br/>Pts</b>       | <b>Score</b> | <b>Level 1<br/>XC<br/>Coach<br/>(snow)</b> |
|---|--------------------------|--------------|--|
| Diagonal Stride SR                                  | 15                       |              | Y  |
| Double Pole SR                                      | 15                       |              | Y  |
| Double pole with stride SR                          | 15                       |              | Y  |
| Track changes or exit from<br>tracks S              | 10                       |              | Y  |
| Half snowplough in track S                          | 10                       |              | Y  |
| Herringbone Skate SR                                | 5                        |              |  |
| Skate 1 SR  | 10                       |              | Y  |
| Skate 2 SR  | 10                       |              | Y  |
| Skate 3 SR  | 10                       |              | Y  |
| Free skate SR                                       | 5                        |              | Y  |
| Static turns (star, kick) SR                        | 5                        |              | Y  |
| Dynamic turns (step, skate) SR                      | 5                        |              | Y  |
| Emergency stop SR                                   | 5                        |              | Y  |
| Snowplough S  | 10                       |              | Y  |
| Snowplough turning S                                | 10                       |              | Y  |
| Linked stem turns S                                 | 10                       |              |  |
| Swing to hill, left & right S                       | 10                       |              |  |
| Basic parallel turns S                              | 10                       |              |  |
| Basic telemark turns S                              | 10                       |              |  |
| Traverse S  | 5                        |              |  |
| Sideslipping S                                      | 5                        |              |  |
| Equipment and Waxing<br>Equipment R                 | S 10<br>R 5              |              | Y  |
| <b>Total Points S</b><br><b>Required points S</b>   | <b>200</b><br><b>120</b> |              |  |
| Assessed by.....Date.....                           |                          |              |  |
| <b>Total Points R</b><br><b>Required points R</b>   | <b>105</b><br><b>63</b>  |              |  |
| Assessed by.....Date.....                           |                          |              |  |
| <b>Total Points L1</b><br><b>Required points L1</b> | <b>145</b><br><b>87</b>  |              | Y  |
| Assessed by.....Date.....                           |                          |              |  |

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