



*CANADIAN ADAPTIVE SNOWSPORTS
SPORTS DE GLISSE ADAPTÉS CANADA*



CADS LEVEL 1 STUDY GUIDE

FALL 2017

National Office / Bureau National
32 Ancolies St., SADL, Qc J0R 1B0
www.cads.ski

CADS Mission

CADS provides opportunities for people with disabilities to experience the joy of participating and competing in alpine snowsports. CADS achieves this by developing and promoting adaptive snowsports through partnerships, training, and instructor certification programs.

CADS Vision

CADS is recognized nationally and internationally for its leadership in alpine adaptive snowsports.

Purpose of the CADS Technical Committee

The purpose of the Technical Committee (TC) is to provide technical expertise and oversight in the delivery of training programs and certification requirements for CADS Instructors; thereby contributing to the growth and enjoyment of adaptive snowsports.



Introduction

In this Study Guide, specific expressions / terms will be used extensively and are defined here:

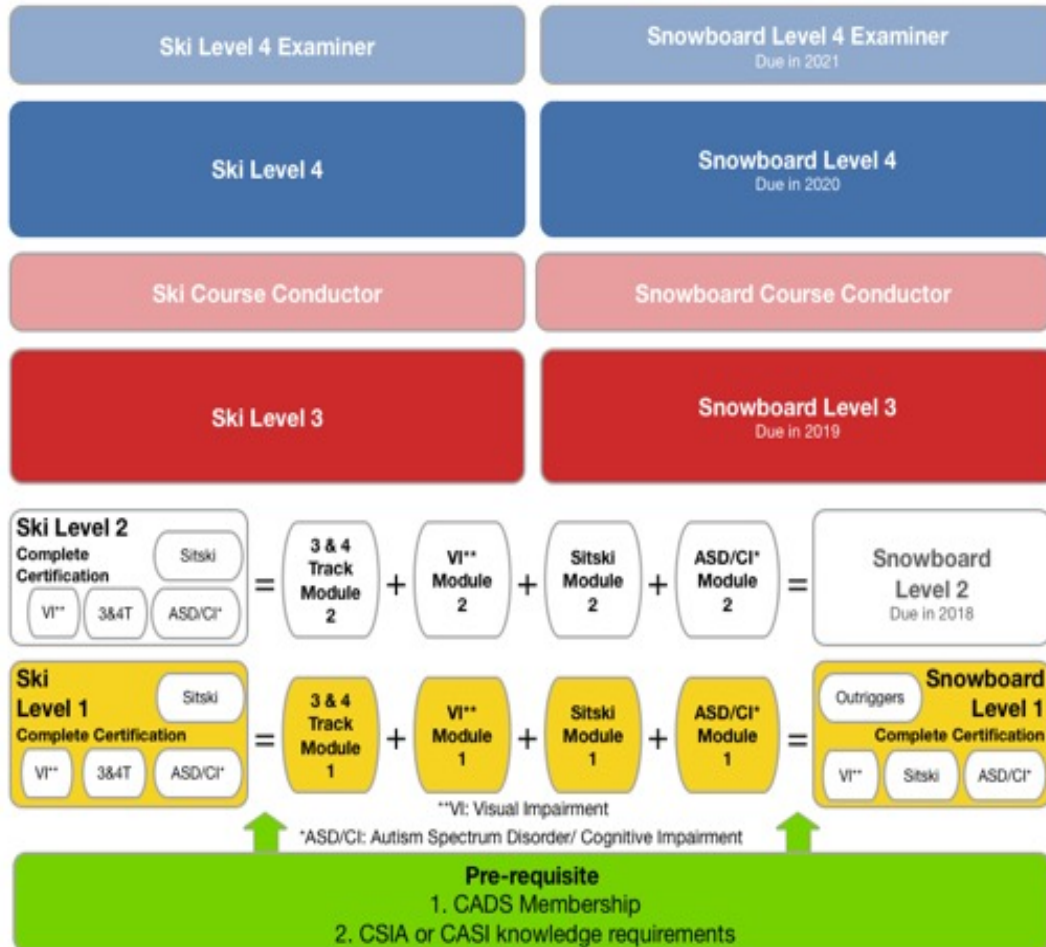
Student:	A person living with a disability.
Volunteer:	A person who is not CADS Certified but who works within an adaptive Snowsports program.
Candidate:	A person pursuing a CADS Complete or Module Certification.
Instructor:	A person holding a CADS Complete or Module Certification.
Course Conductor:	A person holding a CADS Level 3 Certification who has passed the Course Conductor Evaluation at Pre-Course or is a CADS Level 4 or 4 Examiner.

The Certification Standards contained in this document were developed by the Technical Committee (TC) of the Canadian Adaptive Snowsports (CADS) and approved by the CADS Board of Directors. The certification standards represent a minimum standard for **Volunteers / Candidate**. The Standards also offer the basis for a program of training for potential and existing instructors. The Certification process may be offered as a complete course over several days or in the form of Modules, which Candidates may undertake on an individual basis. However, all Level 1 Modules must be successfully completed before Level 1 Complete Certification may be attained.

The Standards for certification are based on knowledge, teaching ability, skiing ability, and are outlined in detail in this study guide for each level. The Standards will be reviewed by the CADS TC in consultation with key stakeholders. All updated Standards must be approved by the CADS Board of Directors.



CADS Certification Pathway



CADS Certification Levels System

At CADS Level 1, a Candidate may choose to take the Complete Certification Course which will include all disciplines (listed above) or may choose to take one Module at a time.

The Candidate will be called a:

- CADS Level 1 Complete Certified Instructor **ONLY** if the Candidate has successfully passed all disciplines during an ongoing evaluation.
- CADS Level 1 _____ (name of module) Certified Instructor if the Candidate chooses the Modular Approach and successfully passed one or more Modules. If all Modules are passed, the Candidate will then receive the CADS Level 1 Complete Certified Instructor designation.
- A Candidate, who undertakes the CADS Level 1 Complete Certification Course and does not Meet Expectation (ME) would receive Needs Improvement (NI) and would not pass the CADS Level 1 Complete Certification Course. Such a candidate would then revert to the Volunteer category and the conditions surrounding this category until such time as completion of the CADS Level 1 Complete Certification Course is attained and a ME is granted.
- If the Candidate pursues a CADS Level 2 _____ (name of the module) Certification for a particular Module and does not receive an ME, that candidate remains a CADS Level 1 _____ (name of the module) Certified Instructor until such time as completion of the Module takes place and an ME is granted.



Prerequisites for the CADS Level 1:

Several prerequisites must be met before undertaking the CADS Level 1 Certification (Complete or Module):

Candidate <u>WITHOUT</u> CSIA CERTIFICATION	Candidate <u>WITH</u> CSIA CERTIFICATION*
1- Minimum 15 years of age.	Same
2- Have a current CADS membership ¹	Same
3- Attend CSIA Teaching Methodology Clinic for CADS level 1	Not applicable if CSIA Level 1 held or higher ²

For the Candidate living with a disability:

- Must demonstrate the skills applicable to their ability and equipment and use others to demonstrate those functions they are unable to perform while explaining what is happening. This applies to all aspects within each discipline.
- Including the CSIA Teaching Methodology Clinic.

CADS Level 1 Requirements:

Instructor Certification Course: The Course Conductor may use as much time as is required to evaluate the information as outlined below.

Each discipline for Level 1 is presented in the CADS Instructor Manual: (teaching steps 1 to 4):

- ✓ Visual Impairment
- ✓ 3 Track and 4 Track
- ✓ Sitski
- ✓ Autism Spectrum Disorder and Cognitive Impairment

¹ Active membership in CADS. Membership may be completed online at <http://www.cads.ski/>

² The CSIA Certification must be current and the recall associated with it must be completed as defined by CSIA. If not then the CSIA Teaching Methodology Clinic session applies here as well.



Modular Certification Evaluation: The Course Conductor may use as much time as is required to evaluate the required information. The Modules must be completed in order (i.e. Level 1 before Level 2).

Each Module for Level 1 is presented in the CADS Instructor Manual: (teaching steps 1 to 4)

- ✓ Module Visual Impairment:
- ✓ Module 3 and 4 Track
- ✓ Module SitSki
- ✓ Module Autism Spectrum Disorder and Cognitive Impairment

NOTE: The CADS Level 1 Evaluation includes the application of CSIA knowledge for **ALL** four (4) disciplines while the Level 1 _____ (name of module) evaluation includes the application of CSIA knowledge and the Module components being pursued.

Ongoing assessment throughout the Complete Certification or Module Evaluation will form the basis for a mark of “Needs Improvement” (NI) or “Meets Expectation” (ME). Ski ability will be assessed throughout the course.



Requirements:

***A marking grid will be maintained for the CSIA portion and will be given to the Candidate along with any comments pertaining to improvements prior to taking the CADS Level 1 Certification Course.

Attend CSIA Teaching Methodology Clinic for CADS level 1 or achievement of similar or equal CSIA Level 1 is required in preparation for the CADS Level 1 Evaluation.

***The following are requirements for the CSIA portion for the CADS Level 1 Evaluation.

- They must be taken prior to the CADS Level 1 Evaluation if the Candidate does not hold a CSIA Level 1 Certification or higher.
- These CSIA requirements will be examined during the CADS Level 1 Evaluation and if lacking, could be the basis of a “Needs Improvement” (NI).

Ski Ability (will involve the following)

- The Candidate must demonstrate knowledge and ability to use the Gliding Experience and Technical Reference.
- The Candidate must demonstrate ability to use the skills in the correct sequence.
- The Candidate may demonstrate a lack of flow in the turn sequences and may utilize increased lateral distance between turns to prepare for the upcoming turn shape.
- The Candidate may demonstrate an inability to control speed on groomed intermediate terrain but must do so on groomed beginner terrain.
- The Candidate may exhibit jerky movements as opposed to a smooth flow of movements but must accomplish the turning sequence.



What will be covered in this discipline:

1. **Assessment of Abilities**
 2. **Teaching Aids**
 3. **Teaching Techniques**
 4. **Tethering techniques**
 5. **Lift Procedures**
 6. **Safety**
-

1. **Assessment of Abilities (AOT) - knowledge / demonstration**

- Candidate must demonstrate global understanding of the assessment of ability starting with the CADS Student Information and Medical Form as an ongoing process (static / dynamic - indoor / outdoor).
- Candidate must demonstrate knowledge of tables found in the AOT.
- Candidate must continue to use AOT while on snow.
- Candidate Instructor may use cue cards.

Expectation

- ❖ *Appendix 6 (page 178):* Candidate must be able to fill out the CADS Student Information and Medical Sheet and explain key information needed for their lesson. (Personal information, emergency contact information, ski / snowboard experience, general information, medication, learning environment, participant recreation and leisure information.)



- ❖ *Assessment of Abilities (page 21)*: Candidate should be able to demonstrate ability to gather important information by using 1 or more relevant examples for each.
- ❖ *Student Assessment: Ask, Observation, & Test (page 24)*: Demonstrate ability to gather important information by using 1 or more relative example of each (what / why / where / when / how type questions) from the AOT for each step. The Candidate should ask related questions for each area.

2. **Teaching Aids** – knowledge / demonstration

- Use of hands to guide indoors and on snow.
- Use of voice to guide outdoors.

Expectation

- ❖ *Use of Hands to Guide (page 30)*: Candidate should be able to explain the benefits of using hands to guide.
- ❖ *Types of Guiding (page 32)*: Candidate should understand which technique is best for each student and condition.
- ❖ *Key Verbal Commands (page 28)*: The Candidate should review the emergency guiding situation. The Candidate should be able to explain why the voice is important and what are the basic sounds heard by the student outside.
- ❖ Page 33 the Candidate should explain what equipment can be used and when.

3. **Teaching Techniques** –knowledge / demonstration

- Ski Techniques –must have a global understanding of the Gliding Experience and the Technical Reference and be able to explain and demonstrate the content of each.
- Demonstrate teach steps 1-4.
- Apply the skills to ski backward on beginner terrain (turn left / right and stop in the fall line).
- Knowledge of the 5 skills is required to identify problems to propose developmental tactics.
- Safe falling and rising demonstration and knowledge.



Expectation

- ❖ *CSIA website / Teaching Methodology*: The Candidate should know the components of the Gliding Experience and Technical Reference.
- ❖ *Step 1-4 (page 36)*: The Candidate should be able to teach the student all steps up to step 4.
- ❖ *Guiding from the Front (page 33)*: The Candidate should be able to demonstrate ability to ski backward while guiding with or without holding hands.
- ❖ *Teaching Techniques (page 146) and CSIA / CASI websites*: The Candidate should have a good understanding of how these components fit in while teaching steps 1-4.
- ❖ The Candidate should know how to help a student get up from a fall.

4. **Tethering Techniques** - knowledge / demonstration

- Demonstrate tethering a stand-up student on beginner terrain.

Expectation

- ❖ *Tethering (page 118)*: The Candidate should be able to understand the first 10 drills / steps which make up the tethering techniques.
- ❖ *Tethering #11 (page 119)*: The Candidate must demonstrate Step 11 of tethering a stand-up skier. Tethering can be done from the tips, boots, or body.

5. **Lift Procedures** – knowledge / demonstration

- Must demonstrate understanding and ability when approaching a lift line and within a lift line.
- Demonstrate and explain the techniques of loading and unloading a chair, T bar, magic carpet and gondola etc.



Expectation

- ❖ *Corrals and lift lines (page 33)*: The Candidate should be able to explain consideration regarding lift lines.
- ❖ *Keys to chairlift loading and unloading success (page 45)*: The Candidate should be able to teach the student all steps for loading and unloading a chair, T bar and magic carpet etc., in a safe manner.

6. **Safety** - knowledge / demonstration

- Knowledge of the Alpine Responsibility Code.
- Discussion of the Duty of Care.
- Discussion during set up and during demonstrations on hill:
 - Safe procedures when working with a student with VI.
 - Be aware of surroundings and traffic at all times.
 - Be aware that the assessment is crucial for the outcome and safety of the ski lesson.
 - Continuous discussion of safety aspects throughout the lesson.
- Communication with the lift attendant is clear and using the appropriate language.
- Discuss and define how to recognize and deal with on-hill fatigue symptoms.

NOTE:

No specific test for Safety will take place. However, the Candidate **must present all the above points** during the Level 1 Evaluation to achieve Meets Expectation.



What will be covered in this discipline:

1. **Assessment of Abilities**
 2. **Teaching Aids**
 3. **Teaching Techniques**
 4. **Tethering techniques**
 5. **Lift Procedures**
 6. **Safety**
-

1. **Assessment of Abilities (AOT) - knowledge / demonstration**

- Candidate Instructor must demonstrate global understanding of the assessment of ability starting with the CADS Student Information and Medical Form as an ongoing process (static / dynamic - indoor / outdoor).
- Candidate must demonstrate knowledge of tables found in the AOT.
- Candidate must continue to use AOT while on snow.
- Candidate may use cue cards.

Expectation

- ❖ *Appendix 6 (page 178):* Candidate must be able to fill out the CADS Student Information and Medical Form and explain key information needed for their lesson. (Personal information, emergency contact information, ski / snowboard experience, general information, medication, learning environment, participant recreation and leisure information.)



- ❖ *Assessment of Abilities (page 21):* Candidate should be able to demonstrate ability to gather important information by using 1 or more relevant examples for each.
- ❖ *Assessment of Abilities – 3 Track (page 48) & 4 Track (page 69):* Demonstrate ability to gather important information by using 1 or more relative example of each (what / why / where / when / how type questions) from the AOT for each step. The Candidate should ask related questions for each area.

2. **Teaching Aids** – knowledge / demonstration

- Set up outriggers.

Expectation

- ❖ *Outrigger set-up (page 51) & Equipment (page 92):* The Candidate should be able to explain the components of outriggers and how to set them up for a **3 or 4 tracker**. The Candidate should be able to recognise a few adjustments which can improve the student's centered mobile stance.

3. **Teaching Techniques** –knowledge / demonstration

- Must have a global understanding of the Gliding Experience and the Technical Reference and be able to explain and demonstrate the content of each.
- Demonstrate teach steps 1-4.
- Apply the skills to ski backward on a beginner terrain (turn left / right and stop in the fall line).
- Knowledge of the 5 skills is required to identify problems to propose development tactics.
- Safe falling and rising demonstration and knowledge.



Expectation

- ❖ *CSIA website / Teaching Methodology*: The Candidate should know the components of the Gliding Experience and Technical Reference.
- ❖ *Step 1-4 – 3 Track (page 52) & 4 Track (page 73)*: The Candidate should be able to teach the student all steps up to step 4.
- ❖ *Teaching Techniques (page 146) and CSIA / CASI websites*: The Candidate should have a good understanding of how these components fit in while teaching steps 1-4.
- ❖ The Candidate should know how to help a student get up from a fall.

4. **Tethering Techniques** - knowledge / demonstration

- From the Sitski section of the CADS Instructor Manual perform the first 10 tethering techniques on a beginner terrain using other instructors.

Expectation

- ❖ *Tethering (page 118)*: The Candidate must understand the first 10 drills steps which make up the tethering techniques.
- ❖ *Tethering #11 (page 119)*: The Candidate must demonstrate Step 11 of tethering a stand-up skier. Tethering can be done from the tips, boots, or body.

5. **Lift Procedures** – knowledge / demonstration

- Must demonstrate understanding and ability when approaching a lift line and within a lift line.
- Demonstrate and explain the technique of loading, unloading a chair, T bar, magic carpet and gondola etc.



Expectation

- ❖ *Ski lift procedures – 3 Track (page 66):* Explain consideration regarding lift lines.
- ❖ *Lift procedures – 4 Track (page 93):* Explain consideration regarding lift lines.

6. **Safety** - knowledge / demonstration

- Knowledge of the Alpine Responsibility Code.
- Discussion of the Duty of Care.
- Discussion during set up and during demonstrations on hill:
 - Safe procedures when working with 3 Track and 4 Track students.
 - Be aware of surroundings and traffic at all times.
 - Be aware that the assessment is crucial for the outcome and safety of the ski lesson.
 - Continuous discussion of safety aspects throughout the lesson.
- Communication with the lift attendant is clear and using the appropriate language.
- Discuss and define how to recognize and deal with on-hill fatigue symptoms.

NOTE:

No specific test for Safety will take place. However, the Candidate **must present all the above points** during the Level 1 Evaluation to achieve Meets Expectation.



What will be covered in this discipline:

1. **Assessment of Abilities**
 2. **Teaching Aids**
 3. **Teaching Techniques**
 4. **Tethering techniques**
 5. **Lift Procedures**
 6. **Safety**
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1. **Assessment of Abilities (AOT) - knowledge / demonstration**

- Candidate must demonstrate global understanding of the assessment of ability starting with the CADS Student Information and Medical Form as an ongoing process (static / dynamic - indoor / outdoor).
- Candidate must demonstrate knowledge of tables found in the AOT.
- Candidate must continue to use AOT while on snow.
- Candidate may use cue cards.

Expectation

- ❖ *Appendix 6 (page 178):* Candidate must be able to fill out the CADS Student Information and Medical Form and explain key information needed for their lesson. (Personal information, emergency contact information, ski / snowboard experience, general information, medication, learning environment, participant recreation and leisure information.)
- ❖ *Assessment of Abilities (page 21):* Candidate should be able to demonstrate ability to gather important information by using 1 or more relevant examples for each.
- ❖ *Ask, Observation, & Test (page 97):* Demonstrate ability to gather important information by using 1 or more relative example of each (what / why / where / when / how type questions) from the AOT for each step. The Candidate should ask related questions for each area.



2. **Teaching Aids** – knowledge / demonstration

- Set up outriggers.
- Define, describe and adjust the sitski.
- Maneuver and control a bi-ski (no fixed or regular outriggers).

Expectation

- ❖ *Equipment (page 100):* The Candidate should be able to explain each component of the Sitski and how to adjust them, including the evacuation system.
- ❖ *Quad ski teaching technique (page 126):* The Candidate should demonstrate balance, speed control, edging, and pivoting along with safety concerns.
- ❖ *Back bar (page 127):* The Candidate shows ability to get from point A to point B safely on beginner terrain.

3. **Teaching Techniques** –knowledge / demonstration

- Candidate must have a global understanding of the Gliding Experience and the Technical Reference and be able to explain and demonstrate the content of each.
- Demonstrate teach steps 1-4.
- Apply the skills to ski backward on a beginner run (turn left / right and stop in the fall line).
- Knowledge of the 5 skills is required to identify problems and to propose developmental tactics.
- Safe falling and rising demonstration and knowledge.

Expectation

- ❖ *CSIA website / Teaching Methodology:* The Candidate should know the components of the Gliding Experience and Technical Reference.
- ❖ *Step 1-4 (page 110):* The Candidate should be able to teach the student all steps up to step 4.



- ❖ *Teaching Techniques (page 146) and CSIA / CASI websites:* The Candidate should have a good understanding of how these components fit in while Teaching Steps 1-4.
- ❖ *Falling / getting up with assistance (page 125):* The Candidate should know how to help a student get up from a fall.

4. **Tethering Techniques** - knowledge / demonstration

- From the SitSki section of the CADS Instructor Manual perform the first 11 tethering techniques on a beginner terrain using other instructors.

Expectation

- ❖ *Tethering (page 118):* The Candidate should be able to understand the first 10 drills steps which make up the tethering techniques.
- ❖ *Tethering #11 (page 119):* The Candidate must demonstrate Step 11 of tethering a weighted sit ski.

5. **Lift Procedures** – knowledge / demonstration

- Must demonstrate understanding and ability when approaching a lift line and within a lift line.
- Demonstrate and explain the technique of loading and unloading a chair, T bar, magic carpet and gondola etc.

Expectation

- ❖ *Ski lift procedures (page 123):* The Candidate should be able to explain consideration regarding lift lines and should be able to teach the student all steps for loading and unloading a chair, T bar, magic carpet etc., in a safe manner.

6. **Safety** - knowledge / demonstration

- Knowledge of the Alpine Responsibility Code.
- Discussion of the Duty of Care.
- Discussion during set up and during demonstrations on hill:
 - Safe procedures when working with a student in a SitSki.
 - Be aware of surroundings and traffic at all times.
 - Be aware that the assessment is crucial for the outcome and safety of the ski lesson.
 - Continuous discussion of safety aspects throughout the lesson.
- Communication with the lift attendant is clear and using the appropriate language.
- Discuss and define how to recognize and deal with on-hill fatigue symptoms.

NOTE:

No specific test for Safety will take place. However, the Candidate **must present all the above points** during the Level 1 Evaluation to achieve Meets Expectation.



What will be covered in this discipline:

- 1. Assessment of Abilities**
 - 2. Teaching Aids**
 - 3. Teaching Techniques**
 - 4. Tethering techniques**
 - 5. Lift Procedures**
 - 6. Safety**
-

1. **Assessment of Abilities (AOT) - knowledge / demonstration**

- Candidate Instructor must demonstrate global understanding of the assessment of ability starting with the CADS Student Information and Medical Form as an ongoing process (static / dynamic - indoor / outdoor).
- Candidate must demonstrate knowledge of tables found in the AOT.
- Candidate may continue to use AOT while on snow.
- Candidate may use cue cards.

Expectation

- ❖ *Appendix 6 (page 178):* Candidate must be able to fill out the CADS Student Information and Medical Form and explain key information needed for their lesson. (Personal information, emergency contact information, ski / snowboard experience, general information, medication, learning environment, participant recreation and leisure information.)



- ❖ *Assessment of Abilities (page 21)*: Candidate should be able to demonstrate ability to gather important information by using 1 or more relevant examples for each.
- ❖ *Assessment of Abilities - ASD (page 138) & CI (page 160)*: Demonstrate ability to gather important information by using 1 or more relative example of each (what / why / where / when / how type questions) from the AOT for each step. The Candidate should ask related questions for each area.

2. **Teaching Aids** – knowledge / demonstration

- Knowledge of visual supports.
- ASD / CI scenarios.

Expectation

- ❖ *Support Strategies (page 134)*: The Candidate should demonstrate knowledge of how to use visual support. They should be able to list some of the visual supports and know when they are useful. (Picture, gestures / modelling, video modelling, visual cues, or text.)
- ❖ *Behaviour Support Tools (page 134) and Appendix 9 (page 187)*: The Candidate should be able to create and use different styles of visual supports / pictograms for an indoor and outdoor lesson.
- ❖ Candidate must actively participate in and demonstrate understanding of slideshow and scenarios.

3. **Teaching Techniques** –knowledge / demonstration

- Candidate must have a global understanding of the Gliding Experience and the Technical Reference and be able to explain and demonstrate the content of each.
- Demonstrate teach steps 1-4.



- Apply the skills to ski backward on beginner terrain (turn left / right and stop in the fall line).
- Knowledge of the 5 skills is required to identify problems and to propose development tactics.
- Safe falling and rising demonstration and knowledge.

Expectation

- ❖ *CSIA website / Teaching Methodology*: The Candidate should know the components of the Gliding Experience and Technical Reference.
- ❖ *ASD Step 1-4 (page 148-152)*: The Candidate should be able to teach the student all steps up to step 4.
- ❖ *CI Step 1-4 (page 166-169)*: The Candidate should be able to teach the student all steps up to step 4.
- ❖ *Teaching Techniques (page 146) and CSIA / CASI websites*: The Candidate should have a good understanding of how these components fit in while teaching steps 1-4.
- ❖ Know how to help a student get up from a fall.

4. **Tethering Techniques** - knowledge / demonstration

- From the SitSki section of the CADS Instructor Manual perform the first 10 tethering techniques on a beginner terrain using other instructors.

Expectation

- ❖ *Tethering (page 118)*: The Candidate should understand the first 10 drills steps which make up the tethering techniques.
- ❖ *Tethering #11 (page 119)*: The Candidate must demonstrate Step 11 of tethering a stand-up skier. Tethering can be done from the tips, boots, or body.



5. **Lift Procedures** – knowledge / demonstration

- Must demonstrate understanding and ability when approaching lift line and within a lift line.
- Demonstrate and explain the technique of loading, unloading a chair, T bar, magic carpet and gondola etc.

Expectation

- ❖ *ASD Lift Procedures (page 155):* The Candidate should be able to explain consideration regarding lift lines and lifts.
- ❖ *ASD Lifts (page 155):* The Candidate should be aware on how to prepare the student for the lift to reduce anxiety.
- ❖ *CI Lift Procedures (page 172):* The Candidate should be able to explain consideration regarding lift lines and lifts.
- ❖ *CI Lifts (page 172):* The Candidate should be aware on how to prepare the student for the lift to reduce anxiety.

6. **Safety** - knowledge / demonstration


- Knowledge of the Alpine Responsibility Code.
- Discussion of the Duty of Care.
- Discussion during set up and during demonstrations on hill:
 - Safe procedures when working with a student with ASD / CI.
 - Be aware of surroundings and traffic at all times.
 - Be aware that the assessment is crucial for the outcome and safety of the ski lesson.
 - Continuous discussion of safety aspects throughout the lesson.
- Communication with the lift attendant is clear and using the appropriate language.
- Discuss and define how to recognize and deal with on-hill fatigue symptoms.

NOTE:

No specific test for Safety will take place. However, the Candidate **must present all the above points** during the Level 1 Evaluation to achieve Meets Expectation.



Marking Grid

Candidate #1					
	Location:	-	<div style="border: 1px solid black; padding: 5px;"> CADS LEVEL 1 COMPLETE CERTIFICATION - SKI </div>		
	Name of the Candidate (Print):	-			
	Course Conductor Name (Print):	-			
	Date (yyyy/mm/dd):	-			
CSIA Teaching Methodology Equivalent					
Be able to demonstrate Step 1-4 for 3 Track, 4 Track, and Sitski. The Personal Skiing standard is similar or equal to CSIA Level 1.	3 Track DEMO (NI/ME)	4 Track DEMO (NI/ME)	Sitski DEMO (NI/ME)	Personal Skiing (NI/ME)	Short Comments
I – Gliding Experience					
A Terrain Assisted Development: Maintain a turn shape relative to speed and terrain					
B Mobility: Combine abilities for obtaining a round turn					
C Speed Management: Modify turn shape					
D Gliding: Use all articulations / joints to maintain balance					
E Direction Change: Lead turns from the lowest workable joints and the shape of the ski					
II – Technical Reference					
F Maintaining centered mobile stance					
G Turning is led by the lower body					
H Managing separation and edging with angulation					
I Coordinated movement patterns for linking turns					
J Pole plants (outrigger)					
RESULTS ACHIEVED. DEMO SECTION (18/30 ME) PERSONAL SKIING NI or ME					
CADS Level 1					
For the complete course: Section I, IV & V must obtain (14/24 ME) *Section II & III must obtain (28 ME)	VI (NI/ME)	3 Track & 4 Track (NI/ME)	Sitski (NI/ME)	ASD/CI (NI/ME)	Short Comments
I – Assessment of Abilities - AOT					
1 Use the CADS Student Information and Medical Form					
2 Demonstrate knowledge of the AOT process					
3 Continue to use AOT while on snow.					
II - Teaching Aids *					
4 Ability to guide indoors		N/A	N/A	N/A	
5 Ability to guide on snow		N/A	N/A	N/A	
6 Set-up outriggers (stand up and fixed)	N/A			N/A	
7 Define, describe and adjust the Sitski components.	N/A	N/A		N/A	
8 Maneuver and control a bi-ski from behind (no fixed or regular outriggers) - weighted	N/A	N/A		N/A	
9 Knowledge of visual supports	N/A	N/A	N/A		
10 ASD/CI slideshow and scenarios.	N/A	N/A	N/A		
III - Teaching Techniques *					
11 Gliding Experience (appropriate to CADS steps 1 - 4)					
12 Demonstrate teaching steps 1 - 4.					
13 Ski backwards					
14 Identify obvious ski improvement and propose tactics to improve.					
15 Safe falling and rising demonstration.					
IV - Tethering Techniques					
16 Tether a student who is standing on skis			N/A		
17 Tether a weighted Sitski	N/A	N/A		N/A	
V - Lift Procedures					
18 Explain lift procedure including when approaching & within a lift line.					
19 Explain and demonstrate how to load a chair, riding in the chair & unloading, same using magic carpet / T bar / gondola if applicable.					
RESULTS ACHIEVED FOR SECTION					
Candidate has to obtain (3 ME)	Safety			Short Comments	
20 Alpine responsibility code					
21 Duty of care					
22 Critical points from AOT					
OVERALL RESULTS ACHIEVED					
Presentation	Overall Comments				
The candidate is friendly and confident. Candidate uses appropriate language, makes eye contact, demonstrates appropriate body language, is clear and concise in explanations and displays appropriate dress and deportment.					

