

TELEMARK

Level 1

Instructor

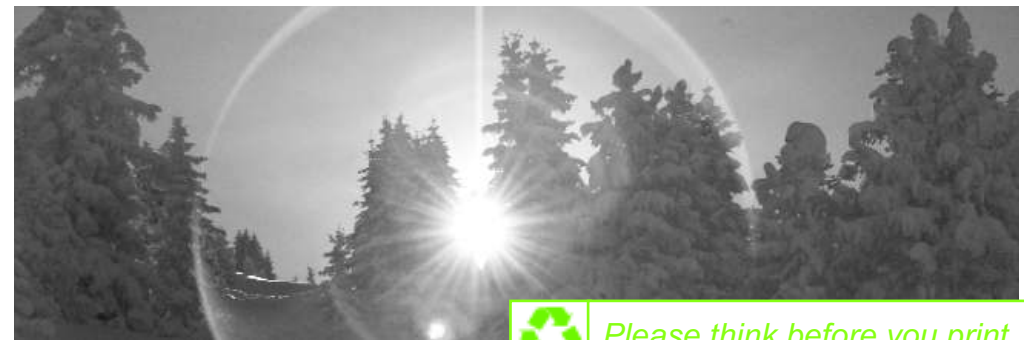
Courchevel

22nd - 26th Mar 2010

Courses run by:



**The Official
BASI Training Centre
in the Three Valleys**



Please think before you print



The Telemark Level 1 Instructor

This is a 5 day course and is open to all free-heelers who have reached the self-selection criteria described below. This course will give an accurate assessment of students' free-heel skiing abilities. Students will be made fully aware of the requirements of the technical aspects of the course and will be individually debriefed, given an action plan and advised as to the best way forward.

Who can apply?

Before applying for the Instructor course, students must meet the following criteria:

- Telemark on blue runs, making rhythmical turns close to the fall-line at a steady pace and with no pause during the lead change
- Demonstrate linked Telemark turns of varying radii on Blue slopes
- Ski in control whilst using Alpine techniques such as parallel turns
- Ski confidently using Telemark turns and coping with a variety of terrain and conditions.

Students who are unsure whether or not they are at the necessary standard should ask a qualified BASI member for advice or contact us at New Generation.

Other Criteria:

- Be 16 years of age or older
- Be a competent recreational Telemark skier
- Join BASI as an Associate member
- Agree to the BASI terms and conditions

Tel: 0033 479 01 03 18
email: instructorcourses@skinewgen.com

Important criteria for Telemark turns to aid self evaluation

- The skis are always parallel with no stepping or stemming of one ski in relation to the other.
- Both skis are equally edged and pressured throughout each turn
- Turns should have a smooth 'lead change'. This means the equal and simultaneous movement of the skis past each other, co-ordinated with appropriate leg movements (extending and flexing).
- The arc of one turn is linked to the arc of the next without pause or traverse

The 5 Day Course - Subject Covered

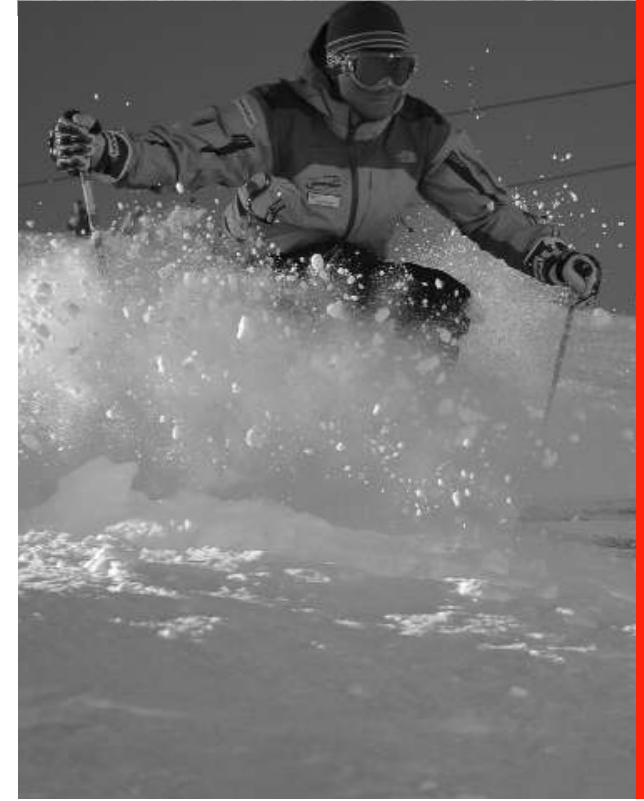
- Skiing safely and how equipment can influence technique
- Planning, conducting and evaluating an instruction session
- Participating in an accident and emergency activity
- knowing and understanding how to improve personal skiing and instructing performance

On completion of this course, students will have an understanding of:

- The Alpine Central Theme and Beyond
- The Telemark Central Theme and Beyond
- The Skiers' Code of Conduct (FIS)
- The Principles of Ski Teaching
- The Structure of Snowsports in the UK
- The Roles of Snowsport Agencies in the UK
- Marketing and Promoting Snowsports in the UK
- Dealing with accidents and emergencies

Resources

The course fee includes all course materials plus copies of the BASI Manual and Alpine Manual which will be handed out at the start of the course.





Course Dates and Fees

Please note that all course dates are on-snow dates and do NOT include travel time to and from the course. All of the courses run on-snow from Monday through to Friday and will start with a Sunday evening briefing and registration.

Course Fee: £390

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BASI Membership

In order to participate in the Telemark Level 1 Instructor Course, students are required to join BASI as an associate member. The membership charge of £45 will be collected along with the course fee at time of booking.

Insurance

Insurance is compulsory for attending a BASI course and before commencing the course your trainer will check that you are insured. There are numerous Insurance companies offering cover but we are not allowed to recommend a single brand by law.

New Generation does not offer any insurance cover.

Accommodation, Travel and Lift Passes

Once your course is confirmed we will send you a comprehensive information pack to enable you to book accommodation, lift passes and transfers (these are not included in the booking fee). We also aim to put students in touch with each other prior to the course so you have the option to share travel costs etc.

BASI Terms and Conditions

Available on request or on the BASI website

Other Modules Required

Safeguarding Children Module

First Aid Certificate

35 Hours Snowsport School experience

Enhanced Criminal Record Disclosure Check

Telemark Level 1 Booking form

Full Name: _____

Address: _____

Email: _____

Date of Birth: _____

Home Tel No: _____ Mobile Tel No: _____



I would like to sign up on the (*tick one*): 22nd Mar - 26th Mar 2010

I enclose a cheque for £435 (£390+£45) (*Please make payable to New Generation*)

I enclose 3 passport photos

Before signing please read the following declaration

I confirm that I meet the pre-course telemark level requirements

I confirm that I have / will take out appropriate insurance for the course

I confirm that I have read and understand what is included and excluded on the course

I have read the terms and conditions (*available online at www.basi.org.uk or by request*)

I am over 18 (*if you are under 18 you need to contact us and we will send you a parental consent form*)

Signed: _____ ` Dated: _____

Please post to: New Generation, Rue De La Chappelle, Courchevel Le Praz, 73120, France.