

Snowsports Stage 2



1. Identify the equipment you require and know how to carry it safely.

2. Climb and then ski or snowboard down a short run, or go on a short cross country ski.

3. Show you can make wide and narrow turns.

4. Show you can stop and wait safely on a run avoiding other users of the slope, or stop safely if doing cross country skiing.

5. Know how to safely fall and get back up onto your feet.

CHOOSE 1 OF THE FOLLOWING OPTIONS:

- 1. Demonstrate how to safely use a drag lift or magic carpet for downhill skiing or snowboarding.**
- 2. Demonstrate your ability to identify a suitable cross country skiing route.**