

Adult Skier/Snowboarder Ability Levels – Circle one ability Level

Level 1 This is your first time skiing/riding.

Level 2 You ski/ride cautiously and find Green runs a challenge.

Level 3 You ski/ride Green runs comfortably but would like more confidence.

Level 4 : You ski or ride comfortably and confidently on all “green circle” and most groomed “blue square” terrain. You can link turns (mostly parallel for skiers) of varying sizes and you can control your speed in most situations by adjusting your line, with little need for braking.

Level 5 : You are comfortable and confident on all blue square and easier black diamond terrain, including moderate moguls and ungroomed snow. You can modify your techniques linking carved turns with consistent rhythm on blue groomed terrain. Skiers ski parallel, with effective pole use. Snowboarders can mix carved and skidded turns.

Level 6: You are comfortable but may lack the needed confidence or particular technical options on all black runs and off piste. You can carve arc-to-arc turns on groomed runs, and you handle mogul runs, ungroomed and treed conditions with consistent speed and rhythm. You can handle all but the most extreme in-bounds terrain.

Level 7: You can ski or ride almost anywhere, almost any time, with confidence, flair, and efficiency.

Honestly answer the following:

How would you feel if faced with an off groomed ski slope (off piste) that has a steep and uneven pitch, variety of spaced trees (some tight) and a foot of chopped up cruddy snow :

- a) Scared for my life.
- b) Like I'd have to go real slow, perhaps snowplow a bit to survive. I'd likely have to stop a few times and might have a couple of falls.
- c) Like I'd have to work hard, go moderately slow but could get down controlling my speed with tighter controlled and consistent turns. Might need to stop once or twice to rest, and re-evaluate my line.
- d) Like I'm confident to carry speed, blaze large and small radius turns, and ski nonstop to the bottom.

Please write a brief description of your skiing/boarding background. Include items such as when you began riding, how many days on average you ride, areas you've skied/boarded.

**MOUNTAIN ADVENTURE SKILLS TRAINING PROGRAM
COLLEGE OF THE ROCKIES – FERNIE CAMPUS**

SKI ABILITY POLICY AND AGREEMENT DOCUMENT

Skiing well is a prerequisite for MAST

- Skiing in the Fernie Backcountry is a large part of the MAST program. Please consider that groomed blue ski runs in Fernie are similar or harder than black diamond runs at many other ski areas.
- The MAST program takes you into remote locations on skis where being able to ski down in control, in all conditions, with a heavy pack is a must for your personal safety and the safety of your group.
- If you are not a strong skier please consider taking a year to develop this skill so you will be ready for, and enjoy, venturing into the backcountry of the Rocky Mountains.
- Once accepted into the MAST program you will be evaluated on your skiing ability in mid-December (two weeks after Fernie Alpine Resort opens). If you do not meet the required standard you will be put 'on probation'. You will then have until mid-February to raise your ability to the required level by 1) skiing enough days on challenging terrain 2) paying for lessons as needed.
- If you do not meet the required standard by mid-February you will forfeit the skiing portion of the MAST program as it will be unsafe for you to venture into the backcountry.

If I do not meet the skiing skills standard (level 5), when tested in mid-December, I agree that I will work hard to upgrade my skiing skills by the retest time of mid-February, and may be required to pay for ski skills lessons.

Initials: _____

I agree that I may indeed forfeit the backcountry portions of the program if I do not meet the required skiing skills standard.(level 5)

Initials: _____

I understand that the outcome of this agreement, and my subsequent ability to reach the ski skill standard, has significant bearing on my ability to graduate with the complete MAST certificate requirements.

Initials: _____

Date: _____ Printed Name: _____

Signature: _____