



**PSIC (Professional Ski Instructors of Canada)
& PSIE (Professional Ski Instructors of Europe)**

**Mountain Explorers" Progression Pathway
From First Turns to All-Terrain Mastery**



Purpose

(why we do what we do)

Create lifelong passionate skiers through expert delivery of mountain experiences.

Vision

(what we aim to achieve)

To be global leaders in the education, development and training of ski professionals.

Mission

(what we do and for whom)

To empower ski professionals with world-class education & training, fostering a culture of excellence, inclusivity, and continuous improvement. Together, we

elevate the ski industry and the overall skiing experience.

Progression Details

The Mountain Explorers Program has been designed to cultivate snow sport abilities, ranging from foundational skills to advanced techniques, specifically tailored for children and young individuals. This comprehensive initiative aims to nurture a passion for winter sports among the youth, ensuring they receive a well-rounded education in snow sports.

The developmental pathway within the Mountain Explorers Program is structured to the growth and learning of participants aged 6 to 13 years. This age bracket is pivotal for physical and cognitive development, and the program is crafted to align with these developmental stages, providing age-appropriate challenges and learning opportunities.

For the youngest explorers, aged 6 to 8, the program emphasizes the basics of balance and coordination on snow. Through engaging and fun-filled activities, children are introduced to the joy of gliding on snow, learning to control their speed and direction. They are taught the importance of safety in a mountain environment, and how to dress appropriately for the cold. Interactive games are used to build their confidence and teach them how to fall safely and get up again, all while fostering a sense of camaraderie with their peers.

As participants progress to the 8 to 10-year-old group, the program goes deeper into the technical aspects of snow sports. Kids are introduced to more complex maneuvers and begin to understand the physics of sliding on snow. They are encouraged to practice turning, stopping, and gaining speed with greater control. This stage also incorporates important lessons in social and emotional skills to support healthy development.

For the older kids, aged 11 to 13, the program offers a more advanced curriculum that challenges their physical abilities and decision-making skills. They are taught advanced techniques such as carving, moguls, and powder riding. The curriculum also includes off-snow training, such as strength and conditioning exercises, to prepare them for the rigors of more demanding snow sports. Leadership and peer mentoring are also emphasized, allowing older participants to take on roles that help them develop communication and teaching skills.



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Throughout the program, participants are encouraged to set personal goals and track their progress. Regular feedback sessions with instructors help them understand their strengths and areas for improvement. The program also offers opportunities for kids to participate in local competitions and events, which not only test their skills but also instill a sense of achievement and sportsmanship.

The Mountain Explorers Program is not just about developing snow sport skills; it's about building character, fostering a love for the outdoors, and creating lifelong memories. The program's instructors are highly trained and certified, ensuring that each child receives the attention and guidance they need to thrive. Safety is always a top priority, with instructors constantly monitoring conditions and adapting the curriculum to ensure a safe and enjoyable experience for all participants.

By the end of their journey through the Mountain Explorers Program, kids not only possess a high level of snow sport proficiency but also carry with them valuable life skills such as resilience, teamwork, and self-reliance. The program aims to create well-rounded individuals who are not only capable of navigating the challenges of winter sports but are also equipped to face the broader challenges of life with confidence and enthusiasm.

After reaching level 7 of the program, participants that are 14 years of age will have achieved the necessary skills to take the PSIC or PSIE Coaches Certifications or join a local competitive team. Participation at each stage of the program is documented into their own online portfolio, which can be used as officially supporting evidence of their achievements for University applications.

Includes:

1. Level title and assigned animal
2. Skills acquired at the level
3. Badges



Level 1: Penguin (First Timer):-

1. Skills: Safe gliding, stopping, using magic carpet

2. Badge: Penguin waddling on snow.

(1) Illustration: Kid in ski gear (tiny skis/board) gliding with a penguin.

(2) Tagline: "First Tracks!"

3. What has been achieved:

(1) Ski: Free Foot Glide, Glide "The Speed Trap", The Wedge Brake, First Single Turn

Level 2: Bunny (Novice - Linking Turns):-

1. Skills: Wedge turns, speed control, first matching.

2. Badge: Playful bunny making S-turns.

(1) Illustration: Bunny hopping alongside a kid doing s-turns

(2) Tagline: "Turn Master!"

3. What has been achieved:

(1) Ski: Multi-turns sequence, slalom course, mixed terrain experiences (bumps, waves and/or ridge-lines), first time parallel



Level 3: Fox (Intermediate - Confident on Greens & Blues):-

- Skills:** rhythmical turns, Parallel turns, edging control, varied terrain/pitch, hop turns.
- Badge:** Clever fox carving through trees.
(1) Illustration: Fox darting between trees.
(2) Tagline: "Freedom!"

3. What has been achieved:

- (1) Ski: full parallel or mostly parallel; basic jumps and bumps, tree & glades skiing

Level 4: Mountain Goat (Advanced Intermediate - Steeps & Moguls):-

- Skills:** Dynamic turns, moguls, steep terrain.
- Badge:** Goat standing fearlessly on a steep slope.
(1) Illustration: Rocky, bumpy slope. Goat perched on a mogul as a kid navigates below.
(2) Tagline: "Master of the Bumps!"

3. What has been achieved:

- (1) Ski: Red/Black slope; challenging terrain experiences (bumps and Jumps), basic short turns

Level 5: Wolf (Advanced - All-Mountain Skier & Rider):-

- Skills:** High-speed carving, steep moguls, intro to park.
- Badge:** Fierce wolf howling on a peak.
(1) Illustration: High-speed descent on a black diamond. Wolf howling from a cliff.
(2) Tagline: "Fearless Rider!"

1. What has been achieved:

- (1) Ski: Black slopes and challenging terrain experiences; (cliffs and cornices), GS turns at speed, short turns control and dynamism



Level 6: Lynx (Expert - Freeride & Park Pro):-

1. **Skills:** Off-piste mastery, park tricks (rails, medium jumps).
2. **Badge:** Lynx mid-air on a kicker.
 - (1) Illustration: Terrain park with jumps/rails. Lynx mid-backflip over a kid hitting a box.
 - (2) Tagline: "Air-time Pro!"
3. **What has been achieved:**
 - (1) Ski: Black slopes and off piste environments, challenging terrain experiences (cliffs and cornices), short turns control and dynamism, park skills

Level 7: Eagle (Expert - Elite All-Terrain):-

1. **Skills:** Big mountain lines, pro-level park, deep powder mastery, racing experience.
2. **Badge:** Eagle soaring above a cliff drop.
 - (1) Illustration: Snowy peak with a steep powder run. Eagle soaring above a kid dropping a cornice
 - (2) Tagline: "Mountain Legend!"
3. **What has been achieved:**
 - (1) Ski: Black slope and off piste environments; challenging terrain experiences (cliffs and cornices), short turns control and dynamism, gate training and racing



End of camp awards:

As part of a camp awards, in addition to the certificate of achievement, the following skill and character certificates will be awarded:

- “Grit Champ” (Demonstrated toughness and never giving up)
- “Simulator explorer” (accumulated most time on the simulator)
- “Park Shredder” (spends most time in the terrain park)
- “Race Master” (Attends and completes most races in a season)
- “Respect for the Sport” (Demonstrates optimism and constructive perspectives; is kind and respectful of others; Is an ambassador for the sport)

Assessments and learning outcomes:

Assessments for each level include a technical and tactical assessment, as well as compendious feedback on the athlete's current level. As the athlete develops, assessment criteria is increasingly challenging and assessment parameters expand to include leadership development metrics.

Score	Definition
RD	Requires Development
ME	Meets Expectations
EE	Exceeds Expectations

Sample Assessments

Below are the templates for the PSIC/PSIE Mountain Explorers Assessments. The final assessment and certificate will be available on the official website through your membership portal after you have participated in a programme or camp offered by an affiliate partner.



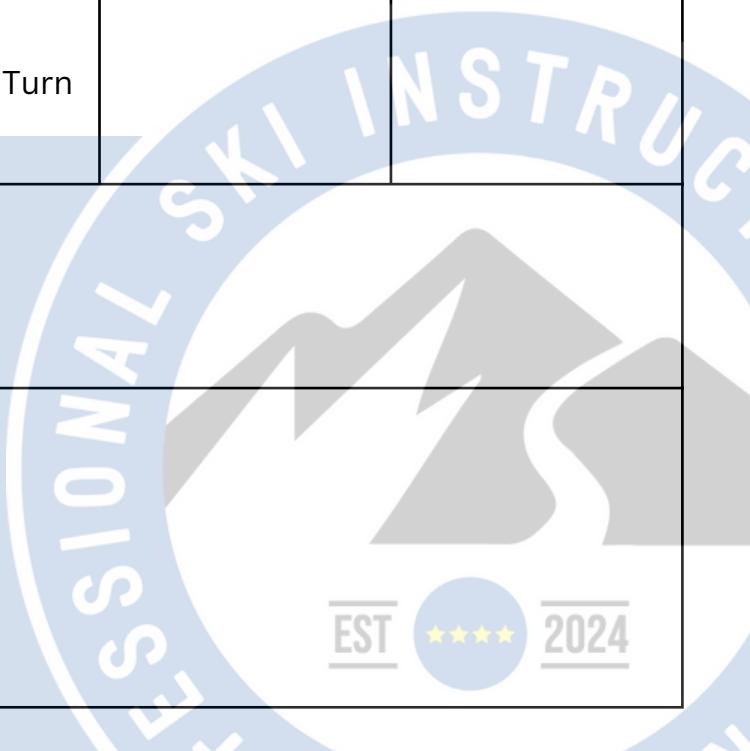
Level 1: Penguin (First Timer)

1. Skills: Safe gliding, stopping, using magic carpet

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Skills: Safe gliding, stopping, using magic carpet

Assessment frequency: Every three months	Name: _____			
	Date: _____			
Technical	Assessment Variable	Assessment	Score	Notes
	Stance & Balance:	Free Foot Glide		
	Edging:	The Wedge Brake		
	Pressure:	First Single Turn		
Summary:				
Overall:				
Equipment:				
Attitude:				
Physical Fitness:				



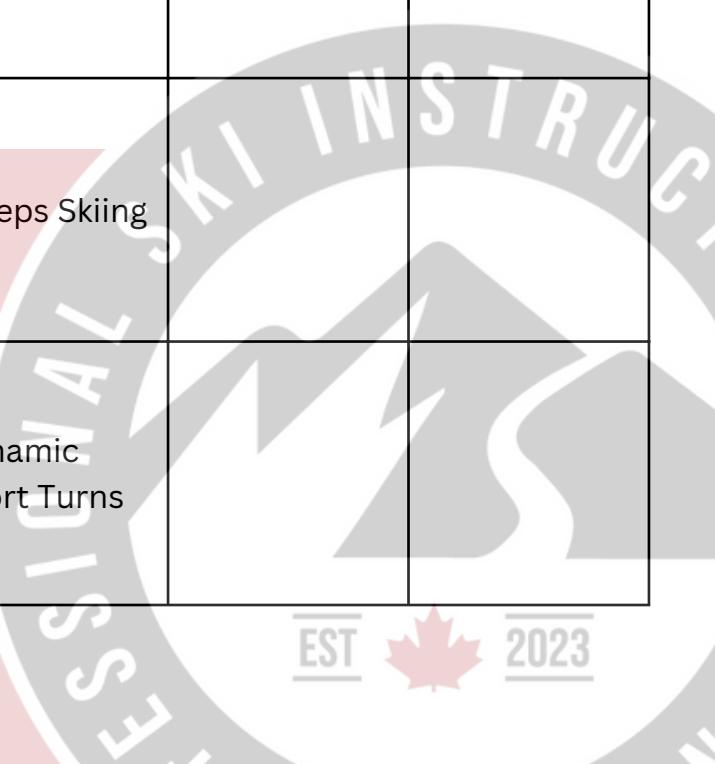
Level 7: Eagle (Expert - Elite All-Terrain)

1. Skills: Big mountain lines, pro-level park, deep powder mastery.

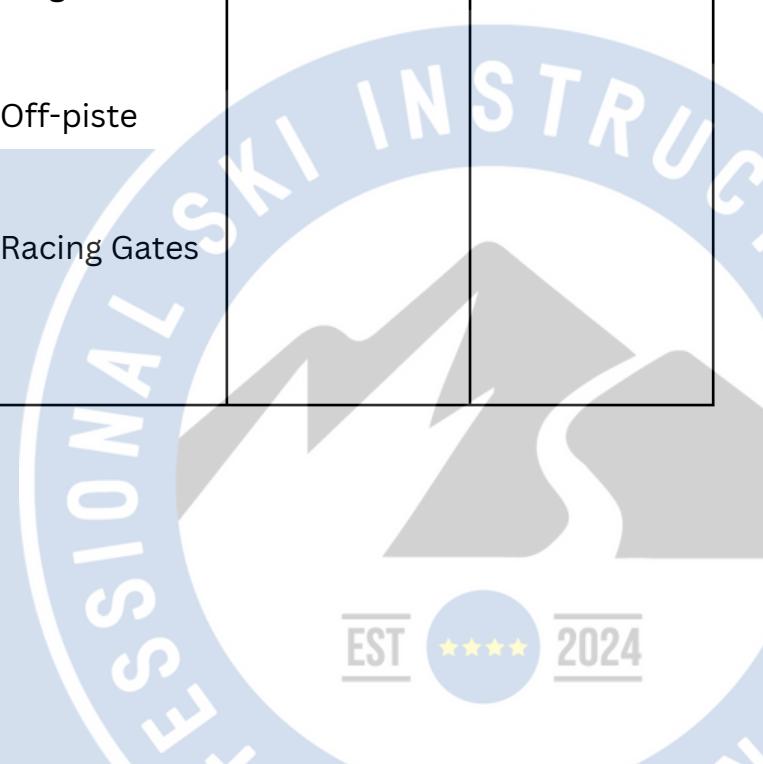
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Skills: Big mountain lines, pro-level park, deep powder mastery, racing experience

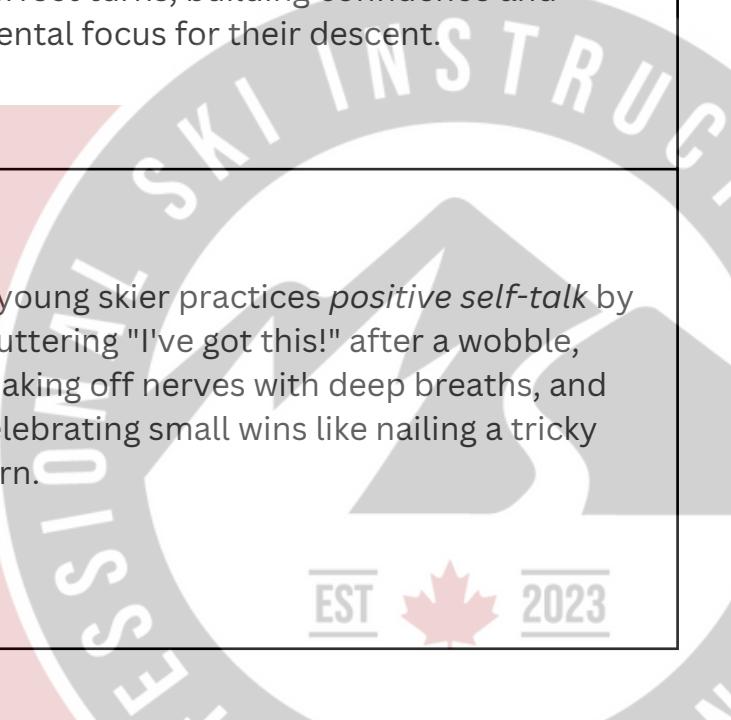
Assessment frequency: Every three months		Name:		
		Date:		
Technical	Assessment Variable	Assessment	Score	Notes
	Stance & Balance:	Cliff's and Cornices		
	Edging:	Steeps Skiing		
	Pressure:	Dynamic Short Turns		



	Assessment Variable	Assessment	Score	Notes
Tactical	Understand the sport	Alpine Skiing Quiz		
	Can negotiate variable terrain changes	Terrain Park Moguls Off-piste Racing Gates		



	Key Concepts	Description of the skills in action
Leadership Skills	Respect	A young skier demonstrates <i>respect</i> by listening carefully to the instructor, waiting their turn patiently, and encouraging classmates on the slopes.
	Teamwork	A young skier shows <i>teamwork</i> by helping a fallen classmate get up, sharing tips with peers, and working with the group to complete slope exercises together.
	Leadership	A young skier demonstrates <i>leadership</i> by guiding slower classmates down the slope, setting a positive example with their technique, and rallying the group to stay motivated during challenging drills.
	Visualization	A young skier uses <i>visualization</i> by closing their eyes before a run to imagine the perfect turns, building confidence and mental focus for their descent.
	Positive Self-Talk	A young skier practices <i>positive self-talk</i> by muttering "I've got this!" after a wobble, shaking off nerves with deep breaths, and celebrating small wins like nailing a tricky turn.



Summary:

Overall:

Equipment:

Attitude:

Physical Fitness:

