

# Ski Ability

**This is important information to determine the correct equipment for you.  
Please be honest as it is for your safety and enjoyment. Thankyou**

## Level 1

Welcome to skiing, anyone can enjoy it. We are here to help you enjoy it

## Level 2

You have skied once before, or had a few lessons on a dry slope. You can perform basic snowplough turns, can slide slip and ride the lifts.

## Level 3

You have at least 3 weeks under your belt and are comfortable on green and blue runs, but tackle red runs with caution.

## Level 4

You can ski most blue runs and some red ones, but narrow piste's, especially icy ones, cause some difficulty. Tough red runs are skied with caution, with style and control at a premium.

## Level 5

You have the confidence to make smooth linked turns on red runs. You have begun to appreciate the speed and excitement of skiing. Moguls are still a mystery. You are aware when your skis need tuning.

## Level 6

You are not intimidated by red runs and can link parallel turns comfortably. On difficult black runs, you start your turns with a strem, and you are conscious not to rotate your upper body. You have started to ski in slope side powder without difficulty.

## Level 7

You can ski black runs competently in good conditions and have mastered short turns and easy bumps. Fresh lightweight powder is tackled without a second thought. You get frustrated when you cannot find rhythm or control on steeper terrain or bumps. High speed still induces fear.

## Level 8

80 % of skiable terrain is within your grasp, but big jumps and difficult snow still challenges you. You consider that further professional instruction may be necessary, to make further advances. You may look forward to skiing off piste with a guide

## Level 9

You are an expert skier capable of skiing all terrains. Your challenge is to improve your technique in bumps, gates, heavy powder or crud. Without intensive training you will not ski at your best.

## Level 10

You are an instructor, club racer / sponsored skier and hold either FIS or ISIA licence