



# **LEVEL 4**

## **INSTRUCTOR TRAINING**

### **COURSE GUIDE**

#### **2023-24**

**CANADIAN ASSOCIATION OF SNOWBOARD INSTRUCTORS**

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## INTRODUCTION

*Welcome to the CASI Level 4 Course and more specifically to the Instructor Training Module !*

By the time you are eligible to attend the Level 4 Instructor modules, you have invested considerable time in your personal and professional development. These three modules will challenge your skills, and allow you the opportunity to further your understanding of snowboard teaching and technique to new heights.

CASI Level 4 Instructors enjoy many opportunities within the industry, including training and professional development roles, course evaluating, professional advancement, and international representation. CASI's Level 4 members play a key role in determining training, technical, and policy standards for all of our programs.

Successful candidates will display the highest level of teaching and riding proficiencies in line with CASI's techniques and methodologies. Leadership, communication, maturity, excellent understanding of concepts, originality, and a positive outlook are all characteristics of a successful Level 4 Instructor. The standard is high, but the goal is worthwhile!

To facilitate the best possible success rate, the Level 4 is conducted in two phases - a modular course phase divided in three stand-alone modules (Teaching, Riding and Instructor Training), and an evaluation phase. The modular course portion allows for presentation of the material, followed by training and development time following each module prior to attending the evaluations.

### **Who Should Take This Course ?**

You should take this course if you are a Level 3 Instructor with extensive teaching experience, preparation, and training. This should include teaching beginner, intermediate and advanced students in a variety of situations as well as instructor training experience (either at your resort, or as a CASI Evaluator). You should have many seasons of experience as a full-time snowboard instructor and wish to further pursue your career in the industry.

### **Am I Ready?**

The Level 4 Instructor standards require you to pass expert riding, teaching, and advanced instructor training evaluations. In order to help you achieve success on the each one of the modular course portion, we suggest you take the following steps in preparation, if they are available to you:

- Ensure that you plan and prepare for each of the stand-alone modules in advance. Many candidates work for several years to prepare for and ultimately complete the Level 4 certification. Establish a multi-year plan for success.
- Ensure you are very familiar with the CASI Levels 1 to 3 course content and methodologies, as well as all CASI reference materials.
- To specifically prepare for the riding module, attend training sessions with a current CASI Level 4 Instructor or Evaluator to get feedback on your riding ability in relation to the technical standard. The use of video analysis and feedback can be beneficial.
- Level 4 candidates are expected to have a broad base of knowledge and experience. Take advantage of other avenues for preparation, including maybe competition experience, snowboard coaching courses / training, and other sport-specific training and input.
- Prior to taking the Level 4 Exams, consider attending the Level 4 Exam Prep course or even attend one of our course modules more than once if you feel the need for it.

## LEVEL 4 INSTRUCTOR TRAINING MODULE - AGENDA

### DAY ONE :

- 8:30 - 9:00 a.m. Registration & Introductions
- 9:15 – 10:15 a.m. Instructor Training Presentations Sample # 1
- 10:30-11:45 a.m. Instructor Training Workshop #1 : *Introduce Teaching Strategies and tactics for Advanced Instructor Training Sessions*
- 11:30 a.m. - 12:30 p.m. *Lunch*
- 12:30 - 2:45 p.m. Instructor Training Workshop #2 : *How to build a good advanced session*
- 3:00 p.m. Daily Review & Wrap-Up

### DAY TWO :

- 9:15 - 11: 30 a.m. Instructor Training Practice Presentations with feedbacks/marks
- 11:30 a.m. - 12:30 p.m. *Lunch*
- 12:30 - 2:45 p.m. Instructor Training Practice Presentations with feedbacks/marks (continued)
- 3:00 p.m. Daily Review & Wrap-Up

### DAY THREE:

- 9:15 – 10:15 a.m. Instructor Training Presentations Sample # 2
- 10:30-11:45 a.m. Advanced Instructor Training - Jam session to share concepts and ideas
- 11:30 a.m. - 12:30 p.m. *Lunch*
- 12:30 - 1:45 p.m. Advanced Instructor Training - Jam session to share concepts and ideas (continued)
- 1:45 - 2:45 p.m. Individual Development plans - Exam Prep Training Focussed
- 3:00 p.m. Module Wrap-Up

- ❖ **Course Duration:** 3 modules of 3 days each (18 hours), totalling 9 days (54 hours)
- ❖ **Evaluation portion :** 4 days
- ❖ *Attendance in the entire presentation (for each module) is mandatory before taking the exam.*
- ❖ *Candidates can choose to focus on one component at the time (Do the course module and go testing the module component at the exam without having done the other course modules).*

- ❖ *Due to various mountain conditions, times and sessions schedules may vary.*
- ❖ *To ensure that the course runs smoothly students should arrive 15 minutes before the above times.*
  - ❖ *The wearing of helmets is mandatory on all CASI courses.*

## LEVEL 4 INSTRUCTOR EXAMS - AGENDA

### TECHNICAL (RIDING EXAM):

#### DAY ONE:

8:30 - 9:00 a.m.	Registration & Introductions
9:00 - 11:30 a.m.	Evaluations: Technical (Riding)
11:30 a.m. - 12:30 p.m.	Lunch
12:30 - 3:00 p.m.	Evaluations: Technical (Riding) <i>continued</i>

#### DAY TWO:

9:15 - 11:30 a.m.	Evaluations: Technical (Riding) <i>continued</i>
11:30 a.m. - 12:30 p.m.	Lunch
12:30 - 2:00 p.m.	Evaluations: Technical (Riding) <i>continued. *If ever needed extra time.</i> Evaluators Meeting Riding Results

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### TEACHING EXAM:

9:15 - 11:30 a.m.	Evaluations: Teaching
11:30 a.m. - 12:30 p.m.	Lunch
12:30 - 3:00 p.m.	Evaluations: Teaching

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### INSTRUCTOR TRAINING EXAM:

9:15 - 11:30 a.m.	Evaluations: Instructor Training
11:30 a.m. - 12:30 p.m.	Lunch
12:30 - 3:00 p.m.	Evaluations: Instructor Training
5:00 p.m.	Presentation of Results

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- ❖ *Due to various mountain conditions, times and schedules may slightly vary.*
- ❖ *To ensure that the exams run smoothly students should arrive 15 minutes before the above times.*
  - ❖ *The wearing of helmets is mandatory on all CASI courses.*

## EVALUATION - INSTRUCTOR TRAINING COMPONENT

Candidates must pass all three components (the teaching, technical (riding), and instructor training (pedagogy)) of the course to be certified as a Level 4 Instructor. Results will be given to each candidate at the end of the exams. *\*Refer to the other two Level 4 Modules Course Guides for the Teaching and Riding components assessment criteria.*

### MARKING SYSTEM - INSTRUCTOR TRAINING EVALUATIONS

Candidates will be asked to present an advanced instructor training session, 60 minutes in duration, geared towards experienced snowboard instructors. Candidates will be pre-assigned two portions to build the session: 1) a Teaching Skill; 2) a Riding Skill. Session topics will be pre-assigned one day prior to the exam. Sessions will be expected to address and develop each of the two assigned topics. Two (2) Evaluators will mark sessions and the average mark will be used to establish the final mark.

#### Marking Format: Instructor Training Component

Overall Average Mark: 1 – 5 out of 10: Below Standard (Incomplete)  
6 – 10 out of 10: Meets Standard (Complete)

### RETEST EVALUATIONS

Candidates passing individual components (Teaching, Riding or Instructor Training) will never have to be retested for that component, and will retain that component for life. Following completion of each of the stand-alone Level 4 Modules (course portion), candidates are qualified to attend the Level 4 Exams to take either one or all components and there is no time limit to complete the exams. Candidates may retake the Level 4 Modules as many times as necessary while completing the certification process.

### ASSESSMENT CRITERIA

<b>INSTRUCTOR TRAINING ASSESSMENT</b>	
<b>Teaches advanced instructor training sessions in accordance with CASI methodology and technique</b>	<p><b>SESSION INTRODUCTION:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pedagogical session goal introduced clearly and effectively.</li> <li><input type="checkbox"/> Technical session goal introduced clearly and effectively.</li> </ul> <p><b>GUEST SERVICE &amp; SAFETY:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Effective leadership skills.</li> <li><input type="checkbox"/> Demonstrates confident, effective &amp; enthusiastic leadership qualities.</li> <li><input type="checkbox"/> Creates a positive, safe, and student-centred learning environment.</li> </ul> <p><b>PEDAGOGY DEVELOPMENT:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Effectively improves the group's understanding of the Teaching Skill.</li> <li><input type="checkbox"/> Session is structured effectively (terrain choice, pace and presentation).</li> <li><input type="checkbox"/> Naturally distinguishes between roles of trainer &amp; instructor.</li> <li><input type="checkbox"/> Uses questions as a tool in interacting with the group and developing understanding.</li> <li><input type="checkbox"/> Clear communication : movement-based and simple language.</li> </ul>

	<p><b>PEDAGOGY DEMONSTRATION:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Provides a clear example of the Teaching Skill throughout the training session.</li><li><input type="checkbox"/> Improves the Technical (riding) Skill of the group, specific to the assigned riding skill for the session.</li><li><input type="checkbox"/> Provides realistic tactics and tools that instructors can apply in their lessons.</li><li><input type="checkbox"/> Effectively uses terrain as a teaching tool.</li><li><input type="checkbox"/> Employs a creative approach to teaching at the advanced level.</li></ul> <p><b>DEMONSTRATIONS:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Effective use of demonstrations.</li><li><input type="checkbox"/> Confidence inspiring and technically correct execution of demonstrations.</li></ul> <p><b>ANALYSIS &amp; IMPROVEMENT:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Always recognizes primary technical causes of student difficulty.</li><li><input type="checkbox"/> Consistently provides positive, relevant, simple and actionable feedback.</li><li><input type="checkbox"/> Consistently uses effective analysis viewpoints.</li><li><input type="checkbox"/> All tactics, drills and exercises should be relevant to student trials, and should help students improve.</li></ul> <p><b>TECHNICAL CONTENT:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> All technical concepts are presented effectively, and are technically correct according to CASI methodology.</li><li><input type="checkbox"/> Understanding of the relationship between riding skill components and advanced riding competencies is evident.</li></ul> <p><b>SESSION CONCLUSION:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Clearly summarizes session outcomes</li><li><input type="checkbox"/> Effectively uses questions to summarize learning</li></ul>
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WORKSHOP:

# SESSION PLANNING

Session Set-Up: Title, skill and strategy focus, and goals.


Date, time, ability level, conditions, and duration - these details will influence your plan.

Pedagogy & Technical Goal: What do you want your instructors to learn about either the Teaching Strategy and the Riding Skill?

Session Breakdown: Your goal is to develop both the pedagogical and technical skills of your instructors. Use this space to organize your session.

Warm-Up: Ensure your instructors are ready ride and perform at this level. May involve a mental warm-up as well.

SESSION PLAN



Date: \_\_\_\_\_  
 Start Time: \_\_\_\_\_  
 Ability Level: \_\_\_\_\_  
 Snow Conditions: \_\_\_\_\_  
 Duration: \_\_\_\_\_  
 Number in Group: \_\_\_\_\_

Session Title: \_\_\_\_\_  
 Teaching Strategy: \_\_\_\_\_  
 Riding Skill: \_\_\_\_\_  
 Pedagogy Goals: \_\_\_\_\_  
 Technical Goals: \_\_\_\_\_  
 Equipment Required: \_\_\_\_\_

TECHNICAL	PEDAGOGY	TIME
<b>Introduction :</b>		
What is your technical (riding improvement) goal for the session?	What is your pedagogical (teaching skill) goal for the session?	
<b>Warm-Up</b>		
<b>Development</b>		
How are you going to develop the riding skill of your instructors? Be specific - skill components.	How are you going to improve your instructor's understanding of the teaching strategy, in a specific sense	
<b>Analysis / Improvement</b>		
Can you provide feedback on your instructors understanding of the strategy?	Opportunities for technical feedback.	
<b>Cool-down &amp; Conclusion</b>		
Technical wrap-up and summary.	Pedagogical wrap-up and summary.	

<p>Diagrams / Drawings (if needed):</p>
<p>Additional Comments / Questions:</p>
<p>Summary / Conclusion:</p>
<p>Critical Reflection:</p>

Diagrams or drawings of specific tactics, terrain, or manoeuvres to be used during the session.

Additional points that may assist your instructors in understanding the concepts presented.

Key points of your wrap-up: summarize your pedagogical and technical goals.

Critical Reflection: Look back on your session and review. Was it successful? Why? What could be changed in the future to improve it?

# DAILY NOTES AND FEEDBACK

## DAY 1:

POSITIVE ELEMENTS:

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ELEMENTS TO IMPROVE:

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## DAY 2:

POSITIVE ELEMENTS:

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ELEMENTS TO IMPROVE:

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## DAY 3:

POSITIVE ELEMENTS:

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ELEMENTS TO IMPROVE:

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## DAY 4:

POSITIVE ELEMENTS:

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ELEMENTS TO IMPROVE:

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## DAY 5:

POSITIVE ELEMENTS:

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ELEMENTS TO IMPROVE:

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## WHAT'S NEXT?

*We would like to thank you sincerely for taking the time to attend the Level 4 course modules and exams.*

### **If you have completed one or all of the three Level 4 modules (course portion)...**

Congratulations! You are now qualified to attend the Level 4 exams. Take the feedback and learning from each of the stand-alone course modules, and apply it to your on-going training before proceeding to the exams portion. Prior to attending the exams, consider taking the 2-day Level 4 Exam Prep course.

Once you have completed the modular course portion, you do not need to retake it, unless you decide to re-do one, two or all of the course modules to improve your understanding and/or skills.

### **If you have components remaining to complete the Level 4 course...**

Following the exams, you will retain any components that you have passed during the exams for life (Teaching, Riding or Instructor Training). There is no time limit to complete the remaining components of the Level 4 certification, and you may retake the modular course portion (s) as needed to ensure that you are successful at the exams.

### **If you've successfully completed the Level 4 Instructor certification...**

On behalf of the CASI Board of Directors, it is with great pleasure that I congratulate you on obtaining your CASI Level 4 Certification!

The Level 4 is considered CASI's international standard, which represents the highest standards of ability in Canadian snowboard teaching. This qualification brings vast responsibility, but also great opportunity! The Level 4 standard of teaching and riding makes you a role model for each of those CASI members that you encounter, both on and off-snow.

The growth and development of CASI relies on you to continually advance your own standard of leadership, teaching and technical skills. So go ahead! Get involved with Evaluator Training, the National Technical Team, Board of Directors, or any other CASI initiatives. Congratulations again on your success.

All the best!



**Geneviève Pilotto**  
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