



# LEVEL 4

## RIDING MODULE 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 Riding 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 RIDING MODULE - AGENDA

### DAY ONE:

- 8:30 - 9:00 a.m. Registration & Introductions  
9:15 - 11:30 p.m. Riding Exam Tasks Workshop #1 with evaluator and student led feedback:  
*Medium Radius Turns + Short Radius Turns Training session*  
11:30 a.m. - 12:30 p.m. *Lunch*  
12:30 - 2:45 p.m. Riding Exam Tasks Workshop #2 with evaluator and student led feedback:  
*Freestyle Training Session*  
3:00 p.m. Daily Review & Wrap-Up

### DAY TWO:

- 9:15 - 11:30 a.m. Riding Exam Tasks Workshop #3 with evaluator and student led feedback:  
*Corridor Training session*  
11:30 a.m. - 12:30 p.m. *Lunch*  
12:30 - 2:45 p.m. Riding Exam Tasks Workshop #4 with evaluator and student led feedback:  
*Free Run (Moguls) Training session*  
3:00 p.m. Daily Review & Wrap-Up

### DAY THREE:

- 9:15 - 11:30 a.m. Riding Exam Tasks Workshop #5 with evaluator and student led feedback:  
*Large Turns (carving) Training session*  
11:30 a.m. - 12:30 p.m. *Lunch*  
12:30 - 1:45 p.m. Expert Skill Development Riding Session  
1:45 - 2:45 p.m. Individual Development plans  
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.*
  - ❖ *Evaluators might also share and switch the groups.*
- ❖ *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><br>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 - TECHNICAL (RIDING) 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 Instructor Training and Teaching components assessment criteria.*

### MARKING SYSTEM - TECHNICAL (RIDING) EVALUATIONS

Candidates' technical (riding) skills will be evaluated using a series of "tasks" or manoeuvres:

|  |   |
|--|---|
| <b>1. Corridor Run:</b> Candidates will be required to complete a series of turns at the expert performance level, while staying within an 8-metre corridor.   | <b>2. Expert Short Radius Turns:</b> Candidates will demonstrate a series of short-radius turns on expert slopes.   |
| <b>3. Medium Radius Turns:</b> Candidates will be asked to demonstrate a series of medium-sized sliding turns, performed both forward and switch, on expert groomed slopes and at intermediate speeds. | <b>4. Free Run in Expert Bumpy Terrain:</b> A free run in varied, black or double-black diamond freeride terrain (moguls) performed at an expert performance level. |
| <b>5. Freestyle Skills:</b> Candidates will demonstrate refined intermediate freestyle skills in small and medium freestyle / park features.   | <b>6. Expert Large Radius Turns:</b> Candidates will be asked to demonstrate refined, advanced carving performance on groomed terrain.                              |

Candidates will have two marked opportunities/runs to demonstrate each of the above tasks, and must successfully pass each of the above tasks with a final mark of 6/10 or higher. Two (2) Evaluators will mark each task, and the average of the two marks will be used to establish the final mark. Evaluator demonstration marks will form the baseline for marking, and will be provided in the course results.

#### Marking Format: Riding 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

## TECHNICAL (RIDING) ASSESSMENT

**Demonstrates refined expert-level riding skills.**

**Overall riding performance:**

- Rides with **consistency** on expert terrain at **appropriate speeds**.
- Displays **mastery** of the three *Core Competencies*, in varied expert terrain:
  - Centred & Mobile Position*
  - Turning the Board with the Lower Body*
  - Balance Along the Working Edge*.
- Displays a **refined and varied use** of the Advanced Riding Competencies:
  - Strength & Flow*
  - Arc to Arc*
  - Loading & Deflection*
  - Steering Versatility*
- Adjusts skills** to provide technically sound demonstrations that are easy to copy.

**Specific Riding Tasks Criteria:**

*1: CORRIDOR RUN:*

- 8 meters corridor width
- Demonstrates expert-level board performance and steering skills (on blue/black groomed terrain).
- Maintains effective speed.
- Demonstrates turn symmetry and uses full width of the corridor.
- Maintains a round turn shape through expert steering and pressure control skills.

*2: EXPERT SHORT RADIUS TURNS:*

- 2-3 meters corridor width
- Short radius turns executed at advanced/expert speeds on expert groomed terrain.
- Controls pressure in snowboard to manage rebound and reaction.
- Maintains technical competencies (Core & Advanced) throughout the runs.
- Controls speed through turn shape and steering skills.
- Demonstrates board performance characteristics consistent with expert level riding skills.

*3: MEDIUM RADIUS SLIDING TURNS (FORWARD & SWITCH DIRECTIONS):*

- 4-6 meters corridor width

|  |  |
|--|--|
|  | <ul style="list-style-type: none"> <li><input type="checkbox"/> Clearly demonstrates <i>Core Riding Competencies</i> in medium radius sliding turns, performed at intermediate speeds and in both directions (forward and switch) on advanced/expert groomed terrain.</li> <li><input type="checkbox"/> Fluid, linked movements throughout.</li> <li><input type="checkbox"/> Demonstrates a smooth transition from forward to switch.</li> <li><input type="checkbox"/> Distributes pressure throughout turn to achieve roundness in turn shape.</li> </ul> <p><b>4: FREE RUN IN EXPERT BUMPY TERRAIN:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 2-5 meters corridor width</li> <li><input type="checkbox"/> Rides in control and with expert technique in expert terrain (un-groomed).</li> <li><input type="checkbox"/> Adjusts body position to terrain and conditions.</li> <li><input type="checkbox"/> Shows ability to adapt speed and line to amplify performance.</li> <li><input type="checkbox"/> Adjusts movements in anticipation of terrain features.</li> <li><input type="checkbox"/> Uses expert level pressure and steering skills to maintain board contact, or release/rebound, as required.</li> </ul> <p><b>5: FREESTYLE SKILLS:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Demonstrates refinement of fundamental terrain park / freestyle skills on small and medium freestyle features.</li> <li><input type="checkbox"/> Demonstrates mobility and balance on rail/box features.</li> <li><input type="checkbox"/> Moves the snowboard on box features.</li> <li><input type="checkbox"/> Demonstrates the use of pop and ollie movements in airs.</li> <li><input type="checkbox"/> Demonstrates mechanically sound rotations (180 &amp; 360 degrees): <ul style="list-style-type: none"> <li><input type="checkbox"/> Rotation is created with COM, and controlled with extremities and head/eyes.</li> <li><input type="checkbox"/> Rotations are controlled and stopped on landing.</li> <li><input type="checkbox"/> Refinement and variation of movements are evident in rotations.</li> </ul> </li> </ul> <p><b>6: EXPERT LARGE RADIUS TURNS (CARVING) :</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 7-10 meters corridor width</li> <li><input type="checkbox"/> Linked and efficient large radius turns executed at expert speeds on groomed terrain.</li> <li><input type="checkbox"/> Demonstrates the technical principles associated with carved turns including the <i>Core &amp; Advanced Riding Competencies</i>.</li> <li><input type="checkbox"/> Demonstrates board performance and steering skills, while maintaining a carved path of travel.</li> <li><input type="checkbox"/> Balances on edges above the fall line to initiate direction change.</li> <li><input type="checkbox"/> Controls the exit of the turn to carry momentum.</li> <li><input type="checkbox"/> Turn shape is driven by edging and pressure movements (and the absence of pivot movements).</li> </ul> |
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# 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**  
Program Director

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