

Lindon Parks & Rec

RIDER ABILITY LIST

use this list when registering for the riders ski/board ability

An on hill assesment will be made the first day of the program to make sure participants are placed in their appropriate groups.

Ski Level

Level 1: You've never skied before or skied once or twice more than a year ago

Level 2: You can stop and make slight wedge turns

Level 3: You can make round wedge turns

Level 4: You can make controlled wedge turns with a parallel, skidded finish

Level 5: You can match your skis parallel in the middle of the "Wedge Christy" turn

Level 6: You can start your turns with a slight wedge opening then quickly match to parallel. You have a pole plant

Level 7: You can link open-stance parallel turns

Level 8: You can make carved, short, solid parallel turns

Level 9: You can make strong, linked parallel turns in all conditions

Snowboard Level

Level 1: You've never snowboarded

Level 2: You're able to use the lift and make a few turns on green terrain

Level 3: You're able to link heel and toe turns on green terrain with ease

Level 4: You're comfortable linking heel and toe turns on groomed blue terrain

Level 5: You're comfortable riding black groomed terrain and blue off-piste terrain

Level 6: You're comfortable riding black off-piste terrain

**LINDON
PARKS &
RECREATION**