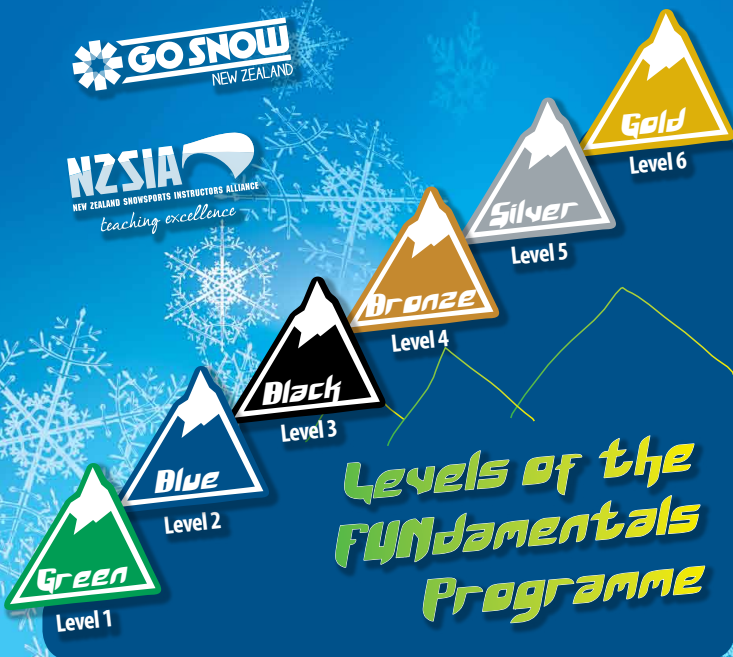




snowsports.co.nz
Fundamentals



What's FUNDamentals all about?

The aim of the game is to earn each level so you can grab your tags!
Get on your skis or snowboard at any resort in New Zealand, have fun and go bigger and faster!

Get to your local mountain and take a lesson

Master the tasks to earn your certificate

Jump online when you get home, register your latest level

We send you your dog tags and you are ready for your next level



ski



board

TRY IT	GETTING IT	MASTERED IT	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I can safely carry and store my equipment
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I know how to put my skis on
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I can walk on snow with my skis on
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I can side step, duck walk and skate
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I can get up by myself
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I can use surface lifts
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I can change direction in a wedge
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I am starting to follow the responsibility code
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I can control my speed by using the size of my wedge

I can safely carry and store my equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can strap my board on	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can stand up by myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can skate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can straight glide	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can do a J turn in both directions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I side-slip on both edges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can do floating leaf on both edges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can traverse on both edges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can do C turns in both directions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am starting to follow the responsibility code	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DATE
COACH

You now have your
GREEN level, sign up online
and Grab your tags!

www.snowsports.co.nz/grab-your-tags



DATE
COACH

ski



board

TRY IT	GETTING IT	MASTERED IT
--------	------------	-------------

- | | | | |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can ride a chairlift |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can control my speed by turn shape on all green runs |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can ski switch in a wedge |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can do hops down the fall-line on a green run |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can name and statically show 4 different grabs |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I know and follow the responsibility code |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can turn to stop |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can pop off a small bump or I can absorb the bump |

TRY IT	GETTING IT	MASTERED IT
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- | | | | |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can ride a chairlift |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can control my speed by turn shape on all green runs |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can ride switch in a traverse |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can do hops down the fall-line on a green run |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can name and statically show 4 different grabs |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I know and follow the responsibility code |

DATE
COACH

You now have your
BLUE level, sign up online
and Grab your tags!

www.snowsports.co.nz/grab-your-tags



DATE
COACH

TRY IT
GETTING IT
MASTERED IT

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Race

I can do 4 turns in a row balanced on the outside ski only through the bottom half of the turn

I can do a 2 pole jump

I can do a smooth 6m+ side slip on groomed terrain

Freeride

I can ski easy off piste runs using turn shape to control my speed

I understand and obey all closure signs

Park & Pipe

I understand and use the Smart Style safety code

I can do straight airs off small jumps and natural features

I can do a flat-land 180

I can go straight on a low flat box

I can describe all parts of the halfpipe

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DATE
COACH

You now have your
BLACK level, sign up online
and Grab your tags!

www.snowsports.co.nz/grab-your-tags



ski board



TRY IT
GETTING IT
MASTERED IT

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Race

I can ride blue runs using turn shape and size to control my speed

I can carve through the bottom of my turn into a traverse

I can do a 2 pole jump

Freeride

I can ride easy off piste runs using turn shape and size to control my speed

I understand and obey all closure signs

Park & Pipe

I understand and use the Smart Style safety code

I can do ollies down the fall-line on a green run

I can do straight airs off small jumps and natural features

I can make switch turns on a green run

I can describe the parts of a halfpipe

I can 50/50 a low flat box

I can do a flat-land 180

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DATE
COACH

ski



board

TRY IT	GETTING IT	MASTERED IT
--------	------------	-------------

Race

- | | | | |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can do 8 turns in a row balanced on the outside ski only through the bottom half of the turn |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can do a 4 pole jump |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can pivot from a straight run to side slip on groomed terrain |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have skied through gates |

Freeride

- | | | | |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can traverse through a bumps run in both directions |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I understand what it means to SCOPE the Slope (Safety, Capability, Options, Preparation, Execution) |

Park & Pipe

- | | | | |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I understand pre-ride, re-ride, freeride |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can make switch turns parallel at the end of the turn |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can do switch hops on a green run |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can do straight airs with 2 different grabs |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I know how to enter the halfpipe correctly |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can do a flat-land 360 |

Race

- | | | | |
|--------------------------|--------------------------|--------------------------|-----------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can ride a black run in control |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can do a 4 pole jump |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can carve most of my turn |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have ridden through gates |

Freeride

- | | | | |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I understand how to pick a line and ride that line off piste |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I understand what it means to SCOPE the Slope (Safety, Capability, Options, Preparation, Execution) |

Park & Pipe

- | | | | |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I understand pre-ride, re-ride, freeride |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can ride switch on blue runs |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can do switch hops down the fall-line on a green run |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can do straight airs with 2 different grabs |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I know how to enter the halfpipe correctly |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can do multiple flat-land 360s in both directions |

DATE
COACH

You now have your
BRONZE level, sign up online
and Grab your tags!

www.snowsports.co.nz/grab-your-tags



DATE
COACH

TRY IT	GETTING IT	MASTERED IT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ski



board

Race

I can do 4 turns in a row balanced on the outside ski only through the whole turn

I can do a 6 pole jump

I can pivot from a 15m straight run to a 6m side slip remaining in a corridor on blue groomed terrain

Freeride

I have had an introduction to avalanche awareness from our ski patrol

I can ski varied lines through the bumps

Park & Pipe

I can do straight airs on a jump with 4 different grabs

I can hop a 180

I can slide a medium length and height box

I can get at least half way up the transition all the way down the halfpipe

I can do multiple flat-land 360s in both directions

TRY IT	GETTING IT	MASTERED IT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Race

I can ride all groomed black runs on the mountain no worries

I can do a 6 pole jump

I can carve 8 turns and control my speed on blue terrain

Freeride

I have had an introduction to avalanche awareness from our ski patrol

I can ride the whole mountain and vary my lines off piste

I can traverse through a bumps run in both directions

Park & Pipe

I can do straight airs on a jump with 4 different grabs

I can do presses on a box

I can board-slide a medium length and height box

I can get at least half way up the transition all the way down the halfpipe

DATE
COACH

You now have your
SILVER level, sign up online
and Grab your tags!

www.snowsports.co.nz/grab-your-tags



DATE
COACH

ski



board

TRY IT
GETTING IT
MASTERED IT

Race

- | | | | |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can do 8 turns in a row balanced on the outside ski only through the whole turn |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can do a 8 pole jump |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can pivot from a 15m straight run to a 6m side slip remaining in a corridor, in both directions on blue groomed terrain |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have skied slalom and giant slalom courses |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have competed in my first race |

Freeride

- | | | | |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can ski a direct line through the bumps |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can ski off piste in all conditions |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have competed in a freeride event |

Park & Pipe

- | | | | |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can get to the lip of the halfpipe on at least one wall |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can ski switch in the halfpipe |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can slide both ways on a low flat box |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can spin 180s on a jump |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have tried spinning 360s on a jump |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have competed in my first pipe and slopestyle event |

TRY IT
GETTING IT
MASTERED IT

Race

- | | | | |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can do an 8 pole jump |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have ridden a boarder cross or giant slalom course |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have competed in my first race |

Freeride

- | | | | |
|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can ride off piste in all conditions |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have competed in a freeride event |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can ride varied lines down a bumps run |

Park & Pipe

- | | | | |
|--------------------------|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can get to the lip of the halfpipe on at least one wall |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can ride switch in the halfpipe |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can slide frontside and backside on a box |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I can spin 180s on a jump |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have tried spinning 360s on a jump |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have competed in my first pipe and slopestyle event |

DATE
COACH

You now have your
GOLD level, sign up online
and Grab your tags!
www.snowsports.co.nz/grab-your-tags



DATE
COACH

THE SNOW RESPONSIBILITY CODE

1. STAY IN CONTROL AT ALL TIMES.

Know your ability, start easy, be able to stop and avoid other people.

2. PEOPLE BELOW YOU HAVE THE RIGHT OF WAY.

The skier or boarder downhill of you has the right of way, also look above before entering a trail.

3. OBEY ALL SKI AREA SIGNAGE.

Signs are there for your safety, keep out of closed areas.

4. LOOK BEFORE YOU LEAP.

Scope jumps first, ensure the area is clear of others, use a spotter on blind jumps.

5. STOP WHERE YOU CAN BE SEEN.

When stopping, try to move to the side of the trail and where you can be seen from above.

6. DON'T LOSE WHAT YOU USE.

Equipment must be secured while walking or stashing.

7. STAY ON SCENE.

If you are involved in, or witness, an accident, remain at the scene and identify yourself to Ski Patrol.

8. RESPECT GETS RESPECT.

From the lift line, to the slopes and through the park.

**KEEP TO THE CODE
OR YOU'RE DOWN THE ROAD**
KNOW YOUR SNOW RESPONSIBILITY CODE

AAANZ
All Age Association (New Zealand)

SNOW

MS
OUTDOOR SAFETY

ACC and NZ Snowsports Council

thinksafe

AKZ096 0002

Smart Style

MAKE A PLAN

- Every time you use freestyle terrain, make a plan for each feature you want to use.
- Your speed, approach and takeoff will directly affect your maneuver and landing.

LOOK BEFORE YOU LEAP

- Before getting into freestyle terrain observe all signage and warnings
- Scope around the jumps first, not over them
- Use your first run as a warm up run and to familiarize yourself with the terrain
- Be aware that the features change constantly due to weather, usage, grooming and time of day
- Do not jump blindly; use a spotter when necessary

EASY STYLE IT

- Know your limits and ski/ride within your ability level
- Look for small progression parks or features to begin with and work your way up
- Freestyle skills require maintaining control on the ground and in the air
- Do not attempt any features unless you have sufficient ability and experience to do so safely
- Inverted aerials increase your risk of injury and are not recommended

RESPECT GETS RESPECT

- Respect the terrain and others
- One person on a feature at a time
- Wait your turn and call your start
- Always clear the landing area quickly
- Respect all signs and stay off closed terrain and feature

Mums and Dads

here's some more info
about **FUNDamentals!**

LEARNING

The FUNDamentals is a nationwide snow sports programme designed to develop fundamental skills for safety, enjoyment and progression of skiing and snowboarding.

SAFETY

Keeping the kids safe in the mountain environment is the number one priority. We teach the kids how to stay safe, ski and ride with care on all terrain, know their level and ability, and watch out for their mates.

FUN

Skiing and snowboarding is fun, by keeping the kids safe and learning they get more enjoyment out of snow sports, hopefully for a lifetime!

PARENTS, HOW CAN YOU HELP?

Let the kids show you how they mastered the turn or stomped their latest trick. Make sure they have what they need for the mountain days. Best of all, at each level help them log on and grab their tags!

WHO ARE SNOW SPORTS NZ?

We are the national sports organisation representing snow sports in New Zealand. Snow Sports NZ represents the interests of our sports nationally and internationally, including sport development and pathways for progression in all snow sports. Our vision is to become New Zealand's most inspirational, innovative, exciting and fun sport. We want to make sure we can help Kiwi kids to become ski and snowboard champions as well as the best that they can be.

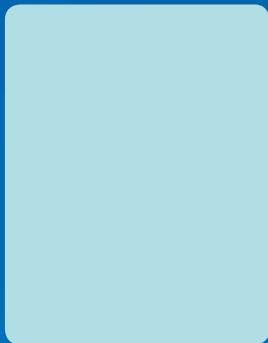
www.snowsports.co.nz

RESORTS



thanks to





NAME

Phone

Address

Email

