

ESF - SKIING COURSE LEVEL GUIDE - ADULTS

BEGINNERS	I have never skied before.
CLASS 1	I have skied more than a week. I do elementary snow ploughs.
CLASS 2	I am an average skier. I do wide turns with my skis parallel. Blue Slopes.
CLASS 3	I am a good skier. I can ski under control on all red pistes.
CLASS 4	I am a very good skier. I ski all terrains on different snow conditions, black slopes or off-piste.

ESF - SNOWBOARDING COURSE LEVEL GUIDE - ADULTS & CHILDREN

BEGINNERS	I have never snowboarded before or very little.
SNOWBOARD 1	I can link basic turns on a blue piste.
SNOWBOARD 2	I can make standard turns on pistes of average steepness, and I can slide round 180°.
SNOWBOARD 3	I can link turns of various arc length on pistes of average steepness and jump 180° in the air.
SNOWBOARD EXPERT	I adapt my technique to the terrain and snow conditions. I can make all types of turns and I am in control performing tricks.