

## **ESF - COURSE LEVEL GUIDE - CHILDREN**

### **KINDERGARTEN**

*"I am 3-5 years old. I have never skied".*

### **POOH BEAR**

*"I am older than 5 years old. I have never skied, or very little".*

### **SNOWFLAKES**

*"I have the 'Pooh Bear'. I can do a snowplough and I can take a ski lift".*

### **1<sup>ST</sup> STAR**

*"I have the 'Snowflake'. I can turn with snowplough turns. I know how to slow down and stop".*

### **2<sup>ND</sup> STAR**

*"I have the '1<sup>st</sup> Star'. I can link basic turns. I have started to learn to skid stop".*

### **3<sup>RD</sup> STAR**

*"I have the '2<sup>nd</sup> Star'. I can link turns, ski parallel and my loop turns skid".*

### **BRONZE STAR**

*"I have my '3<sup>rd</sup> Star'. I can link turns on short and medium-rays. I have mastered my balance and the schuss".*

### **GOLDEN STAR**

*"I have the 'Bronze Star'. I want to improve elementary cornering whilst reducing slippage".*

### **ELITE PERFORMANCE**

*"I have the 'Golden Star'. I master small slaloms. My objective: the Jib. I am looking for performance and slalom skiing on all types of snow, all slopes".*

### **ELITE RACING**

*"My objective: the Arrow, the Chamois".*