

R3.0, 2nd Nov. 2017

SSAT INSTRUCTOR TRAINING PROGRAM REGULATION

DATE: 26th February-2nd March 2018 @ Kiroro Ski Resort

As National Ski Associate of Thailand our Instructor Training Program has been **acknowledged and supported internationally** by FIS (Federal International Ski) to conduct and carry out the Instructor Training Program.

SSAT is eligible to **CERTIFY** our own Instructor / Trainer through this National program.

1. COMPATIBILITY & ELIGIBILITY

Each Nation Instructor generally has their own Regulation and do NOT generally allow Foreign Certified Instructor to teach in other country unless agree upon, or RE-TRAINED in that chosen country. This is largely to protect their Nation Skiing Industry.

Our SSAT Instructors are able and eligible to teach Thai Citizen, on snow abroad at your desire Ski Resort. Although it is highly recommend for SSAT Instructor to apply for permission of that particular Ski resort before carry out the lesson.

2. ENROLMENT

All Candidates must enroll with SSAT prior to designate Program date (Training Course). Enrolment can be made at registrar@ssat.or.th or harinat@ssat.or.th , SSAT website, Social media channel.

3. CERTIFICATION LEVEL

The SSAT Instructor Training Program Pathway is as follows;

- 1.1 Level 1 = Able to Teach Children, Beginner, First timer class or SSAT Skill Classification Level 1
- 1.2 Level 2 = Able to Teach Intermediate class /or SSAT Skill Classification Level 2
- 1.3 Level 3 = Able to Teach Advance class /or SSAT Skill Classification Level 3
- 1.4 Level 4 = Able to Teach Race Club class /or SSAT Skill Classification Level 4
- 1.5 Trainer Level 1 = Able to deliver Instructor course level 1
- 1.6 Trainer Level 2 = Able to deliver Instructor course level 2
- 1.7 Trainer Level 3 = Able to deliver Instructor course level 3
- 1.8 Trainer Level 4 = Able to deliver Instructor course level 4
- 1.9 Examiner = Able Exam Instructor Level 1-4 & Deliver Training to Trainer Level 1-4

2. LEVEL EVALUATION PROCESS

- 2.1 To obtain Level Certification, candidate must;
- 2.2 Complete the Training Course, correspondence to the Level
- 2.3 Pass ALL EXAMINATION Modules
- 2.4 RE-SIT Examination is possible
- 2.5 RE-SIT Exam Date, Time & Cost to advised by SSAT Examiner
- 2.6 A 50 hours of actual Outdoor Teaching Experience
- 2.7 Provide a Log-book of teaching hours with Guest's signature
- 2.8 Foreign Experienced Instructor can have their prior experience credited toward 50 hours of outdoor teaching (No2.6), however it is to be examined and approved case by case basis by Alpine Director.
- 2.9 Indoor/Non ON-SNOW training does NOT count toward Hours of Experience or Course Level advancement. It will however be credited toward the Level Examination.

3. TRAINER & EXAMINER LEVEL

- 3.1 To become SSAT Trainer Candidate must;
 - 3.1.1 Be Certified in the corresponding Instructor Level,
 - i.e Level 1 Trainer must complete ALL module in level 1 Instructor
 - 3.1.2 Complete SSAT Trainer course (in the corresponding Level)
 - i.e Level 1 Trainer must complete level 1 Trainer Course
 - 3.1.3 Trainer Course is usually 1-2 days, depends on Levels
 - 3.1.4 Be Nominate by Examiner and then Approved by Alpine Director
 - 3.1.5 Be available throughout the Instructor's Course. Including Examination day
- 3.2 To become SSAT Examiner Candidate must;
 - 3.2.1 Be Certified in ALL SSAT Instructor Levels
 - 3.2.2 Complete Trainer Course in ALL Levels
 - 3.2.3 Be Approved by Alpine Director
 - 3.2.4 Be available throughout the Instructor's Course. Including Examination day

4. FOREIGN RECOGNITION / EXCHANGE

- 4.1 ALL Foreign Certified Instructor MUST complete the "SSAT Refresher Course"
 - 4.1.1 Candidate must provide Proof Certification (from your Country), preferably translated.
 - 4.1.2 Provide evidence of Membership Currency (from your Country NSA or Authority)
- 4.2 Each Foreign Certification Candidate will be examined after the Refresher course, to determined SSAT Equivalency.
- 4.3 Course Date: to be advised upon individual request

5. COURSE DETAILS

- 5.1 Instructor Program includes;
 - 5.1.1 Level 1 Instructor = 3 days Training (8hr) & 1 day Exam (8hr)
 - 5.1.2 Level 2 Instructor = 3 days Training (8hr) & 1 day Exam (8hr)
 - 5.1.3 Level 3 Instructor = 3 days Training (8hr) & 1 day Exam (8hr)
 - 5.1.4 Level 4 Instructor = 6 days Training (8hr) & 2 day Exam (8hr)
 - 5.1.5 Level 1 Trainer = 1 days Training (8hr) & 1 day Exam (8hr)
 - 5.1.6 Level 2 Trainer = 1 days Training (8hr) & 1 day Exam (8hr)
 - 5.1.7 Level 3 Trainer = 1 days Training (8hr) & 1 day Exam (8hr)
 - 5.1.8 Level 4 Trainer = 1 days Training (8hr) & 1 day Exam (8hr)
 - 5.1.9 Foreign Instructor "Refresher Course" = 1 days Training (8hr) & 1 day Exam (8hr)
- 5.2 Outdoor Training Session (6hr. approx.) & Indoor Theory Session (2hr. approx.) per day, weather dependent.
- 5.3 Studying Manual (Blue Book)
- 5.4 Written Exam
- 5.5 Teaching Exam
- 5.6 Demonstration Exam
- 5.7 Skill Exam

6. COSTING

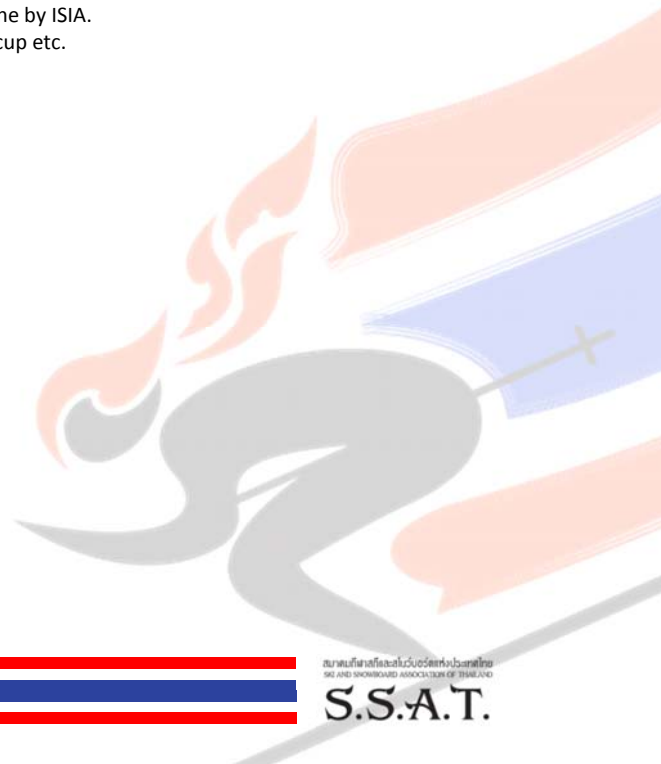
- 6.1 After registration complete, Candidate to pay the Program Fee prior to commencement date to SSAT nominate account.
- 6.2 Costing : **THB 25,000 per Course**

7. CERTIFICATES

- 7.1 Upon Completion of each Level of training, SSAT will issue a Certification to Candidate.
- 7.2 Certificate is certified by SSAT Alpine director on behalf of SSAT Council.

8. INSTRUCTORS PROGRAM GOAL - LONG TERM 5 YEARS

- 8.1 To build SSAT Instructor to International Quality Instructor, Trainer, Examiner.
- 8.2 To achieve International Standard recognition of Teaching System, similar to Australia, Canada, Japan, New Zealand, Austria, Swiss etc.
- 8.3 By way of Demonstrator Team of 8-10 person to demonstrate and be Examine by ISIA.
- 8.4 To Train future Potential Athlete for World Event, i.e Olympic, AWG, World cup etc.
- 8.5 To Train in Race Club & Develop young Athlete.



9. LETTER OF APPOINTMENT

Under Authority of SSAT's committee, the Letter of appointment for the Instructor Program



คำสั่งสมาคมกีฬาและสโนว์บอร์ดแห่งประเทศไทย

ฉบับที่ ๑๐/๒๕๖๐

เรื่อง การแต่งตั้งผู้รับผิดชอบโครงการพัฒนาครูผู้สอนกีฬาและสโนว์บอร์ด

ตามที่ สมาคมกีฬาและสโนว์บอร์ดแห่งประเทศไทย ได้มีมติในการประชุมครั้งที่ ๗/๒๕๖๐ เมื่อวันที่ ๗ เมษายน พ.ศ. ๒๕๖๐ เห็นชอบ ระเบียบวาระที่ ๔.๔ เรื่องการแข่งขัน SSAT Thailand Open ระเบียบวาระที่ ๔.๕ เรื่องการพัฒนาโค้ชกีฬาและสโนว์บอร์ด และระเบียบวาระที่ ๔.๖ เรื่องมาตรฐานการสอนกีฬาและสโนว์บอร์ด ประกอบกับ สมาคมกีฬาและสโนว์บอร์ดแห่งประเทศไทยได้คำสั่งสมาคมฯ ฉบับที่ ๘/๒๕๖๐ ลงวันที่ ๒๑ มิถุนายน พ.ศ. ๒๕๖๐ แต่งตั้งคณะกรรมการเทคนิคและการจัดการแข่งขัน มีอำนาจหน้าที่รับผิดชอบการพัฒนาด้านเทคนิค และการจัดการแข่งขัน โดยมีนายหรินารถ ศิริวรรณ เป็นประธานคณะกรรมการฯ นั้น

เพื่อให้การดำเนินงาน และปฏิบัติหน้าที่ตามภารกิจ ความรับผิดชอบของสมาคมกีฬาและสโนว์บอร์ดแห่งประเทศไทยเป็นไปด้วยความเรียบร้อย มีประสิทธิภาพและเกิดประสิทธิผลสูงสุด อาศัยอำนาจตามข้อ ๙ ของ คำสั่งสมาคมฯ ฉบับที่ ๘/๒๕๖๐ เรื่อง การแต่งตั้งคณะกรรมการเทคนิคและการจัดการแข่งขัน จึงแต่งตั้งนายหรินารถ ศิริวรรณ เป็นผู้รับผิดชอบโครงการพัฒนาครูผู้สอนกีฬาและสโนว์บอร์ด

ทั้งนี้ ตั้งแต่วันที่ ๑ สิงหาคม พ.ศ. ๒๕๖๐ เป็นต้นไป

สั่ง ณ วันที่ ๓๑ สิงหาคม พ.ศ. ๒๕๖๐



(นายปิยสวัสดิ์ อัมระนันทน์)

นายกสมาคมกีฬาและสโนว์บอร์ดแห่งประเทศไทย

10. SKIING COURSE OUTLINE

SKIING LEVEL 1

1. Block 1
 - a. Intro to Course and Skiing / Boarding Skills
 - b. Work through the skills to warm up
 - c. Skill: Straight run to Snowplough stop (STANCE)
2. Block 2
 - a. Intro to FUN, Use Spider Web to warm up
 - b. Learn to Teach : Beginner Straight Run
3. Block 3
 - a. Free Skiing
 - b. Skill: Traverse Edging and Basic Position
 - c. Learn to Teach : Snowplough
4. Block 4
 - a. Learn to Teach : Snowplough turn
 - b. Practice Teaching
 - c. Learn to Teach : Lift Riding
5. Block 5
 - a. Learn to Teach : Snowplough turn Consolidation exercise
 - b. Practice Teaching
6. Block 6
 - a. Skill: Snowplough turn (leg turning)
 - b. Free skiing
7. Discussion
 - a. The Skiing Skills
 - b. The Fundamental of Teaching Children
 - c. Answer Theory Questions

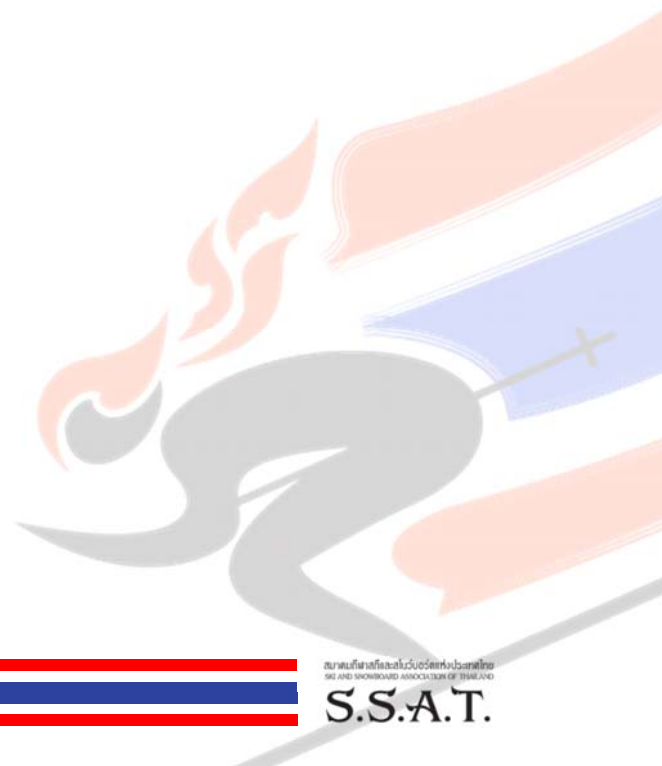
SKIING LEVEL 2

1. Free Skiing Skill
 - a. Short turns Steer
 - b. Medium Radius Steer
 - c. Free Runs
2. Demonstration
 - d. Snowplough turns
 - e. Diagonal Traverse Sideslip
 - f. Basic Christie
3. Teaching
 - g. Snowplough
 - h. Snowplough turn
 - i. Basic Christie
 - j. Stem Christie
4. Movement Analysis
 - k. Turn type performance
 - l. Soft focus
 - m. Hard focus
 - n. Psychological, Physical, Equipment Terrain Factors

- o. Stance, Rotary, Edging, Pressure Control
- 5. Theory Exam
 - a. 1 hour exam period

SKIING LEVEL 3

- 1. Free Skiing Skill
 - a. Short turns Carve
 - b. Medium Radius Carve
 - c. Bump run Steer run
- 2. Demonstration
 - d. Basic Christie
 - e. Snowplough Wedeln
 - f. Parallel Steer turn
- 3. Teaching
 - g. Parallel turn
 - h. Basic Short turn Flat terrain
 - i. Basic Short turn Steep terrain
 - j. Medium carve turn
 - k. Bump run
 - l. Jumping
- 4. Movement Analysis
 - m. Turn type performance
 - n. Soft focus
 - o. Hard focus
 - p. Psychological, Physical, Equipment Terrain Factors
 - q. Stance, Rotary, Edging, Pressure Control
- 5. Theory Exam
 - a. 1 hour exam period



SKIING LEVEL 4

1. Free Skiing Skill
 - a. Change of Rhythm, Carve Skill Blend
 - b. Long / Medium Radius Pure Carve turn
 - c. Bump run Carve
 - d. Free Run Carve
2. Demonstration
 - e. Basic Christie
 - f. Snowplough Wedeln
 - g. Parallel Steer turn
3. G.S Speed Test
4. Teaching
 - h. Dynamic Long turns
 - i. Dynamic Short turns
 - j. Retraction Extension turns
 - k. Moguls
 - l. Powder / Crud skiing
 - m. Steeps
 - n. Halfpipe & Rail
5. Movement Analysis
 - o. Turn type performance
 - p. Soft focus
 - q. Hard focus
 - r. Psychological, Physical, Equipment Terrain Factors
 - s. Stance, Rotary, Edging, Pressure Control
6. Theory Exam
 - a. 1 hour exam period

End of Statement

11. SNOWBOARDING COURSE OUTLINE

SNOWBOARDING LEVEL 1

1. Block 1
 - a. Cover Candidate course and Exam
 - b. Intro to FUN, Use Spider Web to warm up
 - c. Introduction to 4 Skills & T.A.D
 - d. Tasks & Skills: Direction change, garlands, medium radius closed turns
2. Block 2
 - a. Intro to FUN, Use Spider Web to warm up
 - b. Learn to Teach : Beginner progression up to garlands, including warm up & Introduction
3. Block 3
 - a. Skill: Garlands, Medium radius closed turn (rotation, edging & Basic position)
 - b. Learn to Teach : Garlands through to linked turns
4. Block 4
 - a. Practice Teaching
 - b. Minimal feedback for the first time
5. Block 5
 - a. Learn to Teach : Consolidation exercise needed for basic linked turns
 - b. Practice Teaching
 - c. Trainer to perform possible problems for Movement analysis
6. Block 6
 - a. Skill: Basic turns Blending Skills focused on regular with switch option
 - b. Free Boarding
7. Discussion
 - a. The ABC of All Kids lessons
 - b. Adults VS Children
 - c. Child Development
 - d. Linked Spider Webbing, Common theme and age groups
 - e. Answer Theory Questions

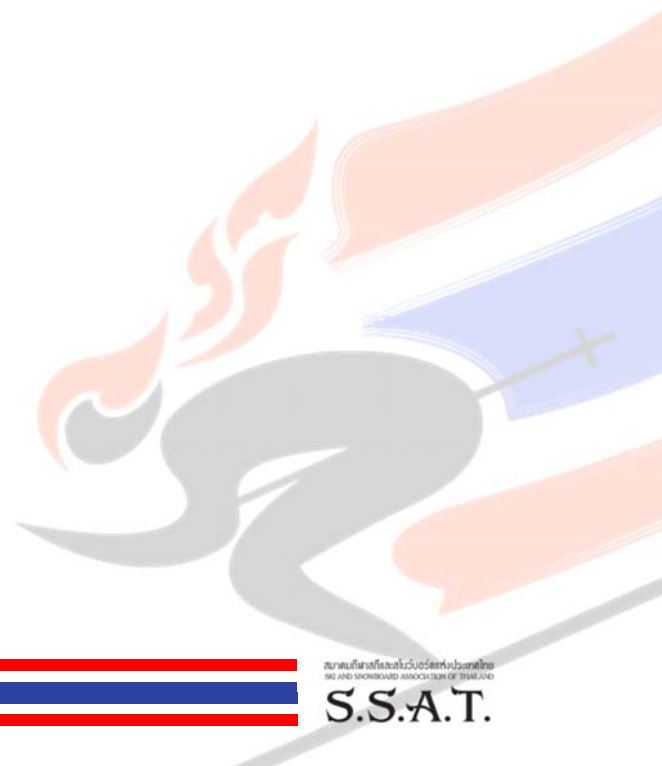
SNOWBOARDING LEVEL 2

1. Free Riding Skill
 - a. Short turn
 - b. Long turn
 - c. Free run
 - d. Straight Air Indy grab
2. Demonstration
 - a. Steer turn
 - b. Linked Pivot slips
 - c. Basic switch turn
 - d. 50/50
3. Teaching
 - a. Introduction through to the turns
 - b. Use of Nine Lesson essentials
 - c. Lesson Plan
 - d. Age group
7. Movement Analysis

- a. Turn type performance
 - b. Soft focus
 - c. Hard focus
 - d. Psychological, Physical, Equipment Terrain Factors
 - e. Stance, Rotary, Edging, Pressure Control
8. Theory Exam
- a. 1 hour exam period

SNOWBOARDING LEVEL 3

1. Free Riding Skill
 - e. Short turn Steer
 - f. Rhythm change
 - g. Bumps / Crud
 - h. Free run
 - i. 180 Air Front side or Back side
 - j. Board slide
 - k. Nose press
2. Demonstration
 - a. Long Carve turn
 - b. Steer down un weight turn
 - c. Steer switch turn
3. Teaching
 - a. Introduction through to the turns
 - b. Use of Nine Lesson essentials
 - c. Lesson Plan
 - d. Age group
4. Movement Analysis
 - a. Turn type performance
 - b. Soft focus
 - c. Hard focus
 - d. Psychological, Physical, Equipment Terrain Factors
 - e. Stance, Rotary, Edging, Pressure Control
5. Theory Exam
 - a. 1 hour exam period



SNOWBOARDING LEVEL 4

1. Free Riding Skill
 - a. Rhythm change
 - b. Switch Carve turn
 - c. Advance Bumps
 - d. Deep Snow / Steep / Crud
 - e. Free run
 - f. 180 Air Front side or Back side
 - g. Board slide
 - h. Nose press
2. Demonstration
 - a. Extension / Retraction Short turn
 - b. Dynamic Carve Long turn
 - c. Dynamic Carve Short turn
 - d. Switch Short turn
 - e. Halfpipe
 - f. 360 Air
 - g. Switch Indy Air
 - h. Front Board Slide
 - i. Race
3. Race: Timed Giant Slalom
4. Teaching
 - a. Introduction through to the turns
 - b. Use of Nine Lesson essentials
 - c. Lesson Plan
 - d. Age group
5. Movement Analysis
 - a. Turn type performance
 - b. Soft focus
 - c. Hard focus
 - d. Psychological, Physical, Equipment Terrain Factors
 - e. Stance, Rotary, Edging, Pressure Control
6. Theory Exam
 - a. 1 hour exam period

End of Statement