

*INTERNATIONALER VERBAND DER SCHNEESPORT-INSTRUKTOREN (IVSI)  
INTERNATIONAL FEDERATION OF SNOWSPORT-INSTRUCTORS (IFSI)  
FEDERATION INTERNATIONALE DES INSTRUCTEURS DE SPORT DE NEIGE (FIIS)*



**Rahmenrichtlinien  
Basic Guidelines  
Directives Cadre**



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## **BASIC GUIDELINES**

### **for the training; examination and further training of snow sport instructors**

Ski instructors, snowboard instructors and instructors in other snow sports are teaching according to the standing rules of the International Federation of Snow Sport Instructors (IFSI) within existing bodies (clubs, associations, organisations). In the following, the term "instructors" refers to "trained and certified instructors in the disciplines alpine skiing, snowboarding, ski touring, telemarking, Nordic skiing and other snow sports".

The mutual bond between instructors and their learners result in characteristic tasks which are not interchangeable. Instructors must at all times be aware of the responsibility they assume and of serving as a role model.

The training of instructors concentrates on snow sports; it is supplemented by training in the fields of recreational pedagogics, community-building and health education.

#### **1) Aim of the training**

The training shall impart practical skills, practical-methodological knowledge and theoretical knowledge, so that instructors are able to teach children, teenagers and adults safe and sporting techniques in a modern way.

The IFSI member-federations should be guided by their own regulations concerning training and examination of instructors, if these fulfil the minimum requirements of the International Federation of Snow Sport Instructors.

The basic guidelines for snow sport instructors for ski touring only regulate randonees and ski touring outside high mountain areas. In the high alpine regions the guidelines of the Union Internationale des Associations d'Alpinisme (UIAA) are applicable.

#### **2) Minimum training requirements**

##### **a) Technical skills**

Perfect mastering of a technique represents a safe way of performing tasks as they occur in the activity of an instructor.

##### **b) Didactic-methodological skills**

Teaching the contents according to modern didactic-methodological knowledge.



**c) Basic theoretical knowledge in the following fields:**

- Motion science and mechanics;
- Pedagogy, didactics, methodology,
- Equipment and devices;
- Risk management in alpine terrain;
- Safety in snow sports;
- Snow sports and the environment;
- Basics of sports medicine and first aid;
- Organisations in snow sports; knowledge of ski instruction, snowboarding and other snow sports; structure of the associations;
- Sports psychology;
- Sport sociology;
- History of snow sports;

**d) Contents of the following fields:**

- Motion science and mechanics

Motor learning;  
criteria of sporting movements;  
making curves and its preconditions;  
characteristics of changes of direction and of techniques;  
terminology.

- Pedagogy, didactics, methodology

Pedagogical basics and aims in education;  
didactic and methodological principles;  
teaching procedures; teaching measures;  
aides for teaching and learning;  
structure and organisation of teaching.

- Equipment and devices

Material science; function, suitability;  
use, care and maintenance.

- Risk management in alpine terrain

Alpine dangers;  
structure of the snow; development of avalanches;  
behaviour when there is danger of avalanches;  
rescue measures;  
principles of orientation;  
orientation aides.

- Snow sport safety

Importance of safety education;  
behaviour on pistes and tracks (FIS-rules);  
safety training;  
legal and insurance issues.



- Snow sports and the environment

Change in and pollution of the environment through snow sports and winter tourism (air-water-soil-waste-traffic-noise);  
special problems caused by ski touring, cross-country skiing, snowboarding and other snow sports (forest and game).

- Basics of sports medicine and first aid

Functional anatomy and physiology;  
knowledge in first aid.

- Sports psychology

Experiences and behaviour of people in snow sport activities;  
psychological aspects of learning movements;  
psychomotoric development of the human being.

- Sports sociology

Responsibility of snow sports in society;  
forms and organisational forms of snow sports;  
group-dynamic processes;  
role as a leader and as a teacher.

- Organisation of snow sports

Knowledge of ski instruction, snowboarding and other snow sports;  
structure of associations,  
structure and functions of snow sports organisations on the national and international level;  
aspects of national law.

- History of snow sports

The origins of snow sports, their technical development and the development of various kinds of different snow sport equipment.

### **3) Duration of the training**

Qualified training which takes place according to these guidelines requires training of at least  
180 lessons for instructors of alpine skiing,  
120 lessons for instructors of cross-country skiing,  
180 lessons for instructors of ski touring.  
180 lessons for snowboard instructors.  
140 lessons for telemark instructors.

Within the framework of the training candidates must also furnish proof of practical teaching experience.

For this reason, the training of instructors comprises between 250 and 300 hours overall.



#### 4) Examination criteria

A qualified instructor must prove his/her skills and knowledge by means of examinations in the following fields.

##### a) Technical skills

Instructor alpine skiing	Instructor snowboard	Instructor cross-country skiing	Instructor ski touring
sporting style - untimed - timed	sporting style - untimed - timed	sporting style - untimed - timed	skiing off-piste mountain rescue
demonstration skills	demo skills	demo skills	
Instructor Telemarking			
sporting style - untimed - timed			
demo skills			

##### b) Didactic-methodological skills

Verification of teaching skills by means of demonstration lessons with topics from the relevant national teaching curricula.

##### c) Theoretical subjects

- Motion science and mechanics;
- Pedagogy, didactics, methodology;
- Equipment and devices;
- Risk management in alpine terrain;
- Safety in skiing, snowboarding and other snow sports;
- Snow sports and the environment;
- First aid in snow sports accidents;
- Organisation of snow sport instruction.

For details on examination requirements, see the examination guidelines for snow sport instructors.

#### 5) Legitimation

Instructors who have successfully passed the examination receive the IFSI card and badge from their respective national federation. The IFSI member federations are obliged to issue the international card and the international badge only to those instructors who have successfully passed the corresponding parts of the examination.



## **6) Activity report and further training**

Instructors are obliged to be at the disposal of their federations, associations and organisations for instruction to an appropriate extent.

Modern instruction can only take place if instructors undergo further training themselves and are active in their sports. Instructors have to undergo a continuation course of at least three days at least every three years.

The instructor has to report to his/her federation/association/organisation about his/her activities on an annual basis (activity report).

## **7) International season badge**

The international IFSI season badge and the related evidence of validity may only be issued by the member federations to those instructors who

- a) fulfil the minimum requirements for training and examination,
- b) undergo compulsory further training,
- c) hand in the annual activity report.

The international card has a limited period of validity which is indicated, for example, by the international stamp or by an imprint of the expiry date on the card.

First resolution	29.03.1985	Vuokatti / Finland
Amending resolution	07.04.1989	Shiga-Kogen / Japan
Amending resolution	16.01.1991	St. Anton / Austria
Amending resolution	02.04.1993	Beitostolen / Norway
Amending resolution	12.04.1999	Beitostolen / Norway
Amending resolution	22.01.2003	Crans Montana / Switzerland
Amending resolution	07.04.2005	Lech a. Arlberg / Austria
Amending resolution	31.01.2007	YongPyon / Korea