

CROSS COUNTRY INSTRUCTOR CANDIDATE

Date:	23.4. - 2.5.2023
Registration deadline:	26.3.2023
Training location:	Neustift / Stubai Glacier
Meeting point:	8.30 a.m. Alpenhotel Kindl, Franz-Senn-Straße 66, 6167 Neustift At the reception in cross country skiing clothes
Course instructor:	Peter Schwandl Tel +43 688 8193605 E-mail info@langlaufschule-achensee.at

TRAINING PROFILE

Target group:

Beginner

Training Objective:

Graduates are proficient in giving cross-country skiing lessons on secured trails in elementary school for adults and children and have the necessary professional competence in theory and practice. The curriculum demonstration of the exercises at an advanced level as well as the understanding of the movement sequences are basic requirements for this. Along with this, work is also done on increasing and consolidating one's own skills.

Contents Theory:

Exercise science, teaching science, equipment and device science, snow and wax science, first aid, occupational science, nature and environmental science, tourism science, introduction to a living foreign language English, introduction to alpine science, history of skiing.

Contents Practice:

- **Checking your own skills**
- **Basic school of individual running techniques in own skill and school form**

Classical technique: Diagonal step in the plane, Double stick step, Stair step, Parallel (indirect) lane change, Bone step

Skating technique: skating step without poles, diagonal skating step, asymmetrical two-stroke, slow side change

Braking, downhill and cornering techniques: parallel downhill, plow, half plow

- **Practical-methodical exercises for children and adults**

This mainly involves describing and demonstrating elementary school movement sequences in the form of teaching rehearsals and teaching performances. The recognition of mistakes and the correct application of corrections is another essential point that contributes to the success of good teaching.

- **Alpine safety**
- **Introduction to alternative snow sports**
- **No Handicap**

Testimonial:

After positive completion of the examination, the candidate receives a certificate from the Office of the Tyrolean Provincial Government. This represents a professional authorization as a cross-country ski instructor candidate. A cross-country skiing instructor candidate may give cross-country skiing lessons within the framework of a ski school.

We expressly point out that the training and examination language is German!

PARTICIPATION REQUIREMENTS

- Written registration by means of the registration form at the latest 14 days before the start of the course
- Deposit slip
- Completed 16 years of age until final examination
- Own skills: Safe and continuous movement in classic and skating technique.
- Medical confirmation of appropriate physical fitness, valid also for glaciers (not older than 3 months) - see template attached.
- Sufficient health, accident and liability insurance - is to make your own provisions!
- Own ability - If the necessary own ability is not available, participation in the training course is not possible. The course fees will be refunded in this case.
- If training has been completed with an Austrian ski instructor association or mountain sports guide association, we ask that the ID card (with valid membership stamp) or certificate be presented at the start of the course. Special examination subjects can be credited if necessary. Without proof there is no credit!

EQUIPMENT

- Classic equipment
Scale skis or fur skis, poles (body size x 0.84), boots (suitable for the binding system)
- Skating equipment
Skating skis, poles (body size x 0.89), boots (suitable for the binding system)
- Glide wax spray or paste for ski care
- Cross-country ski clothing with warm overwear and rain protection
- Running shoes
- Drinking bottle or belt
- Sunglasses and protection for skin and lips
- First aid kit
- Backpack for spare clothes and first aid kit
- Writing material
- E-card for the case of need
- If training has been completed with an Austrian ski instructor association or mountain sports guide association, we ask that the ID card (with valid membership stamp) or certificate be presented at the start of the course. Special examination subjects can be credited if necessary. Without proof there is no credit!

COSTS

Category 1 - without overnight stay:

Course fee, examination fee, stamps, administration fee, scripts, infrastructure fee incl. afternoon snack in Hotel Kindl

Course costs: € 829,00 (= course costs + seminar fee € 11,00/day) per person

Category 2 - with overnight stay in a double room:

Course fee, examination tax, stamps, administration fee, scripts, overnight stay in double room incl. half board and afternoon snack, local tax

Course cost: € 730,00 per person

Hotel costs: € 96,00 per person/night in double room with half board and afternoon snack
+ € 2,80 local tax per person/night
Hotel costs are to be paid in cash on the spot

Category 3 - with overnight stay in a single room:

Course fee, examination tax, stamps, administration fee, scripts, overnight stay in single room (if possible) incl. half board and afternoon snack, local tax

Course cost: € 730,00 per person

Hotel costs: € 151,00 per person/night in single room with half board and afternoon snack
+ € 2,80 local tax per person/night
Hotel costs are to be paid in cash on the spot

Lift costs:

Since the trail is located on the glacier, lift costs of about € 20.00 per day may apply. These are to be paid in cash on site.

Terms of payment:

Recipient: Tyrolean Ski Instructors Association

Bank details: IBAN AT892050303300679234

BIC: SPIHAT22XXX

Free of charge until 10 days before course start at the latest

! If payment is not made in time, participation is not possible without exception !
Please refer to our terms and conditions including the cancellation fee policy.

We expressly point out that the language of training and examination is German.

MEDICAL CONFIRMATION

For the training instructor course of the Tyrolean Ski Instructors Association

Course date from _____ to _____ in Neustift/Stubai Glacier

It is hereby confirmed that Mr./Mrs.

Last nameFirst name

Born on

Resident in

is physically and mentally healthy.

From a medical point of view, there are no concerns for him/her with regard to participation in the above-mentioned course.

Place,

dateDoctor's signature

This confirmation must be presented to the course instructor at the beginning of the course and must not be older than 3 months.