



ROCKY MOUNTAIN

Title

Extreme Mountain Performance

Duration

2 Days (12 CEUs)

Learning Connection Highlight

Technical Skills

Course Description

This high-intensity performance clinic for PSIA Level II Certified Instructors and above explores the technical and tactical aspects of skiing steep off-piste terrain and all types of snow conditions. We will endeavor to develop optimal ski and body performances in extreme terrain and achieve efficiency in all terrain and snow conditions. This course can help you make informed terrain choices, develop long-term goals, and provide you with coaching “nuggets” to expand your comfort in challenging terrain and snow conditions. This course builds on the foundations of the “Let’s Get Off-Piste (formerly Front Side/Back Side) course.

Recommended Preparatory Learning or Perquisites

- Get Off-Piste (formerly Front Side/Back Side), or Performance Bumps courses Prerequisite:

Prerequisite Courses and Skills

- Level 2 Certification
- The fitness, tactical decision making, and technical skills necessary to ski any/all open terrain, in any/all conditions (including extreme terrain and conditions) safely and confidently.

The clinic leader may ask any participant(s) who do not have ownership of highly advanced skills, and/or the confidence and versatility to ski any/all open terrain to ski with a more appropriate group, or to contact the PSIA-RM Office for a refund or to reschedule.

Learning Outcomes

By the end of this clinic, successful participants will be able to:

- Demonstrate body performance, ski performance, and appropriate tactics that heighten ski performance on double black terrain.
- Describe the ski/body performance and tactics that contribute to confidence in double black terrain.

Learning Experiences

- Explore and discuss effective:
 - Tactics, body performance, and ski performance.



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- o Skill and Fundamental blends used to ski extreme terrain on increasingly difficult slopes.
- o Safety procedures for skiing extreme terrain, including self-arrest, spacing, assessing snow conditions, and assessing/managing risk.
- Practice group procedures and group-management prior to adventuring into extreme terrain. (Buddy system, going one-at-a-time, checking conditions, etc.)
- Describe a coaching “nugget” or tip that helped them be able to expand their comfort in challenging terrain and snow conditions.

Materials/Equipment Needed

- Recommended Equipment
 - o Well maintained skis appropriate for the conditions and terrain available.