MENDIP
SNOWSPORT CENTRE

CONGRATULATIONS

HAS ACHIEVED MENDIP SNOWSPORT CENTRES' RECREATIONAL STANDARD.

★ ★ ★ ★

DATE	INSTRUCTOR

RECREATIONAL LEVEL

As a 'Recreational Skier' you are now welcome to ski on our slope anytime unsupervised.

All our prices include equipment hire. You just need to bring your gloves, long sleeves and long trousers and follow the FIS Ski Way Code.

www.mendip.me

CHOOSE A REWARD

HALF PRICE ANNUAL MEMBERSHIP

Unlimited use of the slope for recreational skiing or snowboarding. Includes unlimited FREE equipment hire. Plus these membership perks...

- **10% discount in the Alpine Lounge**
- **20% discount on Snowsports (including lessons)**
- **20% discount on all other outdoor activities***
- **Two Complimentary Child Toboggan slots every week**
- **Unlimited FREE Disc Golf**

or FREE DAY SLOPE PASS

All day slope pass to ski for FREE. Includes equipment hire.

WHAT NEXT? Keep up your skiing!

MORNING CLUB

Fun, informal session with our instructors on hand to help you improve your skills. Complimentary tea, coffee and biscuits in the Alpine Lounge

THURSKI CLUB

Fun, inclusive evening session with our expert instructors. Refine your technique and have a go with slalom poles.

ALPINE LOUNGE rooftop café-bar

MENDIP
SNOWSPORT CENTRE

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SKI COURSE

NAME

BEGINNER
SKIING ★

DATE COMPLETED

1 STAR SKILLS	TRIED IT	GOT IT
Equipment fitting & safety		
Falling over & safety rules		
Moving on flat 1 & 2 ski movement		
Side stepping up the slope		
Straight running		
Introduction to plough shape		
Braking plough		
Vary speed of the plough		
Plough stop on the hill		
Walking speed plough		
Competent use of the lift		

PROGRESSOR
SKIING ★★

DATE COMPLETED

2 STAR SKILLS	TRIED IT	GOT IT
Controlled turn on one side		
Control speed in the fall-line		
Turn in both directions		
Control speed through turns		
Demonstrate good posture		
Demonstrate side slipping		

IMPROVER
SKIING ★★★

DATE COMPLETED

3 STAR SKILLS	TRIED IT	GOT IT
Demonstrate flex & extension		
Multiple linked plough turns		
Use varied turn methods		
Dismount lift on an angle		
Confident linked turns		
Understand 'Safe Slope Rules'		

REFINER
SKIING ★★★★

DATE COMPLETED

4 STAR SKILLS	TRIED IT	GOT IT
Correct weight changes in turns		
Ski from top of main slope		
Select & ski a safe route		
Ski over varied terrain		
Practise skiing drills		
Explain the perfect skiing posture		

COURSE PROGRESS NOTES