



FULLSKI

SNOW
MUCH FUN

 SAN BERNARDINO

TECHNICAL LEVELS

 FULLSKI.ch

GREEN LEVEL - FIRST SNOW

"My first steps on the snow"

This level is dedicated to those who have never skied or worn skis before.

The goal is to become familiar with the equipment and the snow, learning the first basic movements in a fun and safe environment.

Examples: has never skied before; is learning to move and slide on skis with ski boots on; practices keeping balance, stopping and making the first changes of direction.



BLUE LEVEL - BEGINNER | TRAINING SLOPE

"I start skiing – I stay on the training slope"

The student has already had a first approach to skiing and is able to move with increasing autonomy on the training slope. They are learning to control speed and direction and to link their first turns, but are not yet comfortable on higher terrain.

Examples: can slide and stop; performs the first turns in a snowplough; uses magic carpet and small lifts at the training slope; may still need the instructor's help to use the button lift or anchor lift.



BLUE LEVEL - BEGINNER | BLUE SLOPES

“Skiing on blue slopes – Leaving the training slope”

The student has acquired the necessary skills to leave the training slope and ski independently on blue slopes. They can control speed and direction and are able to follow a sequence of turns with growing confidence.

Examples: skis independently on blue slopes; links turns with a good level of control; knows how to stop when necessary; can use the button lift or anchor lift and has already used the chairlift accompanied; is starting to reduce the snowplough and to ski more parallel during the turns.

To choose the Blue Level: the student is able to ski independently on a blue slope and use the chairlift or anchor lift, and has experience with the chairlift.



RED LEVEL - INTERMEDIATE | RED SLOPES

"Skiing with confidence"

The student skis with good autonomy and control and is able to tackle red slopes. Their skiing is fluid and they can progressively maintain parallel skis. They can also independently use the main lifts.

Examples: tackles blue and red slopes with confidence; performs parallel turns or mostly parallel turns; controls speed and line also on steeper terrain; independently uses the chairlift, anchor lift and gondola; adapts to the slope and snow conditions.



BLACK LEVEL - ADVANCED | BLACK SLOPES

"Skiing on any slope"

The student has an advanced technique and is able to ski safely also on black slopes and challenging terrain. They have excellent control of their skis and can adapt technique, speed and line to different snow and slope conditions. They are completely independent in using all lifts.

Examples: skis safely on black slopes; performs parallel turns with good control; varies rhythm and turn radius; handles steep terrain and different snow conditions; independently uses all lifts; can further refine advanced technical aspects such as carving and short turns.

