Course Program - SB Rookie Coach Snow (Level 1)

Deviations in the course schedule may occur depending on situational and personnel conditions.

SCHWEIZER SCHNEESPORT
BERUFS- UND SCHULVERBAND
SSBS

07:00

08:00 **Breakfast** | **Breakfast**

09:00

10:00 **Course Opening**
Course information, schedule, and objectives

Snow part
Getting to know the technical set-up

Snow part
Structure and sequence of beginner lessons

11:00 **Snow part**
Experiencing and recognising snowboarding technique

12:00 **Lunch break** | **Lunch break**

Lunch break

13:00

Snow part
Understanding and developing demo quality

Snow part
Structure and sequence of beginner lessons

14:00 **Snow part**
Understanding the structure of snowboarding technique

Course Closing
- Logbook
- Online survey
- Personal feedback & qualification

15:00 **Video** Basic turn

Video Snowboard technique

16:00

Video analysis / Logbook

17:00 **ID Photo**
Video analysis / Logbook

Theory
- Technique and demo quality
- Structure and sequence of beginner lessons

18:00 **Theory**
- Teaching materials, FIS rules
- Structure of basic skills (GF) and elem. forms (EF), turn types (DVD)
- Equipment knowledge / equipment setup

Admin - Theory
- Snowboard instructor education & course preparation
- Federal subsidies

19:00 **Dinner** | **Dinner**