

ONE STAR	S/R	On Snow Pass (Y)	Roller ski Pass (Y)
Basic knowledge of equipment and suitable clothing	SR		
Stand safely	SR		
Run straight down gentle slope	SR		
Diagonal stride	SR		
Double pole	SR		
Herringbone	S		
Star turn	SR		
Side step	SR		
Snowplough glide & brake	S		
Brake by rolling onto grass	R		
Rollerski snowplough	R		
Importance of warming up before skiing	SR		
PASS			
Assessed by (on snow)	Date		
Assessed by (rollerski)	Date		

TWO STAR	S/R	On Snow Pass (Y)	Roller ski Pass (Y)
Knowledge of equipment and suitable clothing	SR		
Knowledge of waxing	S		
Diagonal stride	SR		
Diagonal stride uphill	SR		
Double pole	SR		
Kick double pole	SR		
Exit track	S		
Herringbone	S		
Basic skate	SR		
Skate turn	SR		
Step turn	SR		
Side step	S		
Kick turn	S		
Half snowplough in tracks	S		
Snowplough glide and brake	S		
Snow plough turns to left and right	S		
Traverse	S		
Brake by rolling onto grass	R		
Rollerski snowplough	R		
PASS			
Assessed by (on snow)	Date		
Assessed by (rollerski)	Date		

THREE STAR	S/R	On Snow Pass (Y)	Roller ski Pass (Y)
Knowledge of equipment	SR		
Knowledge of waxing	S		
Knowledge of suitable clothing	SR		
Diagonal stride	SR		
Double pole	SR		
Kick double pole	SR		
Exit tracks and change track	S		
Herringbone and half herringbone	S		
Herringbone skate	SR		
Skate 1	SR		
Skate 2	SR		
Skate 3	SR		
Free skate	SR		
Skate turn	SR		
Step turn	SR		
Kick turn	S		
Side step on hill	S		
Half snowplough in track	S		
Snowplough glide and brake	S		
Linked snowplough turns	S		
Traverse with step up stop to left and right	S		
Brake by rolling onto grass	R		
Rollerski snowplough	R		
PASS			
Assessed by (on snow)	Date		
Assessed by (rollerski)	Date		

For further information contact the Proficiency Administrator at: nordicproficiency@googlemail.com