

FOUR STAR	S/R	On Snow Pass (Y)	Roller ski Pass (Y)
Knowledge of equipment	SR		
Knowledge of waxing	S		
Diagonal stride	SR		
Double pole	SR		
Kick double pole	SR		
4 phase track changes	S		
Herringbone and half herringbone with transition	S		
Herringbone skate	SR		
Skate 1	SR		
Skate 2	SR		
Skate 3	SR		
Free skate	SR		
Dynamic turn (step, skate and transition step to skate)	SR		
Kick turn	S		
Side step on hill	S		
Half snowplough in track	S		
Snowplough glide and brake	S		
Linked snowplough turns	S		
Stem turns to left and right	S		
Traverse with step up stop to left and right	S		
Emergency stop	S		
Emergency stop onto grass	R		
Stepping snowplough	R		
PASS			
Assessed by (on snow)	Date		
Assessed by (rollerski)	Date		

FIVE STAR	S/R	On Snow Pass (Y)	Roller ski Pass (Y)
Knowledge of equipment	SR		
Knowledge of waxing	S		
Diagonal stride	SR		
Double pole	SR		
Kick double pole	SR		
3 phase track changes	S		
Herringbone and half herringbone with transition	S		
Herringbone skate	SR		
Skate 1	SR		
Skate 2	SR		
Skate 3	SR		
Free skate	SR		
Dynamic turns (step, skate and transition step to skate)	SR		
Kick turn	S		
Side step on hill	S		
Half snowplough in track	S		
Snowplough glide and brake	S		
Linked snowplough turns	S		
Linked stem turns	S		
Traverse with step up stop to left and right	S		
Emergency stop	S		
Emergency stop onto grass	R		
Stepping snowplough	R		
PASS			
Assessed by (on snow)	Date		
Assessed by (rollerski)	Date		



**SNOWSPORT
ENGLAND**

Nordic Proficiency Award



Name.....