



# RIDERS

GROM SNOWBOARD PROGRAM



## DIRECTOR'S GUIDE

**LTAD STAGE 2**  
**FUNdamentals**

**Learn to Snowboard**  
 CASI QuickRide  
**Goal:** To create a certain level of mobility, control, and enjoyment as quickly as possible.



**LTAD STAGE 3**  
**Learn To Train**

**RIDERS - Green**  
**Goal:** Develop all mountain riding.

**RIDERS - Blue**  
**Goal:** Refine all mountain riding. Introduce discipline specific skills.

**RIDERS - Black**  
**Goal:** Perfect all mountain riding. Develop discipline specific skills. Introduce concepts of holistic training (mental & physical prep).

OPPORTUNITIES TO ATTEND CLUB & RIDERS EVENTS



**LTAD STAGE 4**  
**Train to Train**

- Join your local club.
- Attend industry and provincial series events.

**LTAD STAGE 8**  
**Snowboard for Life**

- Become an instructor or a coach.
- Compete in fun events (Banked Slalom Tour).
- Attend Advanced Freeride & All Mountain Lessons.

# PROGRESSION PATHWAY

The RIDERS Progression Pathway aims to provide the foundation for snowboarders, at a variety of skill levels, to build a passion and dedication to the sport that will create lifelong Riders.



## Program Guide

The RIDERS Program Guide was created to assist snow school directors and club owners to understand The RIDERS Program and facilitate program delivery within the snow school or club context.

The Canadian Association of Snowboard Instructors, in partnership with the Canada Snowboard Coaching Program (CSCP) have developed The RIDERS Program – a nationally delivered, multi-week skill development program, led by CASI instructors and/or CSCP coaches.

The RIDERS Program has been developed in partnership with the Canadian Association of Snowboard Instructors (CASI). After learning the fundamentals of snowboarding through entry level snow school programming (CASI QuickRide) participants move into the RIDERS Program to refine their skills and continue to progress within the snow school environment. The programming is free to use and flexible, allowing any host resort in Canada to tailor the delivery of the curriculum to their needs.

Upon completion of the program, graduates will have the skills required to successfully transfer into the local club program or snowboard skillfully for life.

## Overview of Levels

There are three levels to the program: Green, Blue and Black. Participants in the program should graduate from the program in 3 to 5 years. Each level takes approximately one season, depending on skill level, development and the resort's terrain. Participants may remain in one level for longer.

**Riding Experience:** 1-3 Seasons  
**Suggested Ages:** 7-12 years old  
**Leader Requirements:** CASI 2 Instructor with Park Certification and/or CSCP Comp Intro Trained Coach  
**Recommended Duration:** 2.5 hours/week for 8-12 weeks (20-30 hours)  
**Goal:** Improve all mountain riding and learn the basics of all snowboard disciplines.

**Riding Experience:** 2-4 Seasons  
**Suggested Ages:** 8-13 years old  
**Leader Requirements:** CASI 2 Instructor (3 Preferred) with Park Certification and/or CSCP Comp Intro Certified Coach  
**Recommended Duration:** 5 hours/week (2 x 2.5 hour sessions) for 8-12 weeks (40-60 hours)  
**Goal:** Improve all mountain riding and basic individual discipline skills.

**Riding Experience:** 3-5 Seasons  
**Suggested Ages:** 9-14 years old  
**Leader Requirements:** CASI 3 Instructor and/or CSCP Comp Intro Certified (Comp Intro Advanced Preferred)  
**Recommended Duration:** 5 hours/week (2 x 2.5 hour sessions) for 8-12 weeks (40-60 hours)  
**Goal:** Continued improvement of all mountain riding, introduction of immediate discipline skills and introduction to concepts of holistic "training" (mental & physical preparation).

## Who can participate in the Program?

Riding experience guidelines are meant to assist placing older participants into an appropriate program level. The program can be easily implemented for late entry participants and can be used for teen, adult or high school programming.

It is expected that a participant will be able to progress through the entire RIDERS Program in 3-6 years, at which point they will be ready to join the local competitive snowboard club, snowboard skillfully for life or a variety of opportunities (competition, coaching, instructing).

Participants who has progressed through CASI QuickRide are a good candidate to participate in the RIDERS Green Program.

# The Curriculum

Regardless of leader experience, the program, by design, ensures participants are challenged with fun games and activities to develop their abilities beyond the intermediate level in riding. The curriculum follows a progressive pattern and is designed to achieve specific outcomes. Directors and instructors have the freedom to manipulate the session plans, but are encouraged to always meet the goals and objectives set out in the session plans.

The RIDERS curriculum was developed by CASI, the Canada Snowboard Technical Education Committee and National Team Coaches. It was created based on principles outlined within The Long Term Athlete Development Model (the LTAD) for a participant in “Stage 3: Learn to Train.” For more information about the LTAD, visit: <http://www.canadasnowboard.ca/en/ms/ltad/>

Directors and program leaders are encouraged to use the curriculum as a starting framework. Less experienced program leaders will have a clear lesson plan to follow to achieve results, while the more experienced leader will be able to add their creative touches to work towards the same goal. Having clear and consistent session plans and goals will help maintain the quality of the program between all program leaders and make sure that the students are getting a true multi-disciplinary training program.

## Program Delivery & Duration

Each level of the program has session plans to be delivered in 8-12 weeks with options to modify the delivery for a variety of program formats. Customization of the delivery format is easily possible. For some schools, an 8-week program is suitable, for others, offering more days per week is an option and the curriculum permits stretching/ splitting each session over multiple days/sessions. Alternatively, some schools may choose to offer a program that is more focused on a single discipline depending on the participants in the program. While specialization at this level is not encouraged, it may be possible to add an extra day or two to the basic 8-week program to create a 9 or 10-week program that still retains the benefits of the multi-discipline framework.

## Skill Tracking Web Application

To assist snow schools and leaders across the country to deliver provide parents with skill tracking of their participating children, RIDERS has a web-based tracking application. Rather than providing a written report at the end of the lesson program, which often gets thrown away or lost, leaders will be able to easily record participant progress using their smart-device. Next to an online skill assessment, the program also offers a simple fillable PDF that can be used. This PDF is customizable and if resorts/clubs would like, the resort's logo can be included.

## Leadership Requirements & Training

Minimum certification/training requirements are necessary to ensure the leader is trained or certified in the delivery of the program curriculum and is insured to work with participants at a particular level.

**GREEN:** CASI 2 & Park Cert &/or CSCP Competition Introduction – Trained Status

**BLUE:** CASI 2 & Park Cert (Level 3 Preferred) &/or CSCP Comp Intro – Certified Status

**BLACK:** CASI Level 3 &/or CSCP Comp Intro – Certified Status (Comp Intro Advanced Preferred)

### INSTRUCTORS

The Canadian Association of Snowboard Instructors – CASI, is responsible for snowboard instructor training in Canada. This is the most common means for most leaders to enter into the snowboard industry and the pathway that most directors are most familiar with. Next to instructor training of CASI, Canada Snowboard offers RIDERS Program-specific training for instructors.

For more information on CASI and to request a workshop, or professional development session for your instructors please visit: [www.casi-acms.com](http://www.casi-acms.com).

### COACHES

Snowboard Coaching in Canada is managed by Canada Snowboard. Each coaching level is based on an LTAD stage. Snowboard coaches move through multiple stages of development and training before being granted ‘certification’ at any level. These stages include ‘in training’, ‘trained’ and ‘certified’. Coach training and certification opportunities are regularly available. For more information or to find the next course, visit: [www.canadasnowboard.ca/en/coaching/details/](http://www.canadasnowboard.ca/en/coaching/details/)

## Program Package Content

The Snow School is responsible for setting the program fee for the program. For the 2018/19 season there will be no participant fee to run the program. Participating resorts will have access to the following benefits:

- Rights to deliver RIDERS Levels (Green through Black)
- Electronic program resources for snow school directors and leaders
- Detailed curriculum resources for coaches/instructors
- Check-Click login and profile for all participants (report card software) and custom certificate of achievement for each participant
- Canada Snowboard Associate Membership for each participant for the duration of the program (8-12 weeks)
- Program/Location listing on Canada Snowboard website

## Program Requirements, Registration & Membership

Canada Snowboard will distribute the “Program Delivery Agreement” outlining the expectations and requirements to run the program. Upon receipt of the signed form, CS will distribute the ‘RIDERS Program Registration Form’ (excel spreadsheet). Snow Schools must submit the program participants along with coach/instructor information into the form and return it to Canada Snowboard. Registrants will be uploaded into the membership database, and into the on-line tracking software.

RIDERS Program participants will have an ‘Associate Membership’. This allows participation in program but participants competing at any events run by their respective provincial organization must upgrade their membership. It is recommended that all RIDERS become Basic Competitors of their respective province. They can do this on-line at: [www.canadasnowboard.ca/en/ms/](http://www.canadasnowboard.ca/en/ms/)

### SAFETY REQUIREMENTS

- Participants must sign the RIDERS waiver which can be included at time of registration
- Helmets are required by all participants AND leaders
- Participating Snow Schools must update their Emergency Action Plan each season and all coaches, athletes and parents should be provided a copy. Group size must be limited to 8 riders to 1 leader
- All leaders must be current members in good standing with either CASI or CSCP and working within their scope of training or certification.

### INSURANCE

To keep the program fees as low as possible, insurance is not included. It is expected that all snow schools or clubs offering the program carry their own insurance as they do for all other lesson programs.

## Program Branding and Logo's

The program name and logo can only be used by registered schools and clubs. It is limited to one operating season, schools and clubs must re-register yearly.

The program logo is under revision at this time. Once the program logo has been confirmed, it cannot be altered in any way without first obtaining permission from CS & CASI.

Although the session plans are flexible, extensive alteration of the program curriculum and/or delivery may disqualify a snow school or club from being able to claim that they are running The Riders Program. In cases where there is question about the delivery, CASI & CS retain the right to revoke a school registration in the program.



# RIDERS

**GROM SNOWBOARD PROGRAM**

For any questions regarding the RIDERS Program, or to enroll your snow school please contact:

**CANADA SNOWBOARD**

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