



esf

ÉCOLE
DU SKI
FRANÇAIS

LA ROSIÈRE

LEVELS AND TESTS - SKI



To enjoy your stay and your ski or snowboard lessons, please check the level to book, the ski pass to provide, and the meeting point!

CHILDREN – between 3 and 13 years old

I am in the Piou-Piou Club

Level

- I have never skied before and I am at least 3 years old but less than 6 years old

Tests

- Start getting used to skis and sliding.
- The ESF instructors are there to help me enjoy myself in this new environment.
- I can recognize my skiing equipment, and I can put on and take off my skis by myself.
- I can move around on flat ground and slide straight downhill.



I am in the Teddy Bear Group

Level

- I have passed my PiouPiou badge
- I know how to walk with my skis and I can slide down a gentle slope without falling
- I have never skied before and I am at least 6 years old but less than 8 years old

Tests

- Snake around 4 or 5 poles using snowplough turns.
- Move around on skis in different ways over varied but almost flat terrain.
- Easy Nordic course.
- Simple straight run down the hill ended by snowplough turns.



I am in the Snow Flake Group

Level

- I have passed the Teddy Bear badge
- I know how to take the draglift all by myself and how to snow plough turn and stop
- I have never skied before and I am at least 8 years old but less than 13 years old

Tests

- Series of 7 to 8 snowplough turns with the skis brought back to the parallel position in between, over a suitable marked out course.
- Elementary direct line across the slope following a roughly straight trajectory.
- Test of balance when skiing while facing down the slope (with little jumps, from one foot to the other or over little bumps, etc.) on a gentle slope.



I am in the 1 Star Group

Level

- I have passed the Snow Flake badge
- I know how to link turns with my skis parallel to finish the turn

Tests

- On a moderately steep slope, series of elementary sideslip turns over a suitable marked out course.
- Direct traversing line following a curved trajectory.
- Step turns on a gentle slope (starting off at an angle).



I am in the 2 Star Group

Level

- I have passed the 1 Star badge
- I can link parallel turns on a gentle slope

Tests

- Series of around ten perfect elementary turns over a suitable marked out course on a moderately steep slope.
- Basic direct line passing over hollows and bumps.
- Basic skating step.



I am in the 3 Star Group

Level

- I have passed the 2 Star badge
- I can turn parallel on a moderate slope

Tests

- Series of around ten basic turns imposed by 10 to 12 poles on a moderately steep slope.
- Basic single garland on a moderately steep slope.
- Perfect direct line to build up speed, finished with a braking sideslip, all on a moderately steep slope.



I am in the Bronze Star Group

Level

- I have passed the 3 Star badge
- I can complete parallel turns of varying sizes on steeper slopes

Tests

- Non-timed line assessed by the pupil's ability to complete perfect basic turns, with two changes of rhythm on a varied slope (alternating medium, short and medium-radius turns through 15 to 20 gates).
- Godille of base.
- Passage over bumps with slight take-off on prepared piste or terrain (skiercross-type run).



I am in the Gold Star Group

Level

- I have passed the Bronze Star badge
- I can do short swing turns on a steep slope and had tried skiing in all types of snow conditions

Tests

- Short giant slalom, timed (maximum 50% more time allowed compared to opener).
- Technical series of perfect broad and high-speed turns over varied terrain (slope, snow, etc.).



I am in the Competition Group

Level

- I have passed the Gold Star badge
- I can do parallel turns on black runs

Tests

- Competition turn.
- Different types of tracks.



Meeting points and ski passes:

I am in the PiouPiou Club, or in the Teddy Bear or Snow Flake Class :

- The meeting point is at the Kids' Snow Area in La Rosière Centre and Les Eucherets
- I don't need a ski pass on the first day : the ski instructor will tell me when I need one.

I am in a Star Class :

- The meeting point is at the "Star" corresponding Sign :
 - Behind the ESF building in La Rosière Centre
 - At the bottom of the Eucherets Express chairlift in Les Eucherets
- I need a ski pass on the first day.

