



LEVEL 3

RIDING MODULE COURSE GUIDE

CANADIAN ASSOCIATION OF SNOWBOARD INSTRUCTORS

186 Hurontario Street, Suite 201
Collingwood, Ontario
Canada L9Y 4T4

T: (877) 976-2274
E: info@casi-acms.com
W: www.casi-acms.com

TABLE OF CONTENTS

Level 3 Riding Module

Course Introduction	3
Riding Module Agenda	5
Riding Exam Agenda	5
Evaluation	6
Assessment Criteria	7

Study Guides

2: Advanced Competencies	8
3: Advanced Skill Development	9

Technical Presentations

Technical Presentation: Advanced Competencies	10
---	----

Course Evaluation

Daily Notes & Feedback	11
Notes	12

What's Next?	13
---------------------	----

INTRODUCTION

Welcome to the CASI Level 3 Riding Module!

The CASI Level 3 Riding Module is designed for advanced snowboard instructors who have successfully completed the Level 2 Instructor certification and Park Instructor 1 certification. This module is a mandatory component of the CASI Level 3 Certification pathway.

The Riding Module focuses on the development of refined, advanced-level technical riding skills in varied and challenging terrain. It emphasizes precision, consistency, and adaptability across different turn types, terrain and park features, and snow conditions, as outlined in the Level 3 technical standards.

Through personalized coaching and ongoing assessment, candidates will work to enhance performance in key areas of snowboarding technique and receive targeted strategies for long-term technical development. Successful candidates will leave the course with a clearer understanding of the Level 3 Riding standard and what is required to meet it during the evaluation.

Candidates must register for the module and exam portions separately, and are encouraged to take the exams at a later date to allow for training and development time following the course portion.

Certification structure

Online e-prep: +/- 1 hour (course phase, prior to the on-snow module)

Training Module: 2 days, totalling 12 hours (course phase)

Exam: 1 day totalling 6 hours (evaluation phase)

***Note: Attendance and participation in the full module is mandatory.**

Candidates who miss any portion of the training will not be eligible to receive an evaluation.

Am I Ready?

To prepare for success in the Riding Module, candidates should be confident, adaptable riders who are comfortable performing advanced technical maneuvers in varied terrain and snow conditions.

Answer Yes or No to the following questions to evaluate your readiness for the Level 3 Riding Module:

- ☐ Are you a certified Level 2 Instructor and Park 1 instructor with strong, consistent riding skills in all-mountain advanced terrain including black runs, tree runs and small parks?
- ☐ Do you ride regularly and maintain a good level of physical conditioning?
- ☐ Have you reviewed the CASI Level 3 Riding Standards and understand what is expected?
- ☐ Have you spent time riding in varied technical terrain such as parks, steeps, bumps, and variable snow conditions?
- ☐ Have you used video or peer feedback to refine your own technical performance?
- ☐ Have you participated in training sessions or received feedback from a CASI Level 3 Evaluator? *(Not mandatory, but strongly recommended.)*

**If you answered “Yes” to most or all of these questions, you’re likely ready to benefit fully from the Level 3 Riding Module.*

Three Modules. One Certification.

The CASI Level 3 Instructor Certification develops advanced teaching, riding, and instructor training skills. Delivered in a modular format, the pathway consists of three 2-day (12-hour) training modules—**Teaching, Instructor Training, and Riding**—plus a separate 1-day exam for each component.

Modules can be taken in any order provided prerequisites are met. Candidates receive detailed feedback after each module to guide practice before attempting evaluations. Successful completion of all three component evaluations is required to achieve certification.

LEVEL 3 INSTRUCTOR RIDING MODULE - AGENDA

DAY ONE:

- 8:30 - 9:00 a.m. Registration & Introductions
- 9:00 - 11:30 a.m. Presentation: Advanced Competencies
- 11:30 - 12:30 p.m. *Lunch*
- 12:30 - 3:00 p.m. Training session: Medium Radius Turns, Short Radius Turns
Training session: Free Run (Moguls)
- 3:00 - 3:30 p.m. Daily Review & Evaluation

DAY TWO:

- 9:00 - 11:30 a.m. Training session: Large Turns (carving)
Training session: Freestyle
- 11:30 - 12:30 p.m. *Lunch*
- 12:30 - 3:00 p.m. Riding Improvement Session & Individual Development plans
- 3:00 - 3:30 p.m. Module Wrap-Up & Review

ONLINE WORKSHOPS

To prepare for this course, the Riding Module Online preparation workshop is a mandatory element of the certification. Access the prep workshop via our website, or check your course confirmation email for directions.

- Due to various mountain conditions, times may vary.
- To ensure that the course runs smoothly students should arrive 15 minutes before the above times.
- The wearing of helmets is mandatory for all CASI courses.

LEVEL 3 INSTRUCTOR RIDING EXAM - AGENDA

- 8:45 - 9:00 a.m. Registration & Introductions
- 9:00 - 11:30 a.m. Technical / Riding Evaluations
- 11:30 - 12:30 p.m. *Lunch*
- 12:30 - 3:00 p.m. Technical / Riding Evaluations (*continued*)
- 3:30 - 4:00 p.m. Evaluations & Presentation of Results

IMPORTANT

For logistical reasons, the exam schedule may have to be modified at times. The Program Manager will contact participants if this is the case.

- Due to various mountain conditions, times may vary.
- To ensure that the course runs smoothly students should arrive 15 minutes before the above times.
- The wearing of helmets is mandatory for all CASI courses.

EVALUATION

Candidates must pass the riding component as part of the Level 3 certification to be certified as a Level 3 Instructor. Candidates will receive their results for the riding exam component at the end of the exam day.

To celebrate successful candidates, evaluators will announce passing results in front of the group. After the announcements, evaluators will be available for a short period to discuss results with candidates. Detailed comments will be accessible in each candidate's member profile within 24 hours of the exam's conclusion.

Key Information for Candidates

- Feedback during the exam will be concise and reflect performance on the day. For deeper guidance, candidates are encouraged to attend the Level 3 Riding Module, a member session, or an exam prep course.
- The focus is on overall competency, riding quality and refinement, not task perfection.
- Candidates are expected to demonstrate consistent Level 3 riding standards across varied terrain, whether riding in a group or performing individual drop-ins as per requested by evaluators.
- Tasks may be performed on different types of terrain—not limited to one specific run.
- Warm-up runs will be at the start of the morning and start of the afternoon — not before each task.
- Candidates will have at least two opportunities to demonstrate each of the below tasks, and will be assigned an overall mark by the evaluation staff.
- Candidates must achieve an overall “Meets Standard” mark in order to pass the technical / riding component of the Level 3 Instructor course.

MARKING SYSTEM

A. TECHNICAL (RIDING) EVALUATIONS - MANDATORY MANOEUVRES

Marking Format: Technical (Riding) Component

Final Mark: Below Standard (Incomplete) or Meets Standard (Complete)

Assessment focuses on overall freestyle competency and confidence in execution.

Candidates' technical (riding) skills will be evaluated using a series of “tasks” or manoeuvres (5):

***M: Metres *CW: Corridor Width**

Large Turns 7-15M CW (Groomed Terrain): Candidates will be required to complete a series of long radius turns at the advanced performance level, on groomed intermediate terrain.	Short Turns 3-4M CW (Groomed Terrain): Candidates will be required to complete a series of short-radius turns at the advanced performance level, on groomed advanced terrain.
Free Run (Un-groomed Terrain): Candidates will complete a free run on un-groomed / bumpy terrain, demonstrating advanced-level control while maintaining an efficient line and a relatively consistent turn corridor.	Medium Turns 6-10M CW (Groomed Terrain): Candidates will be asked to demonstrate a series of medium-radius sliding turns, performed both forward and switch, on advanced groomed slopes and at intermediate speeds.
Freestyle (Park): Candidates will have opportunities to demonstrate refined Park 1 competencies using both the park and other suitable freestyle terrain (i.e.: rollers, side hits). They must comfortably demonstrate flatland trick skills, the ability to ride a variety of park features (Small) with confidence, and controlled performance in the air.	<i>*Candidates must give the overall impression that they have maintained and refined their freestyle / park skills since completing the Park 1 course.</i>

RE-TEST EVALUATIONS

Following completion of the Level 3 Riding Module, candidates are eligible to attend the Level 3 Riding Exam at any time—there is no time limit to complete it. Candidates may also retake the Riding Module as often as needed throughout the certification process. Once the Riding component is successfully passed, it is retained for life.

ASSESSMENT CRITERIA

TECHNICAL (RIDING) SKILLS ASSESSMENT	
<i>Evaluation Criteria:</i> Demonstrates REFINED advanced-level riding skills. DEFINITION OF CONSOLIDATION: <i>The action or process of making something stronger or more solid. Coordination is evident with control in ideal or easy conditions; consistency remains under pressure, but performance could vary.</i> DEFINITION OF REFINEMENT: <i>Refining is the process of making precise, intentional adjustments to improve the quality and effectiveness of a skill, building on an existing foundation to reach a more advanced level.</i> Demonstrate REFINED Park 1 competencies and maneuvers in both the terrain park and other suitable environments.	<u>Specific evaluation criteria – Riding Component:</u> • Rides consistently on advanced terrain (groomed, un-groomed and freestyle terrain) at adequate speeds. • Displays REFINEMENT of the three Core Riding Competencies, in varied, advanced and freestyle terrain : - o Centred & Mobile Position - o Turning With the Lower Body - o Balance Along the Working Edge • Displays CONSOLIDATION of the Advanced Riding Competencies : - o Strength & Flow - o Arc to Arc - o Loading & Deflection - o Steering Versatility • Adjusts skills to provide technically sound demonstrations, which are easy to copy. <u>Specific Task Based Criteria (mandatory manoeuvres) :</u> Groomed Terrain: Medium Radius Turns (Forward & Switch) : • Clearly demonstrates Core Riding Competencies at intermediate speeds, in both directions (forward and switch). • Fluid, linked movements throughout. • Demonstrates a smooth transition from forward to switch. • Distributes pressure throughout turn to achieve roundness in turn shape. Groomed Terrain: Short & Long Radius Turns : • Balances against the turning forces to create pressure in the board. • Regulates pressure and maintains snow contact through flexion and extension movements. • Adjusts movement to create sliding or carved turns, as required by terrain and speed. • Uses lower body movements to lead turning effort in a variety of turn shapes and sizes. • Links momentum between turns. • Controls and re-directs the snowboard. Un-groomed Terrain (Moguls): Free Run : • Regulates pressure and maintains snow contact through flexion and extension movements in bumpy terrain. • Chooses effective lines in varied terrain and maintain a relatively consistent turn corridor. • Adjusts body position to terrain and snow conditions. • Adjusts movements to terrain features. • Displays refined use of pressure control and steering skills. Freestyle : • Rides consistently at appropriate and safe speeds on beginner terrain (Small features) and in freestyle terrain. • Maintains a relaxed, balanced and athletic position over the snowboard. • Adjusts duration and sequence of movements as required to achieve desired outcomes. • Shows ability to adjust technique as snow conditions or terrain features change, with safety in mind to produce demo quality maneuvers. • While riding through the park, candidates should be able to confidently and consistently demonstrate a variety of flatland tricks, Frontside and Backside 180s, straight airs with grabs, and controlled riding on boxes.

STUDY GUIDE:

ADVANCED COMPETENCIES

Reference: CASI Reference Guide (p. 58)

1. In your own words, describe the difference between skills (movement patterns) and competencies (outcomes).
 2. List the four Advanced Competencies, and provide a general definition for each.
 3. For each advanced competency below, list something you might observe in a rider or in your own riding that would demonstrate that competency is being accomplished:
 - Strength & Flow
 - Arc to Arc
 - Loading & Deflection
 - Steering Versatility
 4. Describe the riding factors that, when refining core competencies, can naturally lead to the development of the advanced competencies.
 5. How can you optimize the use of the Core Competencies to enhance performance in advanced terrain?
-

SELF-ASSESSMENT & DEVELOPMENT PLAN

Reflect honestly on your performance, identify focus areas, and start shaping a personalized development plan.

Part 1 – Riding Self-Assessment

1. Did you notice any patterns in your riding across tasks today?
 2. What are those patterns—do they show up in certain terrain, turn types, or specific movements?
 3. What technical focus will help you address or improve those patterns?
 4. Was there a task or movement that felt more difficult for you? Which one and why?
 5. What specific steps can you take to improve that task over time?
-

Part 2 – Preparing for the Exam

6. What elements can you control in preparation for the exam? (*Hint: Think TTPPEE – Tactics, Technique, Physical, Psychological, Equipment, Environment*)
 7. What concrete actions will you take between now and the exam to support your success?
-

Part 3 – Individual Development Plan (IDP)

Begin filling out this section at the end of Day 1, then review and complete it after Day 2 as you reflect on the afternoon session and the module as a whole.

8. What are your personal riding challenges this season?
9. Which technical weaknesses are you working to improve and how can your strengths support your progress?
10. What would you like to achieve as a rider?
 - Greater control in advanced terrain?
 - More variation in your skill use?
 - Improved versatility across conditions?
11. Which actions will help you get there?
 - Targeted practice sessions?
 - CASI training or external coaching?
 - Snow school clinics or local events?
12. How will you measure your progress?
 - Regular feedback from peers or mentors?
 - Consistent video review?
13. Who will support your development?
 - A coach, evaluator, training partner, or teammate?

TECHNICAL PRESENTATION:

ADVANCED COMPETENCIES**GOALS FOR THE SESSION:**

- Briefly review the *Core Competencies* as they apply to intermediate and advanced riding.
- Introduce the *Advanced Competencies* as outcomes of advanced riding skills in various all-mountain terrain, including groomed, un-groomed, and freestyle terrain.
- Highlight the use of the *Advanced Competencies* in generating board performance.
- The *Advanced Competencies* create a tangible “filter” through which we can analyse our students’ riding. Deficiencies in one or more of the competencies can be addressed through skill-development tactics.

COMPETENCY	TEACHING / DISCUSSION POINTS
Strength & Flow <i>Adopting a position of strength while maintaining agility is crucial to directing the body through the turn in a fluid manner.</i>	□ ‘Strong body position’, which allows the rider to resist the forces of the turn. □ Blending all riding skills to show fluidity and power. □ Looking ahead to upcoming terrain features and planning lines.
Arc To Arc <i>Using the snowboard’s geometry creates forces in the turn. Round turns help direct those forces into the next turn, creating efficiency and performance.</i>	□ Edge grip above the fall line. □ Linking turns by moving COM through neutral at edge change □ Using sidecut to achieve an arc path of travel.
Loading & Deflection <i>Establishing edge grip and resisting the forces of the turn creates bend in the board, which can be used to direct the rider across the slope and builds performance.</i>	□ Rider displays rhythm and rebound by releasing pressure into the next turn. □ Allowing the board to load with pressure, and using that pressure to accentuate board performance. □ Rider accelerates across the slope.
Steering Versatility <i>Advanced riders are able to blend movements to allow the snowboard to slide or carve, or a range in between. Efficient steering movements create varied turn shapes and sizes.</i>	□ Selecting the appropriate amount of edge, pivot and pressure based on the intended outcome (sliding - carving). □ Increasing or decreasing edge angle to change turn size and shape. □ Using the skills of edge, pivot and pressure to manage speed (decrease or increase speed).

DAILY NOTES AND FEEDBACK

DAY 1:

POSITIVE ELEMENTS:

ELEMENTS TO IMPROVE:

DAY 2:

POSITIVE ELEMENTS:

ELEMENTS TO IMPROVE:

NOTES:

[illegible]

NOTES:

[illegible]

WHAT'S NEXT?

We would like to sincerely thank you for attending the Level 3 Riding Module or the Level 3 Riding Exam!

Once you have completed the Level 3 Riding Module...

You are now one step closer to completing your Level 3 Certification! You are now eligible to register and attend the Level 3 Riding exam. We recommend allowing adequate time for additional training and personal development before attending the exam. You may also want to continue your journey by registering for the Teaching Module or the instructor training module as well as their respective 1 day exams. You may also retake the Riding Module as needed to continue developing toward the Level 3 standard.

There is no time limit to complete the remaining components of the Level 3 certification.

If you have attended the exam and have to retest the Riding component...

Candidates eligible for a retest may register for a Level 3 Riding Exam, which is scheduled separately from the training module. This 1-day evaluation will assess your performance in alignment with CASI's Level 3 technical riding standards.

We recommend allowing adequate time for additional training and personal development before attempting the retest. When ready, please consult the Level 3 Riding Exam schedule at www.casi-acms.com to plan your next step. Evaluators will assume that appropriate preparation has taken place prior to the exam.

Please note that the Canadian Association of Snowboard Instructors does not, and will not consider changing or adjusting the results of a CASI course evaluation. CASI depends on a trusted and well trained team of course evaluators who are uniquely qualified, trained, and positioned to measure candidates performance against our clear course standards. Further, CASI does not accept candidate supplied videos as a valid form of supporting documentation, given the inadequacy of video snapshots to accurately determine a consistent overall picture of performance. CASI values and carefully considers all feedback. As such, should you wish to contact us with course feedback not related to a review of a result, please send your details to feedback@casi-acms.com and your concerns will be addressed. Please ensure that you have carefully checked and understood your candidate evaluation prior to doing so.

If you've successfully completed the Level 3 Riding component...

Congratulations! On behalf of the Canadian Association of Snowboard Instructors, we commend you on reaching this important milestone.

As a Level 3 rider, you've demonstrated advanced technical skill and adaptability in varied terrain. This achievement reflects a high level of personal commitment and professionalism! **This might bring you one step closer to achieving your Level 3 certification - or maybe you received your pin today!**

Don't stop here—keep progressing! Whether you're preparing for your Teaching and Instructor Training Modules, working toward Level 4 Certification, or looking to specialize in Carving, Big Mountain or Park 2, there's always another challenge ahead. Interested in mentoring others? Consider applying to become a CASI Evaluator. Continued experience and training are essential for taking that next step.

For schedules, resources, and program information, visit www.casi-acms.com.

All the best!



Geneviève Pilotto
Director of Education & Programs

www.casi-acms.com

Last updated October 2026

© **Canadian Association of Snowboard Instructors**
All Rights Reserved