



Name: _____ Signature: _____ Date: _____

Back by popular demand – this year's Start-Up Training Quiz. Thank you for taking time to complete it. All the questions can be answered by reading the Instructor Manual and the Volunteer Manual. Please select the best single answer for each question. Completing this questionnaire is required, and will give you a head start on training and earn you 2 volunteer hours. **Please print this and bring it with you to the first day of training.**

From the Instructor Manual:

- 1. Which statement best describes why you would want to understand the American Teaching System, (ATS)?**
 - a. ATS gives instructors and schools a format for consistency.
 - b. ATS allows all instructors a guideline for progressing or correcting movement patterns.
 - c. You can use ATS as a foundation for creating a lesson plan which can be adapted to a variety of students.
 - d. All of the above.

- 2. For most any skier, which is the most important fundamental skill of skiing for overall improvement?**
 - a. Balancing Movements.
 - b. Rotary Movements.
 - c. Pressure Control Movements.
 - d. Edging Movements.

- 3. Which phrase best describes good balance in a snowboarder doing a straight run:**
 - a. Head and hips over the front foot with upper body in alignment with the lower body.
 - b. Head and hips centered between the feet with the upper body facing down the slope.
 - c. Head and hips centered between the feet with upper body in alignment with the lower body.
 - d. Head and hips over the rear foot with the upper body facing down the slope.

- 4. Which is not a Turning Phase?**
 - a. Initiation Phase
 - b. Finishing Phase
 - c. Braking Phase
 - d. Shaping Phase

- 5. Ideally, when should you start your Student Assessment?**
 - a. When you meet the student's parents.
 - b. When you meet the student.
 - c. When the student comes through the door.
 - d. When the student gets their boots on.

- 6. As part of your Student Assessment you should discover which of the following?**
 - a. How does the disability affect the student's cognition or understanding.
 - b. How does the disability affect the student's emotions.
 - c. How does the disability affect the student's movements.
 - d. What are the Red Flags for your particular student.
 - e. All of the above.

- 7. What is the most important thing to observe your stand up skiing student doing PRIOR to introducing the wedge?**
- Gliding down a gentle slope while looking ahead.
 - Gliding with knees bent and hands in front.
 - Gliding in a balanced stance with the hips over the feet.
 - Gliding while smiling and laughing.
- 8. Which of the following must your student be able to do prior to riding the chairlift.**
- Be able to stop in a wedge.
 - Be able stop with assistance from the instructor.
 - Be able to stop by turning.
 - Any of the above
- 9. The best way to introduce a student to turning is:**
- Draw a picture of a turn.
 - Explain turning in terms of directional physical forces.
 - Show your student how to turn his legs and feet.
 - Show you student how to push on his left leg to turn right and vice versa.
- 10. Once you have exited the chairlift you should:**
- Immediately stop and get your student organized for the run.
 - Ski off with your student following you.
 - Stop, Strap in or put your poles straps on
 - Glide away from the unloading ramp, stop and get your student organized for the run.
- 11. The best terrain to learn new skills on for an intermediate skiing student is:**
- The terrain they like to ski on the most.
 - Terrain which is very easy for them, potentially beginning terrain.
 - Runs which give them a thrill.
 - Freshly groomed intermediate runs.
- 12. You should move students to new terrain only:**
- When their parents want you to.
 - Near the end of the lesson.
 - When they are bored on the terrain they are o.
 - When they have mastered the terrain they are on.

From the Volunteer Manual:

- 13. "Challenge by Choice" means:**
- The student chooses to be challenged.
 - The student gets to select the level of challenge in the lesson.
 - Volunteers select the level of challenge of your participation in each event.
 - Based on experience, DSES selects the level of challenge for you.
- 14. If you are scheduled for a lesson, you need to arrive at DSES or at the selected venue:**
- At least 15 minutes before the lesson start time.
 - At least 30 minutes before the lesson start time.
 - It doesn't matter as long as you get there before the student arrives.
 - At least 5 minutes before the lesson start time.

15. Please write the 7 points of Your Responsibility Code:

- a.
- b.
- c.
- d.
- e.
- f.
- g.

16. DSES and Mammoth Mountain Ski Area grooming standards require:

- a. Men may not have earrings of any sort.
- b. All men must wear a dinner jacket and tie.
- c. All men must have no longer than collar length hair and cannot have any facial hair.
- d. All inside volunteers must wear black pants.

17. If a student needs assistance in the bathroom you may do all of the following except:

- a. Help students out of their outer garments.
- b. Enter the restroom stall alone with a student.
- c. Leave the stall door ajar while assisting with restroom needs.
- d. Ask a staff member for help if you are not comfortable.

18. The following are off limits without prior authorization when teaching except:

- a. Parks and Pipes.
- b. The Twilight Zone.
- c. Runs off of the top of the mountain.
- d. Ungroomed trails.

19. True or False: You may use the Ski School Line to cut to the front of the lift line while with students or in a clinic.

20. Someone who three tracks is:

- a. A snowboarder who uses outriggers.
- b. Someone who uses one ski and two outriggers.
- c. Someone who uses two skis and one outrigger.
- d. All of the above.

21. A syndrome usually diagnosed by the age of 3, characterized by extreme withdrawal and a resistance to change best describes

- a. Cerebral Palsy.
- b. Multiple Sclerosis.
- c. Developmental Disabilities.
- d. Autism Spectrum Disorder.

22. A group of conditions affecting body movement and muscle coordination caused by damage to the immature brain best describes

- a. Cerebral Palsy.
- b. Multiple Sclerosis.
- c. Developmental Disabilities.
- d. Autism Spectrum Disorder.

23. A developmental anomaly characterized by defective closure of the spinal column.

- a. Spinal Cord Injury
- b. Multiple Sclerosis
- c. Muscular Dystrophy
- d. Spina Bifida

24. A group of disorders that affect a broad range of academic and functional skills.

- a. Trisomy 21
- b. Autism Spectrum Disorder
- c. Learning Disabilities
- d. Cerebral Palsy

25. True or False: A Learning Disability is indicative of low intelligence.

26. If you have an injury to your student you should:

- a. Send your Assistant Instructor to call Ski Patrol.
- b. Leave your student with your secondary instructor while you contact ski patrol.
- c. Move your student a safe place and provide appropriate first aid.
- d. Provide first aid.

27. The best measure of a successful lesson is:

- a. Achieving an agreed upon number of runs.
- b. Getting to new terrain.
- c. Meeting your student's goals.
- d. Increasing your student's independence.