

## Air Qualifications Policy

### Recommendation:

Coaches are expected to have their athletes prove competency in the progression of all skills and are encouraged to use the qualifying process internally to build athlete skills and confidence. (Ex.: before increasing difficulty from a Misty 540 to Misty 720 on snow, an athlete and coach should have practiced the move 50 times on water ramp or air bag and feel very confident about performing on snow) Air progression chart It is recommended that skiers master all of the skills listed below, but skiers are required to only qualify the skills in bold. Doing the straight over front and back tuck position flips teach athletes to control speed of rotation, and to maintain control in the brief time when the skier loses sight of the ground. Athletes who do not master these skills put themselves at higher risk to lose their location in space relative to the ground, which can result in loss of confidence and potentially injury.

Coach certification required to supervise athletes for the specific invert training is also in bold.

Type Move	Coach Certification Required	Minimum # Completed on Water and/or Air Bag Landing prior to attempt to qualify	Minimum # Completed on snow prior to qualifying on snow
360 (both ways)	<b>FUNDamentalz Coach (FC)</b>	0	0
540	<b>FUN</b> + Park & Pipe Module recommended	0	0
720	<b>FUN</b> + Park & Pipe Module recommended	0	0
<b>FRONT TUCK</b>	<b>Air 4</b>	50	15
<b>BACK TUCK</b>	<b>Air 4</b>	50	15
<b>LINCOLN</b>	<b>Air 4</b>	50	15
<b>Cork 720</b>	<b>Park &amp; Pipe Module* or Air 4</b>	50	15
<b>Bio 720</b>	<b>Park &amp; Pipe Module* or Air 4</b>	50	15
<b>All other spinning inverts</b>	<b>Air 4</b>	50	15

\*Cork or off axis skills where the feet/hips are not going over the head.

### **Qualifying Spinning Inverts**

Freestyle Canada requires that athletes must qualify one spinning invert from the front spin, back spin, and sideways spin takeoff categories before performing any spinning inverts in that category.

The following category charts include the common tricks done with forward, backward, and sideways/looping take off.

<b>CATEGORY 1 Front Spin Takeoff</b>	<b>CATEGORY 2 Side Spin Takeoff</b>	<b>CATEGORY 3 Back Spin Takeoff</b>
Example Base Skill:  MISTY  RODEO*  BIO	Example Base Skill:  RODEO*	Example Base Skill:  FLATSPIN D SPIN UNDERFLIP/FLARE RODEO* CORK BACK FULL

\* It is coaches/qualifiers discretion which base non-spinning skills will proceed Rodeo, a minimum of Front, Lincoln, or Back. This is because of the many different techniques currently taught on take-off for Rodeo.

**1st Example:** Lukas has qualified Front, Back, and Rodeo 540 – after working hard all summer on a Rodeo 9 he wants to do one in competition. His coach has given him the thumbs up – is he OK to do this trick? Answer: YES! He has all the prerequisites qualified!

**2nd Example:** Leslie has qualified Front, Misty 540 and feels ready to do Flatspin 540 to win Junior Nationals. Is she OK to do this trick? Answer: NO! Her coach has checked and Leslie has to qualify a Back Tuck – luckily Junior's is 8 weeks away. Leslie is going to hit the air bag to get a total of 50 of each skill before she tries to qualify on air bag and will do at least 15 good back tucks on snow before she tries to qualify on snow, and then at least 15 good Flatspins before she attempts qualification.

### **Coaches' Responsibilities**

If you, as a coach and at any time, don't think that you have seen enough of the athlete's jumps to take the responsibility to do a qualification process with an athlete, **you have the right to not do it.**

If an athlete has qualified an inverted maneuver during the summer on water ramps or an airbag with another coach, it is your responsibility to communicate with the coach who completed that qualification. An athlete's qualification does not automatically require that the maneuver be performed on snow. As the coach, you determine when the athlete is ready to attempt their qualified maneuver on snow. This decision rests solely with the coach and not with the athlete or the athlete's parent(s).

**As a Freestyle Saskatchewan coach, you are expected to:**

1. **Confirm with the coach who qualified the athlete** that all passport and pathway documentation has been completed correctly.
2. **Make an independent coaching decision** based on your confidence in the athlete's ability and readiness to perform the maneuver safely on snow, without influence or pressure from parents or the athlete.

**Parental and Sibling Coaching**

**If an athlete has been qualified by a parent or sibling, the organization reserves the right to request verification of the correct passport and pathway and require re-qualification by an approved coach. This applies to all coaching situations to ensure athletes' safety and program integrity**

**Non-Compliance**

In situations where this policy is not followed, the matter may be reviewed by Freestyle Saskatchewan with the primary focus on education, clarification of expectations, and athlete safety. Where appropriate, coaches may be asked to complete additional training or engage in follow-up discussions to ensure alignment with Safe Sport principles and the Freestyle Saskatchewan Coach Code of Conduct. Continued or serious non-compliance may result in further action in accordance with organizational policies