



USA HILL SIZE COACHING CRITERIA

PURPOSE OF THE GUIDELINES

As the National Leadership Organization, we are tasked with providing athlete programming and development for the sports of Ski Jumping and Nordic Combined. USA Nordic has published this document to set standards for experience and qualifications of coaches who are on the coaches' stand and flagging athletes. These guidelines are not intended to be punitive, but rather to improve the quality and safety of programs and to instill confidence in parents that Ski Jumping is a safe sport. Safety of athletes is the top priority of USANS, and secondarily, we strive to create a system of development where athletes have high quality coaches and a clear pathway for both athletes and coaches to progress in the sport.

STATEMENT

Athletes and parents should have the utmost confidence that the coach working with athletes on the jump understands all elements involved in coaching on specific hill sizes.

For the safety and welfare of athletes, it is the official policy of USA Nordic Sport that every coach on the coaching stand or flagging athletes has met the following criteria broken down by hill size.

- **Hills below 25 meters**
 - A minimum a [US Ski and Snowboard Club Volunteer membership](#)
 - CPR certified
 - [Concussion course](#) (free through CDC)
- **Hills between 25 – 49 meters**
 - All above qualifications and
 - Two years of Ski Jumping experience
 - This can be as an athlete, coach, or official
 - Competed, coached, or officiated in a minimum of 10 competitions
- **Hills between 50 – 75 meters**
 - [A US Ski and Snowboard Coaches membership](#)
 - [US Ski and Snowboard Level 100 Certified in Ski Jumping](#)
 - Three years of Ski Jumping experience
 - This experience can be as an athlete, coach, or official
 - Competed, coached, or officiated in a minimum of 20 competitions
- **Hills between 76 – 100 meters**
 - All the above qualifications and
 - One additional year of experience bringing total experience to at least four years
 - Level 200 certified when US Ski and Snowboard Level 200 Coaches Certification becomes available
- **Hills 101 meters and above**
 - Have all the above qualifications and
 - One additional year of experience brings total experience to at least five years
 - When USSA Level 300 Coaches Certification becomes available, be Level 300 Certified