

LAAX School System	Course Levels	Requirements	Course elements
	Beginner/E1	No requirements - beginners from 4 years old	Getting used to skis / skiing and braking in the snow plough position
	Blue 1	Skiing in a straight line and braking	Snow plough turns / safe descent in the snow plough position on a marked track in the exercise area
	Blue 2 / E2	Snow plough turns, controlled descent in the exercise area or on easy blue pistes	First descent on the mountain / travelling by lift / safe, fluid descent in snow plough position on blue pistes on the mountain
	Blue 3	Travelling unaccompanied by lift, safe descent in snow plough position	Parallel ski position between turns (parallel traverse) / box / descent on blue pistes in snow plough and partially parallel position (increased speed)
	Blue 4 / E3	Safe, fluid descent on blue pistes in snow plough and partially parallel ski position	Independent skiing on blue pistes / small jumps / sliding in parallel ski position / Switch / parallel turns on blue pistes
	Red 1	Parallel turns on blue pistes	Stopping in parallel ski position / safe descent on red pistes / varying curve radii / parallel turns on red pistes
	Red 2 / E4	Parallel turns on red pistes	Free riding on red pistes / box / slopespin / short turns and first carving turns on blue pistes
	Red 3	Short turns and first carving turns on blue pistes	Carving on blue pistes / halfpipe / short turns on simple red pistes / large jumps / switch / safe descent on black pistes
	Red 4 / E5	Safe descent on black pistes in parallel ski position / carving	Parallel turns off piste / short turns on red pistes / carving on simple red pistes / switch / free riding on black pistes
	Black / E6	Parallel turns off piste / short turns on red pistes / carving on simple red pistes	Freestyle / carving / race / slope tricks / off-piste / synchro
	Freestyle Academy	Level Red 3 / E5 required (Parallel turns on red pistes)	Rail / box / kicker / slope / half pipe
	Race Academy	Level Red 3 / E5 required (Parallel turns on red pistes)	Personal technique / mini-kipp / carving / short turns / giant slalom / slalom
	Freeride Academy	Level Red 4 / E5 required	off-piste technique (short turns, jumps, free skiing) / equipment / preparation / risk assessment / avalanche training

