

Level 1 Instructor Course

4 Weeks

Banff, Canada

Available in: Ski, Snowboard



COURSE OVERVIEW

Bio

Four weeks of action-packed adventure designed to furnish you with your CSIA/CASI Level 1, while riding the best zones of Banff. Exclusively with Nonstop, you'll train across three resorts – Sunshine Village, Lake Louise, and Mount Norquay – where you'll experience epic Rocky Mountain terrain guided by expert coaches. We rotate between areas based on conditions and goals, clocking up vertical and conquering trees, steeps and pow. Improve your all-mountain riding, enjoy weekly Canadian adventures, and connect with a group of like-minded riders.

Location

This course is based in Banff, Alberta, one of Canada's premier skiing and snowboarding hubs. With access to three iconic resorts – Sunshine Village, Lake Louise and Mount Norquay – you'll get to explore 8,000 acres of diverse terrain, ranging from wild tree runs and open bowls, to crisp groomers and progressive freestyle parks. Banff itself is a vibrant and lively mountain town, known for its energetic seasonaire culture, wild nightlife, and local hangouts – making it the perfect spot for young adventurers.

Goal

The goal of this course is to equip you with the skills to pass the CSIA/CASI Level 1 exam, as well as enhance your freeride capabilities to tackle the entire mountain. With expert coaching across three resorts, you'll refine your technical skills, learn about CSIA/CASI teaching methodology, and boost your all-mountain prowess. Along the way, you'll explore the best terrain at each mountain, forging lasting friendships with fellow riders and making life-long memories.

Riders

This course is perfect for riders looking to qualify as an instructor, as well as those seeking a short gap year experience. For levels from intermediate to expert, it's ideal for anyone passionate about skiing or snowboarding and eager to improve. Whether you're aiming for certification to kickstart a career, or just an epic four weeks, this course offers a chance to challenge yourself, meet new friends, and experience Banff's incredible lifestyle. Many solo travellers join, quickly becoming part of the close-knit Nonstop community.

Accommodation

You'll stay in Irwin's Mountain Inn, a centrally located hotel with double-sized beds and amenities such as a hot tub, Nonstop common room and gym.

You can choose between twin-share or private rooms.

Breakfasts and included evening meals are served in the adjoining restaurant.

Dates + Prices

Refer to the website Course Page for upcoming dates and prices.

Inclusions

The course includes all your coaching and exam fees, accommodation, lift passes, airport transfers, breakfasts, evening meals, hosting and more.

The main additional costs you need to factor in are travel, insurance and equipment.

Refer to the website Course Page for a full breakdown of inclusions.

“

Beyond my expectations for sure. Couldn't believe the level of coaching that was available to us and how lovely the instructors were. The on-snow experience was one that I will forever appreciate, as it transformed my ski knowledge.

– Arabella





RESORT Banff, Alberta

Ski Areas 3

Banff is home to three distinct ski areas – Sunshine Village, Lake Louise and Mount Norquay. Sunshine Village spans Alberta and British Columbia with expansive terrain options, while Lake Louise boasts vast slopes and stunning views. Norquay, just 8km from town, is known for tree-lined trails and night skiing. Regular shuttles make accessing all three easy, and Nonstop provides exclusive access to all areas for maximum terrain exposure.

Snowfall 30ft

Sunshine Village receives the most snow of Banff's resorts with around 30ft of snowfall annually. Renowned for its supreme snow conditions, Sunshine's light, dry powder benefits from long winters, consistently cold temperatures and low water density. Lake Louise receives an average of 15ft, while Mount Norquay gets 10ft.

Skiable Acres 7,748

Banff's huge acreage of groomed and wild terrain is divided between the three resorts. Lake Louise is one of the biggest ski areas in North America with 4,200 acres spread across four mountain faces. Sunshine Village has 3,358 acres and three mountains that can deliver everything from tree runs to epic backcountry lines. The remaining 190 acres belong to Mount Norquay – an Olympic training ground with the only night skiing in Banff.

Runs 362

Lake Louise offers 164 runs across 100km of terrain, featuring a World Cup downhill route and expansive freeride bowls. Sunshine Village boasts 137 runs spanning 82km, with an 8km continuous trail and diverse terrain from wild trees to backcountry zones. Mount Norquay, with 60 runs, is known for its steep groomers and challenging bumps. Each resort also boasts a perfectly shaped terrain park, with features for freestyle riders of all levels.

Town

Banff is a world-famous mountain town set in the heart of Banff National Park. A buzzing base in the Rockies, the village is full of energy and charm, with bustling shops, restaurants, apres bars and a backdrop of frosted peaks. Aside from skiing and snowboarding, there are many outdoor adventures to be had in the surrounding area, with hot springs and nature trails, as well as ice-climbing and dogsledding.



COACHING

Sessions 4/week

Each coaching session is a full day of riding, led by your Nonstop coach. With a varied schedule no week is the same, but the typical setup is four days of coaching per week, with a weekday and the weekends for rest, freeskiing or other activities we lay on. You'll be riding all three Banff resorts as we clock up mileage in all types of terrain. The primary goal is to equip you with the skills to pass your CSIA/CASI Level 1, but we place huge emphasis on developing your own riding and all-mountain capabilities too.

Groups By Ability

This course is designed for a range of abilities from intermediate through to expert. We organise groups by ability and attitude to ensure you ride with people of a similar skill level and outlook, creating an environment of progression and camaraderie.

Group Size 8 Riders

We aim for groups of no more than 8 riders to a coach. Our small group sizes create an optimal dynamic from both a coaching and social perspective, allowing for one-on-one feedback, peer learning and a good social vibe.

Coaches Level 3/4

You'll be coached by highly qualified SkiBig3 instructor trainers, all passionate about skiing and snowboarding, and dedicated to helping you grow. Each week you will rotate between coaches, allowing you to benefit from different teaching styles and insights. They'll guide you to Banff's hidden zones and share advice on the industry, providing tips and tactics to develop your skills.

Qualifications CSIA/CASI

You will be training for the CSIA Level 1 certification, which qualifies you to teach beginner skiers or snowboarders. The Level 1 is an entry-level certification, and consists of both skiing and teaching components.



A TYPICAL DAY

This is a guideline only; each day may vary with different focuses, timings, and personal choices

07:30

Breakfast

Start your day with a hearty breakfast. After fuelling up, gear up and hop on the local shuttle to one of Banff's legendary resorts: Sunshine Village, Lake Louise, or Mount Norquay. Each day brings a new adventure, exploring the best terrain suited to the conditions.

10:00

Briefing + Morning Session

Meet your coach and fellow riders for a briefing on the day's focus. Whether you're honing technical skills, tackling freeride terrain, or developing your teaching ability, the morning session is designed to up your level. After a warm-up, hit the slopes with your coach providing real-time feedback.

12:00

Lunch

Enjoy a well-earned break and refuel with a social lunch at one of the on-mountain lunch spots. Share insights and tips with your fellow riders while reflecting on the morning's session. Discuss techniques, progress, and terrain, getting ready for an action-packed afternoon.

13:00

Afternoon Session

The afternoon session is about reinforcing new skills. Your coach will guide you through the CSIA/CASI methodology while continuing to explore the best terrain. Whether it's hunting fresh powder, a freestyle session, or building your teaching toolbox, you'll be learning heaps.

16:00

Après + Relax

After a full day of riding, hit up one of Banff's après-ski spots and share stories from the day. Alternatively, head back to your accommodation to chill out, relax in the hot tub, or enjoy some downtime.

19:00

Dinner + Socials

Enjoy a delicious two-course dinner at the hotel. After, the fun continues with the lively Banff nightlife – catch a local event, hit popular spots like High Rollers or Wild Bill's, or simply hang out with the group. For a quieter night, rest up – there's always another great day of riding ahead.



WHY RIDE WITH NONSTOP

Coaching

Helping riders progress at sports they love in skiing and snowboarding is at the heart of what we do. With expert local coaches and guides, we create a supportive and social environment to ensure you're challenged, progressing, and riding the best zones on the mountain.

Authentic Travel

Run-of-the-mill is just not our thing. We focus on authentic destinations with the perfect blend of snow, terrain and culture, adding local twists and touches of adventure to create experiences you'll remember long after your time with us.

People

Designed for like-minded skiers and riders, you'll join a diverse group of people bound by a love of the mountains and shared desire to progress together. You're guaranteed a sociable trip, and everyone leaves with new friends.

All You Need

Just turn up and ride – we'll take care of the rest. Our packages include all your coaching and accommodation, with lift passes, airport transfers, meals, socials, hosting and more. Less hassle, more ride time.

Experience

When you travel with Nonstop you can have peace of mind that you are booking with a trusted and award-winning instructor training provider with over 20 years of expertise. We have a track record of delivering courses, with many alumni working in the industry around the world.

Responsible

We're a proud member of 1% for the Planet, dedicated to fostering positive environmental change. By donating 1% of all sales to environmental non-profits, including Protect Our Winters, we're committed to supporting meaningful initiatives that make a difference.

NEXT STEPS

Book nonstopsnow.com/book

Follow [@nonstopsnow](https://twitter.com/nonstopsnow)

Reviews Read on [Trustpilot](#)



If you have any questions, get in touch:

Email info@nonstopsnow.com

Phone UK +44(0)1225 632 165

CA +1 250 423 4622

AU +61 2 9191 6415

WhatsApp +44(0)7493 309160

About Nonstop A collective of passionate skiers and snowboarders, Nonstop Snow runs a collection of ski and snowboard instructor, all-mountain and backcountry camps for people who dream of pushing their level.

Founded 2002