2027 L100 COACH CERTIFICATION

Updated: June 12th, 2026

There are three levels of certification within the IFSA:

L100: This online course is an introduction to the IFSA, to coaching competitions, and general Freeride risk management.

It is designed as a foundational course to provide you with the basic concepts to help you and your athletes experience a safe and fun season of competitive Freeride.

- This certification is valid for two years, the first year being the year the test is taken.
    - *(If you take the test midwinter of 2027, it will expire in May 2028.)*
- After your certification expires, you can take the L100 recertification or the L200.
- If you have a lapse in years of being L100 certified, you will need to take the course again.

L200: This course is in person and covers the coach athlete relationship, progressive training environments, and performance.

- This certification is valid for three years, the first year being the year the test is taken.
- You can take the L200 test as early as one full year after completing the L100, and as late as two consecutive years.
    - *(If you took the L100 during the 2026/27 season, the latest you can take the L200 the 2028/2029 season, as long as the course is taken before your first competition.)*
- After your certification expires, you can take the online L200 recertification.

L300: Coach Trainers.

Independent coaches:
If you are coaching your athlete as an independent, you and your athlete can share a login on Liveheats, *but you will need to list your own names within the profile*. Then, you will have to buy the coaching memberships under your name, and the athlete memberships under their name.

Coaches must register for any event they plan to attend.

A Coaches Membership will be required to register for events. There will be no fee associated with event registration; However, this additional step is essential for two reasons:

1. It is imperative that Event Organizers have contact information for all attendees and that local health authorities can conduct effective contact tracing if necessary.

2. Many resorts are implementing limits on the number of daily guests. An Event Organizer must have an accurate projection of attendees to ensure enough reserved tickets for trainers. If you are not registered for an event, you will not be granted ticket benefits or access to the venue.

Coach Complimentary Ticket Policy

Please note that some resorts may have a slightly different coach ticket policy. You should reach out to the Event Organizer to confirm their ticket policy.

1 Athlete: No ticket
2 - 3 Athletes: 1 Coach ticket per day of event
4 - 6 Athletes: 2 Coach tickets per day of event
7 - 10 Athletes: 3 Coach tickets per day of event
11+ Athletes: At Event Organizer's discretion

Step by step guide to complete the L100 exam:

STEP 1: All coaches will need **two** Liveheats memberships.

- The first one is the IFSA membership ($65 USD).
    - Liveheats Membership
- The second one is the Regional membership for the region you train in (free of charge).
    - Liveheats Membership

*Please note that junior athletes and coaches only need **one regional** membership, even if they are planning to compete outside of their home region. Please use your main training region.*

STEP 2:
Code of conduct: Please sign your name on the code of conduct form indicating that you understand the materials.

STEP 3:
Ethics and Morals/Working with Children: Complete the SafeSport course. We will be able to see your progress through the SafeSport dashboard.
SafeSport guide

STEP 4:
CPR/First Aid: Coaches are required to hold a valid CPR/first aid certificate. Download the certificate - you will need to upload it on the L100 test.
CPR/first aid guide

STEP 5:
Concussion: In addition, you will need to complete the concussion coursework through the CDC course Heads Up. Download the certificate - you will need to upload it on the L100 test.
Heads Up guide

STEP 6:
Review the following documents and take the L100 test.

- IFSAfreeride.org
- Athlete Handbook
- Judges Handbook
- Inspection Protocol
- Self Arrest

"Know Before You Go" - short powerpoint presentations outlining general avalanche information

- KBYG Power Point 1
- KBYG Power Point 2
- KBYG Power Point 3
- KBYG Power Point 4
- KBYG Power Point 5

AIARE Short Video Series (3-5 minutes each)

- Essential Rescue Equipment

- Departure Check
- Identifying Avalanche Terrain
- Locating Unstable Snow
- Reducing Risk by Selecting Terrain

TAKE THE TEST HERE: 2027 IFSA L100 Test

STEP 7:
When you are done and have passed all the quizzes, send an email to training@ifsafreeride.org so we know you are ready for your work to be graded. You will be added to the L100 list found on the IFSA website, and can register for events. *Please give us 3 days to complete this once you email us.*

If you have any questions, reach out to : training@ifsafreeride.org

Thank you!
The IFSA Team