a Strategy ranking during the learning experiment

Reinforcement learning

Supervised (free choice)

Supervised (target skill)

Average ranking of strategy (1 = best; 4 = worst)

Skier | Skier
Coach | Skier
Coach | Skier

Stand against
Rock skis forward
Extend
Extend with rock skis forward

Familiarization, Forced exploration, Free choice 1, Free choice 2, Retention, Transfer
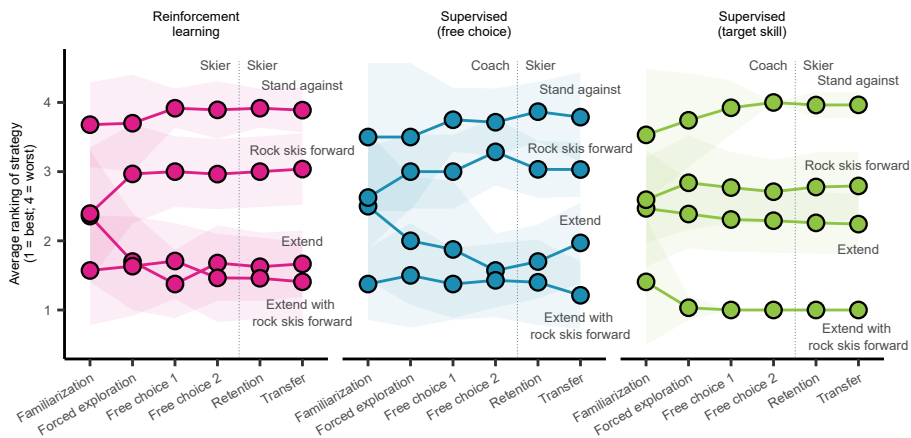
b Racing time for each strategy

Reinforcement learning

Supervised (free choice)

Supervised (target skill)

Racing time (seconds)

Skier | Skier
Coach | Skier
Coach | Skier

Stand against
Rock skis forward
Extend with rock skis forward
Extend

Familiarization, Forced exploration, Free choice 1, Free choice 2, Retention, Transfer

Treatment: Reinforcement learning | Supervised (free choice) | Supervised learning (target skill)