



# Snow Sports

## Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33216. Merit Badge Workbooks and much more are below: [Online Resources](#).

Workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2007. Workbook updated: February 2009.

Scout's Name: \_\_\_\_\_ Unit: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_ Counselor's Ph #: \_\_\_\_\_

1. Discuss winter sports safety, \_\_\_\_\_

\_\_\_\_\_

and *show* that you know first aid for injuries or illnesses that could occur while skiing or riding , including hypothermia, \_\_\_\_\_

\_\_\_\_\_

frostbite, \_\_\_\_\_

\_\_\_\_\_

shock, \_\_\_\_\_

\_\_\_\_\_

dehydration, \_\_\_\_\_

\_\_\_\_\_

sunburn, \_\_\_\_\_

\_\_\_\_\_

fractures, \_\_\_\_\_

\_\_\_\_\_

bruises, \_\_\_\_\_

\_\_\_\_\_

sprains, \_\_\_\_\_

\_\_\_\_\_

and strains. \_\_\_\_\_

\_\_\_\_\_

Tell how to apply splints. \_\_\_\_\_

\_\_\_\_\_

2. Explain why every skier or snowboarder should be prepared to render first aid in the event of an accident. \_\_\_\_\_

\_\_\_\_\_

3. Explain the procedure used to report an accident to the local ski patrol for the area where you usually ski or ride. \_\_\_\_\_

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4. Do EACH of the following:

a. Tell the meaning of the [Your Responsibility Code](#) for skiers and snow-boarders. \_\_\_\_\_

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Explain why each rider must follow this code. \_\_\_\_\_

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b. Explain the [Smart Style](#) safety program. \_\_\_\_\_

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Tell why it is important and how it applies to skiers and snowboarders in terrain parks and pipes. \_\_\_\_\_

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c. Explain the precautions pertaining to avalanche safety, including the responsibility of individuals regarding avalanche safety. \_\_\_\_\_

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d. Tell the meaning of the Wilderness Use Policy. Explain why each skier and snowboarder must adopt this policy.

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5. Complete all of the requirements for ONE of the following options: downhill (Alpine) skiing or cross-country (Nordic) or snowboarding.

**DOWNHILL (ALPINE) SKIING**

a. Show how to use and maintain your own release bindings and explain the use of two others. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Explain the international DIN standard and what it means to skiers. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b. Explain the American Teaching System and a basic snow-skiing progression. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

c. Name the major ski organizations in the United States and explain their functions.

Organization

Functions

Organization	Functions
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

d. Discuss the five types of Alpine skis. *Demonstrate* two ways to carry skis and poles safely and easily.

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

e. Explain the importance of strength, \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

endurance, \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

and flexibility in downhill skiing. \_\_\_\_\_

*Demonstrate* exercises and activities you can do to get fit for skiing. \_\_\_\_\_

f. Present yourself properly clothed and equipped for downhill skiing. Discuss how the clothing you have chosen will keep you warm and protected. \_\_\_\_\_

g. *Demonstrate* how to ride one kind of lift and explain how to ride two others. \_\_\_\_\_

h. Explain the international trail-marking system. \_\_\_\_\_

i. On a gentle slope, *demonstrate* some of the beginning maneuvers learned in skiing. Include the straight run, gliding wedge, wedge stop, sidestep, and herringbone maneuvers. \_\_\_\_\_

j. On slightly steeper terrain, show linked wedge turns. \_\_\_\_\_

k. On a moderate slope, *demonstrate* five to 10 christies. \_\_\_\_\_

l. Make a controlled run down an intermediate slope and *demonstrate* the following:

(1) Short-, medium-, and long-radius parallel turns \_\_\_\_\_

(2) A sideslip and safety (hockey) stop to each side \_\_\_\_\_

(3) Traverse across a slope \_\_\_\_\_

m. *Demonstrate* the ability to ski in varied conditions, including changes in pitch, snow conditions, and moguls. Maintain your balance and ability to turn. \_\_\_\_\_

**CROSS-COUNTRY (NORDIC) SKIING**

a. Show your ability to select, use, and repair, if necessary, the correct equipment for ski touring in safety and comfort. \_\_\_\_\_

b. Discuss classical \_\_\_\_\_

and telemark skis. \_\_\_\_\_

*Demonstrate* two ways to carry skis safely and easily. \_\_\_\_\_

c. Discuss the basic principles of waxing for cross-country ski touring. \_\_\_\_\_

d. Discuss the differences between cross-country skiing, \_\_\_\_\_

ski touring, \_\_\_\_\_

ski mountaineering, \_\_\_\_\_

and downhill skiing. \_\_\_\_\_

e. Explain the importance of strength, \_\_\_\_\_

endurance, \_\_\_\_\_

and flexibility in cross-country skiing. \_\_\_\_\_

*Demonstrate* exercises and activities you can do to get fit for skiing. \_\_\_\_\_

f. List items you would take on a one-day ski tour.

- \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_
- \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_
- \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_
- \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_

g. Present yourself properly clothed and equipped for a one-day ski tour. Discuss the correct use of your clothing and equipment , and how the clothing you have chosen will keep you warm and protected. \_\_\_\_\_

h. *Demonstrate* the proper use of a topographic map and compass. \_\_\_\_\_

i. Show a degree of stamina that will enable you to keep up with an average ski-touring group your age.

j. On a gentle, packed slope, show some basic ways to control speed and direction. Include the straight run, traverse, sideslip, step turn, wedge stop, and wedge turn maneuvers.

k. On a cross-country trail, *demonstrate* effective propulsion by showing proper weight transfer from ski to ski, pole timing, rhythm, flow, and glide.

l. *Demonstrate* your ability, on a tour, to cope with an average variety of snow conditions.

m. *Demonstrate* several methods of dealing with steep hills or difficult conditions. Include traverses and kick turns going uphill and downhill, sidesteps, pole drag, and ski-pole "glissade."

**SNOWBOARDING**

a. Discuss forward-fall injuries. \_\_\_\_\_

Tell about prevention \_\_\_\_\_

and what action must be taken in the event of any type of injury or accident. \_\_\_\_\_

b. Do the following:

(1) *Demonstrate* your ability to select the correct equipment for snowboarding and to use it for safety and comfort.

(2) Present yourself properly clothed and equipped for snowboarding. Discuss how the clothing you have chosen will keep you warm and protected. \_\_\_\_\_  
\_\_\_\_\_

c. Show how to use and maintain your own bindings, and explain the use of the different binding methods. Explain the need for leashes. \_\_\_\_\_  
\_\_\_\_\_

d. Discuss the four types of snowboards.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Demonstrate* how to carry a snowboard easily and safely. \_\_\_\_\_

e. *Demonstrate* exercises and activities that will get you fit for snowboarding. \_\_\_\_\_

f. *Demonstrate* how to ride one kind of lift and explain how to ride two others. \_\_\_\_\_

g. Explain the international trail-marking system. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

h. *Demonstrate* the basic principles of waxing a snowboard. \_\_\_\_\_

i. Do the following

1. On a gentle slope, *demonstrate* beginning snowboarding maneuvers. Show basic ways to control speed and direction. Include the sideslipping maneuver. \_\_\_\_\_

2. On slightly steeper terrain, show traversing. \_\_\_\_\_

j. On a moderate slope, *demonstrate* an ollie, a nose-end grab, and a wheelie. \_\_\_\_\_

k. Make a controlled run down an intermediate slope and *demonstrate* the following: \_\_\_\_\_

(1) Skidded, carved, and jump turns \_\_\_\_\_

(2) Stops \_\_\_\_\_

(3) Riding fakie \_\_\_\_\_

l. *Demonstrate* your ability to ride in varied conditions, including changes in pitch, snow conditions, and moguls. Maintain your balance and ability to turn.

m. Name the major snowboarding organizations in the United States and explain their functions.

Organization	Functions
_____	_____
_____	_____
_____	_____
_____	_____

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ► [scouting.org](http://scouting.org) ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)  
► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

Boy Scout Merit Badge Workbooks: [usscouts.org](http://usscouts.org) -or- [meritbadge.org](http://meritbadge.org) Merit Badge Books: [www.scoutstuff.org](http://www.scoutstuff.org)

### Requirement Resources

These resources and much more are at: [http://meritbadge.org/wiki/index.php/Snow\\_Sports](http://meritbadge.org/wiki/index.php/Snow_Sports)

- 1-2. [First Aid Lesson Videos: First Aid Basics - First Aid Basics2](#)
  3. [National Ski Patrol](#)
  - 4a. [Your Responsibility Code](#)
  - 4b. [Smart Style](#)
  - 4c. [Avalanche Safety](#)
  - 4d. [Wilderness Use Policy](#)
  - 5a. [Expertvillage Skiing Videos: - Video Lesson: Bindings - Wikipedia International DIN Settings](#)
  - 5b. [American Teaching System - Details](#)
  - 5c. [National Ski Patrol - Am. Assn. of Snowboard Instructors - Cross Country Ski Areas Assn. - National Ski Areas Assn. - USA Snowboard Assn. - Snow Sports Industries America - US Ski and Snowboard Assn.](#)
  - 5d. [Five types of Alpine skis](#)
  - 5e. [Video Lesson: Conditioning](#)
  - 5f. [Video Lesson: Ski Clothing - Video Lesson: Goggles - Stepping into Snow Ski Bindings](#)
  - 5g. [Video Lesson: Lift Tickets - Chairlift Tips - How to Get On a Ski Chair Lift - How to Get Off a Ski Chair Lift](#)
  - 5h. [International Trail Marking System - Video Lesson: Using Trail Maps](#)
  - 5i. [Video Lesson: Skiing on level ground - Stopping - Wedge Turns: Skiing Tips - Stem Christi Turns](#)
  - 5.m. [How to Ski Moguls](#)
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## Your Responsibility Code

Skiing and snowboarding can be enjoyed in many ways. At areas you may see people using alpine skis, snowboards, telemark skis, cross country skis, and other specialized equipment, such as that used by the disabled. Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Observe the code listed below and share with other skiers and riders the responsibility for a great skiing experience.

1. Always stay in control, and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

Know the code. It's your responsibility.

This is a partial list. Be safety conscious.

## The Smart Style Program

There are four main messages that are associated with Smart Style:

### 1. MAKE A PLAN

Every time you use freestyle terrain, make a plan for each feature you want to use. Your speed, approach and take off will directly affect your maneuver and landing

### 2. LOOK BEFORE YOU LEAP

Scope around the jumps first, not over them. Know your landings are clear and clear yourself out of the landing area.

### 3. EASY STYLE IT

Start small and work your way up. (Inverted aerials not recommended).

### 4. RESPECT GETS RESPECT

From the lift line through the park.

## The Principles of Leave No Trace

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly (Pack It In, Pack It Out)
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

## Outdoor Code

As an American, I will do my best to—

*Be clean in my outdoor manners.* I will treat the outdoors as a heritage. I will take care of it for myself and others. I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.

*Be careful with fire.* I will prevent wildfire. I will build my fires only when and where they are appropriate. When I have finished using a fire, I will make sure it is cold out. I will leave a clean fire ring, or remove all evidence of my fire.

*Be considerate in the outdoors.* I will treat public and private property with respect. I will follow the principles of Leave No Trace for all outdoor activities.

*Be conservation-minded.* I will learn about and practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy. I will urge others to do the same.

## Wilderness Use Policy of the Boy Scouts of America

All privately or publicly owned backcountry land and designated wildernesses are included in the term "wilderness areas" in this policy. The Outdoor Code of the Boy Scouts of America and the principles of Leave No Trace apply to outdoor behavior generally, but for treks into wilderness areas, minimum-impact camping methods must be used. Within the outdoor program of the Boy Scouts of America, there are many different camping-skill levels. Camping practices that are appropriate for day outings, long-term Scout camp, or short-term unit camping might not apply to wilderness areas. Wherever they go, Scouts need to adopt attitudes and patterns of behavior that respect the rights of others, including future generations, to enjoy the outdoors.

- In wilderness areas, it is crucial to minimize human impact, particularly on fragile ecosystems such as mountains, lakes and streams, deserts, and seashores. Because our impact varies from one season of the year to the next, it becomes important for us to adjust to these changing conditions to avoid damaging the environment.
- The Boy Scouts of America emphasizes these practices for all troops, teams, and crews planning to use wilderness areas:
- Contact the landowner or land-managing agency (USDA Forest Service, National Park Service, Bureau of Land Management, U.S. Fish and Wildlife Service, U.S. Army Corps of Engineers, state and private agencies, etc.) well before an outing to learn the regulations for that area, including group size limits, to obtain required permits and current maps, and to discuss ways Scouts can fulfill the expectations of property owners or land managers.
- Obtain a tour permit (available through local council service centers), meet all of its conditions, and carry it during the trip.
- Review the appropriate BSA safety literature relating to planned activities. (See Safe Swim Defense, Safety Afloat, Climb On Safely, and Trek Safely.) Also see the Guide to Safe Scouting on the BSA Web site at <http://www.scouting.org/pubs/gss/toc.html> for more information on current BSA policies and procedures for ensuring safe activities, as well as the Fieldbook Web site at <http://www.bsafieldbook.org>.
- Match the ruggedness of high-adventure experiences to the skills, physical ability, and maturity of those taking part. Save rugged treks for older unit members who are more proficient and experienced in outdoor skills.
- Conduct pretrip training for your group that stresses proper wilderness behavior, rules, and skills for all of the conditions that may be encountered, including lightning, missing person, wildfire, high winds, flooding, and emergency medical situations.
- Participate in training in how to apply the principles of Leave No Trace, and be proficient and experienced in the leadership and skills required for treks into wilderness areas.
- Adhere to the principles of Leave No Trace.