



Cub Scout Snow Ski and Board Sports

Cub Scout Academics and Sports Workbook

This workbook is not required but can help you with this award. Belt Loops and Pins may be earned more than once.

Links to other workbooks and resources are at the end of this workbook: [Online Resources](#).

Send comments to the workbook developer: craig@craiglincoln.com. Workbook updated: March, 2011.

Scout's Name: _____

Pack: _____

Cub Scout Snow Ski and Board Sports Belt Loop (See the [Pin Requirements](#) below.)

Complete these three requirements:

1. Explain the conditioning, _____

clothing, _____

equipment, _____

and planning needed for snow skiing or boarding. _____

2. Explain "Your Responsibility Code," the rules of safety and courtesy for the slopes. ([see "Your Responsibility Code" on the last page.](#)) _____

3. Go skiing or snow boarding. Demonstrate how to stop and turn. _____

Cub Scout Snow Ski and Board Sports Pin

Earn the Cub Scout Snow Ski and Board Sports belt loop, and complete five of the following requirements:

1. Explain the different kinds of ski lifts, such as a rope tow and "fixed grip" and "detachable" chair lifts. _____

2. Describe the five universal symbols used to indicate ski trail difficulty.

3. Demonstrate how to hold your position, _____
and get up from a fall. _____

4. Demonstrate how to fall safely to avoid injury. _____

6. Practice skiing or snowboarding for at least five hours. You can do this in more than one day. _____

7. Explain what to do if you see a skiing or snow boarding accident. _____

Discuss the dangers of avalanche. _____

8. Take a skiing or snow boarding lesson. _____

9. View a film on skiing or snow boarding. [\(see video links below\)](#) _____

10. Talk with a member of a ski patrol and learn about his or her position at the ski slope. _____

11. Learn about an Olympian who competed in skiing or snowboarding and report to your den. _____

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

Cub Scout Advancement: <http://usscouts.org/advance/cubscout/ranks.asp>

Tiger: <http://meritbadge.org/wiki/index.php?title=Tiger>

Wolf: <http://meritbadge.org/wiki/index.php?title=Wolf>

Bear: <http://meritbadge.org/wiki/index.php?title=Bear>

Webelos: <http://meritbadge.org/wiki/index.php?title=Webelos>

Cub Scout Academics and Sports Workbooks: ► meritbadge.org -or- ► [Academics](#) / [Sports](#)

Webelos Activity Badge Workbooks: ► usscouts.org -or- ► meritbadge.org

Boy Scouts of America: <http://www.scouting.org/> ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines for Activities](#)

[Expertvillage Skiing Videos:](#)  [Ski Clothing](#)  [Goggles](#)  [Renting Skis](#)  [Lift Tickets](#)  [Bindings](#)  [much more](#)

[National Ski Patrol](#)

[Other Major Ski Associations:](#)

* [Your Responsibility Code](#)

* [Am. Assn. of Snowboard Instructors](#)

* [Smart Style](#)

* [Cross Country Ski Areas Assn.](#)

* [Avalanche Safety](#)

* [National Ski Areas Assn.](#)

[Wikipedia](#)

* [Prof. Ski Instructors of America](#)

* [Int. Trail Marking System](#)

* [SnowSports Industries America](#)

* [USA Snowboard Assn.](#)

* [US Ski and Snowboard Assn.](#)

Your Responsibility Code for Snow Ski and Board Sports

Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross-country and other specialized ski equipment, such as that used by people with disabilities or other skiers.

Always show courtesy to others and remember that there are elements of risk in skiing that common sense and personal awareness can help reduce.

Know the code. It's your responsibility

Officially endorsed by the NSAA

1. Always stay in control
2. People ahead of you have the right of way.
3. Stop in a safe place for you and others.
4. Whenever starting downhill or merging, look uphill and yield.
5. Use devices to help prevent runaway equipment.
6. Observe signs and warnings, and keep off closed trails.
7. Know how to use the lifts safely.