Snow Ski & Board Sports

Scout Name: _____
Pack / Den: _____

Beltloop and Pin Worksheet
Cub Scout Academic & Sports Program

Snow Ski & Board Sports Belt Loop

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. _____

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

Snow Ski & Board Sports Pin

Earn the Snow Ski & Board Sports Beltloop, 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. _____

☐ 5. Explain why it is important to protect nature and wildlife while skiing or snowboarding . _____

☐ 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. _____

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☐ 8. Take a skiing or snowboarding lesson . _____

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☐ 9. View a video on skiing or snowboarding. _____

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

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

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