



# 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](mailto:craig@craiglincoln.com). Workbook updated: April 2008.

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. Be able to explain safety and courtesy codes for a downhill or cross-country trip. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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. Use one. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- 2. Describe the four universal symbols used to indicate ski trail difficulty.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- 3. Demonstrate how to hold your position, \_\_\_\_\_  
get up from a fall, \_\_\_\_\_  
and do basic turns \_\_\_\_\_
  
- 4. Demonstrate how to fall safely to avoid injury. \_\_\_\_\_  
\_\_\_\_\_
  
- 5. Demonstrate five cross country skills, such as a kick turn, \_\_\_\_\_  
diagonal stride, \_\_\_\_\_  
double pole, \_\_\_\_\_  
side-step, \_\_\_\_\_  
step turn, \_\_\_\_\_  
herringbone, \_\_\_\_\_  
straight downhill running, \_\_\_\_\_  
cross-country snowplow, \_\_\_\_\_  
sideslipping, \_\_\_\_\_  
pole drag, \_\_\_\_\_  
diagonal stride uphill, \_\_\_\_\_  
and traverse. \_\_\_\_\_
  
- 6. Participate in a game using skis or boards; such as relays, \_\_\_\_\_  
races, \_\_\_\_\_  
or racing around poles or flags. \_\_\_\_\_
  
- 7. Explain what to do if you see a skiing or snow boarding accident. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Discuss the dangers of avalanche. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8. Take skiing or snow boarding lessons. \_\_\_\_\_

\_\_\_\_\_

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 the job he or she does at the ski slope. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**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](http://meritbadge.org) -or- ▶ [Academics](#) / [Sports](#)

**Webelos Activity Badge Workbooks:** ▶ [usscouts.org](http://usscouts.org) -or- ▶ [meritbadge.org](http://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.](#)