



Cub Scout Sports: Snow Ski & Board

Cub Scout Pack 49

Denison, Iowa

Name of Scout: _____ Den: _____ Date: _____

Please check what you have completed for either the loop or the pin:

REQUIREMENTS FOR THE SNOW SKI & BOARD SPORTS BELT LOOP

Complete these three requirements:

- ___ Explain the conditioning, clothing, equipment, and planning needed for snow skiing or boarding.
- ___ Be able to explain safety and courtesy codes for a downhill or cross-country trip.
- ___ Go skiing or snow boarding. Demonstrate how to stop and turn.

REQUIREMENTS FOR THE SNOW SKI & BOARD SPORTS PIN

- ___ Required: Belt loop previously earned (or all three of the above requirements checked).

Complete five of the following requirements:

- ___ Explain the different kinds of ski lifts. Use one.
- ___ Describe the four universal symbols used to indicate ski trail difficulty.
- ___ Demonstrate how to hold your position, get up from a fall, and do basic turns
- ___ Demonstrate how to fall safely to avoid injury.
- ___ 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, side slipping, pole drag, diagonal stride uphill, and traverse.
- ___ Participate in a game using skis or boards; such as relays, races, or racing around poles or flags.
- ___ Explain what to do if you see a skiing or snow boarding accident. Discuss the dangers of avalanche.
- ___ Take skiing or snow boarding lessons.
- ___ View a film on skiing or snow boarding.
- ___ Talk with a member of a ski patrol and learn about the job he or she does at the ski slope.

I certify that this Cub Scout has completed the above marked requirements to the best of his ability.

Signed: _____ Date: _____