



Snow Sports Merit Badge Workbook – Cross Country Skiing Option

SCOUTMASTER BUCKY

Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Snow Sports merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations.

<https://scoutmasterbucky.com/merit-badges/snow-sports/snow-sports-pamphlet.pdf>

<https://scoutmasterbucky.com/merit-badges/snow-sports/snow-sports-cpp.pdf>

REQUIREMENT 1a: Explain to your counselor the hazards you are most likely to encounter while participating in snow sport activities, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

HAZARD #1

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #2

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #3

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #4

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #5

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #6

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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REQUIREMENT 1b: Discuss first aid and prevention for the types of injuries or illnesses that could occur while participating in snow sports, including hypothermia, frostbite, shock, dehydration, sunburn, concussion, fractures, bruises, sprains, and strains.

HYPOTHERMIA:

Prevention:

Symptoms:

Treatment:

FROSTBITE:

Prevention:

Symptoms:

Treatment:



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SHOCK:

Prevention:

Symptoms:

Treatment:

DEHYDRATION:

Prevention:

Symptoms:

Treatment:



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SUNBURN:

Prevention:

Symptoms:

Treatment:

CONCUSSION:

Prevention:

Symptoms:

Treatment:



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FRACTURES:

Prevention:

Symptoms:

Treatment:

BRUISES:

Prevention:

Symptoms:

Treatment:



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SPRAINS:

Prevention:

Symptoms:

Treatment:

STRAINS:

Prevention:

Symptoms:

Treatment:



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REQUIREMENT 1b: Tell how to apply splints.

Notes:

REQUIREMENT 2a: Explain why every snow sport participant should be prepared to render first aid in the event of an accident.

Notes:



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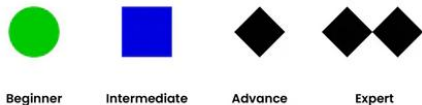
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REQUIREMENT 2b: Explain the procedure used to report an accident to the local ski patrol or local emergency personnel.

Notes:

REQUIREMENT 3: Explain the international trail-marking system.

North America, Australia, And New Zealand



Beginner Intermediate Advance Expert

Ski Slope Signs in Europe



New skier or child Beginner Intermediate Advanced Expert Experienced Expert Reclassified black run / off-piste run

Ski Trail Signs In Japanese Ski Resorts



Beginner Intermediate Advanced

Ski Lift Signs



Tram Single Chair Skier#1 Snowboarder Triple Chair

Warning and Slow Signs



Europe U.S.

Notes:



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REQUIREMENT 4: Discuss the importance of strength, endurance, and flexibility in snow sports.

Strength:

Endurance:

Flexibility:

REQUIREMENT 4: Demonstrate exercises and activities you can do to get fit for the option you choose in requirement 7.

Consider using the [Snow Sports Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 5: Present yourself properly clothed and equipped for the option you choose in requirement 7.

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REQUIREMENT 5: Discuss how the clothing you have chosen will help keep you warm and protected.

Notes:



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REQUIREMENT 6a: Tell the meaning of the Your Responsibility Code for skiers, snowboarders, and snowshoers. Explain why each rider must follow this code.

YOUR RESPONSIBILITY CODE

- 1** Always stay in control. You must be able to stop or avoid people or objects.
- 2** People ahead or downhill of you have the right-of-way. You must avoid them.
- 3** Stop only where you are visible from above and do not restrict traffic.
- 4** Look uphill and avoid others before starting downhill or entering a trail.
- 5** You must prevent runaway equipment.
- 6** Read and obey all signs, warnings and hazard markings.
- 7** Keep off closed trails and out of closed areas.
- 8** You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
- 9** Do not use lifts or terrain when impaired by alcohol or drugs.
- 10** If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

**Know and Obey the Code.
It's Your Responsibility.**

If you need help understanding the Code, please ask an employee.

Notes:

REQUIREMENT 6a: Explain why each rider must follow this code.

Notes:



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REQUIREMENT 6b: Explain the Smart Style safety program.

S

**START
SMALL**

M

**MAKE
A PLAN**

A

**ALWAYS
LOOK**

R

RESPECT

T

**TAKE IT
EASY**

Notes:

REQUIREMENT 6b: Tell why the Smart Style safety program is important and how it applies to participants at snow sport venues like terrain parks and pipes.

Notes:



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REQUIREMENT 6c: Explain the precautions pertaining to avalanche safety, including the responsibility of individuals regarding avalanche safety.

Notes:





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Requirement 7 Cross Country (Nordic) Skiing Option

MANY OF THE TASKS IN REQUIREMENT 7 OF THE CROSS COUNTRY (NORDIC) SKIING OPTION ARE SKILL-BASED. SCOUTS WILL NEED TO SHOW, DEMONSTRATE, AND MANUEVER ON THEIR CROSS COUNTRY SKIIS OVERSEEN AND REVIEWED BY A CERTIFIED MERIT BADGE COUNSELOR.

SCOUTS NOT ABLE TO PHYSICALLY PERFROM THESE SKILLS WILL FIND IT DIFFICULT TO COMPLETE

Only Scouts that are mentally and physically able to perform the tasks will be considered for sign-off.

Some instructors / counselors may be able to provide some coaching, but there is no guarantee that the required skills to successfully accomplish this requirement can be developed enough for success

These requirement components must be reviewed with your merit badge counselor.

BE PREPARED!

CROSS COUNTRY (NORDIC) SKIING OPTION

REQUIREMENT 7a:

Show your ability to select, use, and maintain equipment for cross-country skiing in safety and comfort.

This requirement component must be reviewed with your merit badge counselor.

BE PREPARED!

CROSS COUNTRY (NORDIC) SKIING OPTION

REQUIREMENT 7b:

Discuss classic, skating, touring, and telemark skis.

Classic Skis:

Skating Skis:

Touring Skis:



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Telemark Skis:

CROSS COUNTRY (NORDIC) SKIING OPTION

REQUIREMENT 7c:

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

Notes:

CROSS COUNTRY (NORDIC) SKIING OPTION

REQUIREMENT 7d:

Discuss the differences between cross-country, backcountry/ski touring, ski mountaineering, and downhill/telemark skiing.

Notes:



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CROSS COUNTRY (NORDIC) SKIING OPTION REQUIREMENT 7e:	List the items you would take on a one-day ski tour.
Notes:	
CROSS COUNTRY (NORDIC) SKIING OPTION REQUIREMENT 7f:	Demonstrate the proper use of a topographic map and compass.
CROSS COUNTRY (NORDIC) SKIING OPTION REQUIREMENT 7g:	Demonstrate the proper use of a topographic map and compass.
CROSS COUNTRY (NORDIC) SKIING OPTION REQUIREMENT 7h:	On a cross-country trail, demonstrate effective propulsion by showing proper weight transfer from ski to ski, pole timing, rhythm, flow, and glide.
CROSS COUNTRY (NORDIC) SKIING OPTION REQUIREMENT 7i:	Demonstrate your ability, on a tour, to cope with an average variety of snow conditions.
CROSS COUNTRY (NORDIC) SKIING OPTION REQUIREMENT 7j:	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."
<p>These requirement components must be reviewed with your merit badge counselor.</p> <p>BE PREPARED!</p>	

