

# MERIT BADGE SERIES



# SNOW SPORTS



BOY SCOUTS OF AMERICA®

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*"Enhancing our youths' competitive edge through merit badges"*



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# Note to the Counselor

Like many other outdoor activities, the snow sports discussed in this pamphlet have risks. These risks can be minimized by following the complete guidelines under Winter Activities in the BSA's *Guide to Safe Scouting*, particularly those that pertain to winter-sports safety.

The abridged rules below highlight the guidelines that will help you ensure the well-being of those Scouts under your supervision.

- Use only designated areas where obstacles have been identified and marked, cleared away, shielded, or buffered in some way.
- At all times when Scouts are in the field, maintain direct supervision by two or more mature and conscientious adults (at least one of whom must be age 21 or older) who understand and knowingly accept responsibility for the well-being and safety of the youth in their care. They should be experienced and qualified in the particular skills and equipment involved in the activity and committed to compliance with BSA Winter Sports Safety as defined in the *Guide to Safe Scouting*. The appropriate number of supervisors will increase depending on the number of participants, the type of activity, and environmental conditions.
- Explain the potential hazards of snow sports before engaging in the activity. Make sure Scouts understand and respect the rules of safety and etiquette for snow sports, especially the rules of the local ski patrol. Place emphasis on preventing accidents through adherence to safety measures and proper technique.
- Be sure Scouts wear appropriate clothing and protective equipment, including gloves, helmets, and goggles when appropriate. The use of a helmet is required for snowboarding and downhill skiing.
- Comply with BSA medical requirements as outlined in the Annual Health and Medical Record. Each participant—youth and adult—must have a current physical examination performed by a licensed health-care practitioner who has knowledge of the sport and its particular physical demands.
- Make sure all specialized equipment such as snowboards, skis, snowshoes, and helmets fit and function properly.

# Requirements

Always check [www.scouting.org](http://www.scouting.org) for the latest requirements.

1. Do the following:
  - (a) 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.
  - (b) 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, fractures, bruises, sprains, and strains. Tell how to apply splints.
2. Do the following:
  - (a) Explain why every snow sport participant should be prepared to render first aid in the event of an accident.
  - (b) Explain the procedure used to report an accident to the local ski patrol or local emergency personnel.
3. Explain the international trail-marking system.
4. Discuss the importance of strength, endurance, and flexibility in snow sports. Demonstrate exercises and activities you can do to get fit for the option you choose in requirement 7.
5. Present yourself properly clothed and equipped for the option you choose in requirement 7. Discuss how the clothing you have chosen will help keep you warm and protected.
6. Do EACH of the following:
  - (a) Tell the meaning of the Your Responsibility Code for skiers, snowboarders, and snowshoers. Explain why each rider must follow this code.
  - (b) Explain the Smart Style safety program. Tell why it is important and how it applies to participants at snow sport venues like terrain parks and pipes.
  - (c) Explain the precautions pertaining to avalanche safety, including the responsibility of individuals regarding avalanche safety.

- (d) Tell the meaning of the Wilderness Use Policy. Explain why each skier and snowboarder must adopt this policy.
7. Complete ALL of the requirements for ONE of the following options: downhill (Alpine) skiing OR cross-country (Nordic) OR snowboarding OR snowshoeing.

### **Downhill (Alpine) Skiing Option**

- (a) Show how to wax and maintain your skis and use/maintain your release bindings. Explain the international DIN standard and what it means to skiers.
- (b) Explain the American Teaching System and a basic snow-skiing progression.
- (c) Discuss the five types of Alpine skis. Demonstrate two ways to carry skis and poles safely and easily.
- (d) Demonstrate how to ride one kind of lift and explain how to ride two others.
- (e) On a gentle slope, demonstrate some of the beginning maneuvers learned in skiing. Include the straight run, gliding wedge, wedge stop, sidestep, and herringbone maneuvers.
- (f) On slightly steeper terrain, show linked wedge turns.
- (g) On a moderate slope, demonstrate five to 10 christies.
- (h) Make a controlled run down an intermediate slope.
- (i) Demonstrate the ability to ski in varied conditions, including changes in pitch, and snow conditions.
- (j) Name the major ski organizations in the United States and explain their functions.

### **Cross-Country (Nordic) Skiing Option**

- (a) Show your ability to select, use, and maintain equipment for cross-country skiing in safety and comfort.
- (b) Discuss classic, skating, touring, and telemark skis.
- (c) Discuss the basic principles of waxing for cross-country ski touring.
- (d) Discuss the differences between cross-country, backcountry/ski touring, ski mountaineering, and downhill/telemark skiing.
- (e) List the items you would take on a one-day ski tour.
- (f) Demonstrate the proper use of a topographic map and compass.
- (g) On a gentle, packed slope, show some basic ways to control speed and direction. Include the straight run, traverse, side slip, step turn, wedge stop, and wedge turn maneuvers.

(h) On a cross-country trial, demonstrate effective propulsion by showing proper weight transfer from ski to ski, pole timing, rhythm, flow, and glide.

(i) Demonstrate your ability, on a 4-mile tour, to cope with an average variety of snow conditions.

(j) 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.”

### **Snowboarding Option**

(a) Discuss forward-fall injuries.

(b) Show your ability to select the correct equipment for snowboarding and to use it for safety and comfort.

(c) Show how to use and maintain your own bindings, and explain the use of the different binding methods. Explain the need for leashes.

(d) Discuss the four types of snowboards. Demonstrate how to carry a snowboard easily and safely.

(e) Demonstrate how to ride one kind of lift and explain how to ride two others.

(f) Demonstrate the basic principles of waxing a snowboard.

(g) Do the following:

(1) On a gentle slope, demonstrate beginning snowboarding maneuvers. Show basic ways to control speed and direction. Include the side-slipping maneuver.

(2) On slightly steeper terrain, show traversing.

(h) On a moderate slope, demonstrate an ollie, a nose-end grab, and a wheelie.

(i) Make a controlled run down an intermediate slope.

(j) Demonstrate your ability to ride in varied conditions, including changes in pitch, snow conditions, and moguls. Maintain your balance and ability to turn.

(k) Name the major snowboarding organizations in the United States and explain their functions.

(l) Demonstrate your ability to ride in varied conditions, including changes in pitch, snow conditions, and moguls. Maintain your balance and ability to turn.

(m) Name the major snowboarding organizations in the United States and explain their functions.

### **Snowshoeing Option**

- (a) Name the parts of a snowshoe.
- (b) Explain how to choose the correct size of snowshoe.
- (c) Describe the different types of snowshoes and their specialized uses. Discuss factors to consider when choosing a snowshoe.
- (d) Explain how to properly care for and maintain snowshoes.
- (e) List the items you would take on a one-day snowshoe hike.
- (f) Describe areas that are best for snowshoeing. Discuss some advantages and dangers of backcountry snowshoeing.
- (g) Discuss the benefits of snowshoeing.
- (h) Demonstrate the most efficient ways to break trail, climb uphill, travel downhill, and traverse a slope.
- (i) Demonstrate your ability, on a 2-mile snowshoe hike, to cope with an average variety of snow conditions.
- (j) Demonstrate the proper use of a topographic map and compass.

# Snow Sports Resources

## Scouting Literature

*Deck of First Aid; Basic Illustrated Wilderness First Aid; Emergency First Aid pocket guide; Be Prepared First Aid Book; Emergency Preparedness, First Aid, Orienteering, Personal Fitness, Search and Rescue, Signs, Signals, and Codes, and Wilderness Survival merit badge pamphlets*

With your parent's permission, visit the Boy Scouts of America's official retail website, [www.scoutshop.org](http://www.scoutshop.org), for a complete listing of all merit badge pamphlets and other helpful Scouting materials and supplies.

## Books

### Downhill Skiing

Bartelski, Konrad, and Robin Neillands. *Learn Downhill Skiing in a Weekend*. Knopf, 1992.

Fellows, Chris. *Total Skiing*. Human Kinetics, 2010.

LeMaster, Ron. *The Essential Guide to Skiing: 201 Things Every Skier Must Know*. Peak Sports Press, 2004.

———. *Ultimate Skiing*. Human Kinetics, 2010.

White, Chalky. *Chalky White's The 7 Secrets of Skiing*, 2nd ed. Bernard "Chalky" White, 2011.

### Cross-Country Skiing

Hindman, Steve. *Cross-Country Skiing: Building Skills for Fun and Fitness*. Mountaineers Books, 2005.

McGee, J. Scott. *Basic Illustrated Cross-Country Skiing*. FalconGuides, 2012.

O'Bannon, Allen, and Mike Clelland. *Allen & Mike's Really Cool Telemark Tips: 123 Amazing Tips to Improve Your Tele-Skiing*, 2nd ed. FalconGuides, 2008.

Older, Jules. *Cross-Country Skiing for Everyone*. Stackpole Books, 1998.

Petersen, Paul, and Rick Lovett. *The Essential Cross-Country Skier*. Ragged Mountain Press, 1999.

Volken, Martin, Scott Schell, and Margaret Wheeler. *Backcountry Skiing: Skills for Ski Touring and Ski Mountaineering*. Mountaineers Books, 2007.



**Snowboarding**

- Bennett, Jeff, Scott Downey, and Charles Arnell. *The Complete Snowboarder*. 2nd ed. Ragged Mountain Press, 2000.
- Howe, Susanna. *(Sick): A Cultural History of Snowboarding*. St. Martin's Press, 1998.
- Jensen, Julie. *Beginning Snowboarding*. Lerner, 1996.
- Kleh, Cindy. *Snowboarding Skills: The Back-to-Basics Essentials for All Levels*. Firefly Books, 2002.
- McNab, Neil. *Go Snowboard: Read It, Watch It, Do It*. DK Adult, 2006.
- Reichenfeld, Rob, and Anna Bruechert. *Snowboarding*. Human Kinetics, 1995.
- Rottman, Alexander, and Nici Pederzoli. *Freestyle Snowboarding: Tricks, Skills and Techniques*. Firefly Books, 2010.
- Ryan, Kevin. *The Illustrated Guide to Snowboarding*. Masters Press, 1998.
- Smith, Jim. *The Art of Snowboarding: Kickers, Carving, Half-Pipe, and More*. Ragged Mountain Press, 2007.
- Snyder, Rocky. *Fit to Ski and Snowboard: The Skier's and Boarder's Guide to Strength and Conditioning*. Ragged Mountain Press, 2006.
- Teter, Hannah, and Tawnya Schultz. *Mastering Snowboarding*. Human Kinetics, 2012.
- Weiss, Christof. *Snowboarding Know-How*. Sterling, 1993.

**Snowshoeing**

- Bair, Diane, and Pamela Wright. *Snowshoe Routes: New England*. Mountaineers Books, 2006.
- Burakian, Eli. *Basic Illustrated Snowshoeing*. FalconGuides, 2012.
- Ingersoll, Bill. *Snowshoe Routes: Adirondacks & Catskills*. Mountaineers Books, 2006.
- Olmsted, Larry. *A Trailside Guide: Snowshoeing*. W.W. Norton and Co., 1998.
- Prater, Gene. *Snowshoeing: From Novice to Master*. 5th ed. Mountaineers Books, 2002.
- Recor, Mary Lou, and Chris Hanna, eds. *Snowshoeing in Vermont: A Guide to the Best Winter Hikes*, 2nd ed. Green Mountain Club Inc., 2010.
- Savignano, Phil. *Basic Essentials Snowshoeing*. Falcon, 2000.
- Walter, Claire. *The Snowshoe Experience: Gear Up & Discover the Wonders of Winter on Snowshoes*. Storey Publishing, 2004.
- . *Snowshoeing Colorado*, 3rd ed. Fulcrum Publishing, 2004.

**Organizations and Websites****American Association of Snowboard Instructors**

133 S. Van Gordon St., Suite 200  
Lakewood, CO 80228  
Telephone: 303-987-9390  
[www.aasi.org](http://www.aasi.org)

**American Institute for Avalanche Research and Education**

[avtraining.org](http://avtraining.org)

**Cross Country Ski Areas Association**

Telephone: 802-236-3021

[www.xcski.org](http://www.xcski.org)

**National Ski Patrol**

133 S. Van Gordon St., Suite 100

Lakewood, CO 80228

Telephone: 303-988-1111

[www.nsp.org](http://www.nsp.org)

**Professional Ski Instructors  
of America**

133 S. Van Gordon St., Suite 200

Lakewood, CO 80228

Telephone: 303-987-9390

[www.thesnowpros.org](http://www.thesnowpros.org)

**United States of America Snowboard  
and Freeski Association**

P.O. Box 15500

South Lake Tahoe, CA 96151

Toll-free telephone: 800-404-9213

[www.usasa.org](http://www.usasa.org)

**United States****Snowshoe Association**

678 County Route 25

Corinth, NY 12822

Telephone: 518-654-7648

[www.snowshoeracing.com](http://www.snowshoeracing.com)

**U.S. Ski & Snowboard**

1 Victory Lane

Box 100

Park City, UT 84060

Telephone: 435-649-9090

[usskiandsnowboard.org](http://usskiandsnowboard.org)