

* Snowboarding & Skiing



PURPOSE

To help your Cadets learn the basics of boarding and skiing equipment, technique and planning. Through their work on this badge, Cadets will discover additional God-given abilities as well as gain a deeper appreciation for God's winter creation.

LEARNING

1. The right apparel is essential and should not to be taken lightly. Not being dressed for winter conditions can be uncomfortable at least and extremely dangerous at worst. Those who are excited about hitting the trail or the slopes often forget the hazards of cold and wet (perspiration) — a dangerous combination. Here are five basic articles of clothing required for winter sports. Note: Emphasis should always be given to apparel that is loose or flexible as freedom of movement is imperative. It is highly recommended that you stay away from wearing cotton clothing (jeans, sweatshirts, sweatpants, etc.) next to your skin, because it will absorb sweat and snow and make you cold. Wicking fibers draw the sweat away from your skin (or melted snow that has got under your clothing) but do not hold the moisture in, so it can evaporate.

Hat — Wool stocking cap to cover ears and forehead. Wool is recommended for soaking up sweat and keeping sweat out of the eyes.

Tops and shirts — Lightness and the ability to let moisture evaporate are important. The base layer (closest to the skin) should be a wicking fiber. It should be something thin and fairly close fitting. Suggested materials include polyester or silk.

The second layer is an insulating layer, it must allow moisture to escape but keep the warmth in. This can be something like a fleece or a wool sweater (these do not dry easily but do stay warm even when wet). Zippers and openings in this layer allow you to adjust as necessary if you are getting too warm or too cold.

The third layer is a shell to protect from wind and moisture without adding too much bulk, making movement difficult. This could be anything from a wind-breaker to a heavy winter coat, depending on the level of activity and the outdoor temperature.

The downhill skier or snowboarder usually dresses more warmly than the cross-country skier because he doesn't produce as much body heat. He would usually wear a parka as the outer shell, in addition to the warm sweater and other items worn by the cross-country skier.

Gloves — Gloves or mittens are okay, they need to be durable enough to not rip during your outing. For cold weather, snowboarding, or downhill skiing, warm water-proof gloves should be worn.

Knickers or pants — Knickers are the traditional cross-country ski pants. They allow the most freedom of movement. Along with knee socks your legs won't scuff each other as they pass each other in stride. Similar to the upper body, a base layer of wicking material and an outer layer that is wind and water resistant is ideal. Cross country skiers want no baggy bottoms as they impair leg movement when striding. Add long underwear in extreme cold weather.

Downhill skiing and boarding again require warmer gear, and so insulated ski pants are appropriate.

Socks — Wool is warm and insulates even when wet. Wearing only one pair of socks is normally recommended. The socks should be thick enough to allow a snug fit in the boots, but not so thick that the circulation in your feet is restricted (you should still be able to wiggle your toes) You may want to add plastic freezer bags over your socks if you expect extreme cold or wet conditions. Cold feet is one of the biggest complaints in cross-country skiing. To avoid the problem ...

- Gaiters — They fit over the top of your boot at the ankle and prevent snow from going down your boot.
- Put a pair of old tight-fitting socks over your boots.
- Keep your boots polished and treated with water-proofing compound.

Socks for downhill skiers and boarders are the same, but in addition they wear special boots, made to work with their skis or boards.

2. *Hypothermia* — Hypothermia is abnormal heat loss from the body's inner core.
 - Heat loss areas: head, torso from armpits to lower ribs, groin, and inside of legs.
 - Functions of brain and heart are affected.
 - Results: unconsciousness and DEATH.

Wet clothing (whether from sweat, rain, wet snow, etc.) can speed hypothermia. Hypothermia victims succumb most often between 40°F and 50°F temperature.

Get into dry clothing or a sleeping bag as quickly as possible, stay out of wind, warm victims as quickly as possible through contact with other bodies.

*** Just the first page of the counselor helps was revised, so it is the only page included in this *Clarion*.**