



# SNOWBOARDING AND SKIING



This merit badge covers snowboarding and two types of skiing — cross-country skiing and downhill (or Alpine) skiing. You, the Cadet, must choose which of the three types to work on. After answering the first two questions in the Learning section, you can proceed through the rest of the Learning and Doing sections, fulfilling only the requirements that pertain to your choice of boarding or skiing types.

- 1. List, describe, and explain why the basic items of winter apparel are used in snowboarding and skiing.

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- 2. Define “hypothermia” and describe the treatment.

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## SNOWBOARDING

- 1. List the eight essential pieces of snowboarding gear, other than the board and bindings. \_\_\_\_\_

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- a. List the two types of bindings that boarders use and explain why you would use one or the other.

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- b. Write a paragraph explaining how the type of boarding you plan to do and your height and weight must be considered in your board selection.

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2. List and memorize the eight safety rules of boarding (be able to say them to your counselor).

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**CROSS-COUNTRY**

1. List the four special pieces of equipment needed for cross-country skiing.

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- a. Name the two basic types of skis.

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- b. Define the terms flex and camber.

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- c. Describe the procedures used to choose:

Length of poles \_\_\_\_\_

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Length of skis \_\_\_\_\_

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Flex of skis \_\_\_\_\_

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2. List some guidelines for a cross-country ski tour.

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**DOWNHILL**

1. List the four special pieces of equipment needed for downhill skiing and tell how to choose the best equipment for you.

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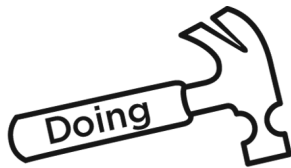
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2. Memorize the following **downhill skiing rules**.

- Yield to skiers in front and beside you, on your right and left.
- Don't ski faster than you can keep yourself in control.
- Stay on marked trails.
- Sit still while you are on the chair lift.
- Dress for the cold and shed clothing if needed.
- Know your limitations; don't attempt steep hills.
- Pay attention when you are using the tow rope or chair lift.

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### SNOWBOARDING

1. Take an hour long boarding lesson with a qualified boarding instructor.

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2. Demonstrate to an experienced snow boarder the five basic techniques of snowboarding.

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3. Complete an hour long boarding outing on a beginners hill with an experienced boarder.

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### CROSS-COUNTRY

1. Demonstrate:
  - Diagonal stride
  - Herringbone
  - Side step
  - Derriere
  - Telemark turn

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2. Take a one-hour tour with an accomplished cross-country adult skier.

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3. Plan and participate in a ski tour with at least two other skiers (tour of two to three hours).

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### DOWNHILL

1. Demonstrate:
  - Side step
  - Right turn
  - Left turn
  - Stopping
  - Snow plowing
  - Traversing

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2. Demonstrate the proper method of using the tow rope and the chair lift.

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3. Plan and participate in a half-day ski outing with an accomplished downhill adult skier.

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**BADGE COMPLETED ON:** \_\_\_\_\_