



# CUB SCOUT ACADEMICS AND SPORTS PROGRAM



## Sports Snow Ski & Board Sports

### Belt Loop

Complete these three requirements:

- \_\_\_\_ 1. Explain the conditioning, clothing, equipment, and planning needed for a snow skiing or boarding.
- \_\_\_\_ 2. Be able to explain safety and courtesy codes for a downhill or cross-country skiing.
- \_\_\_\_ 3. Go skiing or snow boarding. Demonstrate how to stop and turn.

### Sports Pin

Earn the Snow Ski & Board Sports belt loop, and complete five of the following requirements:

- \_\_\_\_ 1. Explain the different kinds of ski lifts and how they work. Use one.
- \_\_\_\_ 2. Describe the four universal symbols used to indicate ski trail difficulty.
- \_\_\_\_ 3. Demonstrate how to hold your position get up from a fall, and do basic turns.
- \_\_\_\_ 4. Demonstrate how to fall safely to avoid injury.
- \_\_\_\_ 5. Demonstrate five cross-country skills, such as a kick turn, diagonal stride, double poling, sidestepping, step turn, herringbone, straight downhill running, cross country snowplow, sideslipping, pole drag, diagonal stride uphill, and traverse.
- \_\_\_\_ 6. Participate in a games using skis, such as relays, races, or racing around poles or flags.
- \_\_\_\_ 7. Explain what to do if you see a skiing or snow boarding accident. Discuss the dangers of avalanche.
- \_\_\_\_ 8. Take skiing or snow boarding lessons.
- \_\_\_\_ 9. Watch a film on skiing or snow boarding.
- \_\_\_\_ 10. Talk with a member of a ski patrol and learn about the job he or she does at the ski slope.

Cub's Name: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

Initial each item completed, sign the form, and turn in to your son's Den Leader.