

# Cub Scout Sports: Snow Ski and Board Sports



## REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

### Belt Loop

Complete these three requirements:

- \_\_\_\_\_ 1. Explain conditioning, clothing, equipment, and planning needed for snow skiing or boarding.
- \_\_\_\_\_ 2. Explain "Your Responsibility Code," the rules of safety and courtesy for the slopes. (See "Your Responsibility Code" on the back of this page.)
- \_\_\_\_\_ 3. Go skiing or snow boarding. Demonstrate how to stop and turn.

### Sports Pin

Earn the Skiing belt loop, and complete five of the following requirements:

- \_\_\_\_\_ 1. Explain the different types of ski lifts, such as a rope tow and "fixed grip" and "detachable" chair lifts.
- \_\_\_\_\_ 2. Describe the five universal symbols used to indicate ski trail difficulty.
- \_\_\_\_\_ 3. Demonstrate how to hold your position and get up from a fall.
- \_\_\_\_\_ 4. Demonstrate how to fall safely to avoid injury.
- \_\_\_\_\_ 5. Explain why it is important to protect nature and wildlife while skiing or snowboarding.
- \_\_\_\_\_ 6. Practice skiing or snowboarding for at least five hours. You can do this in more than one day.
- \_\_\_\_\_ 7. Explain what to do if you see a skiing or snow boarding accident. Discuss the dangers of avalanche.
- \_\_\_\_\_ 8. Take a skiing or snow boarding lesson.
- \_\_\_\_\_ 9. View a video 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.
- \_\_\_\_\_ 11. Learn about an Olympian who competed in skiing or snowboarding and report to your den.