



SNOW SPORTS MERIT BADGE WORKBOOK

This Scoutmaster Bucky Merit Badge Workbook is based off the 2020 Scouts BSA Requirements.

Consider also using the Snow Sports merit badge class preparation page for clarification and expectations when participating in a Scoutmaster Bucky merit badge opportunity (online or in-person).

<https://scoutmasterbucky.com/merit-badges/snow-sports/>

Scout's Name:

REQUIREMENT 1: Do the following:

REQUIREMENT 1A: 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.

REQUIREMENT 1B: 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.



REQUIREMENT 2: Do the following:

REQUIREMENT 2A: Explain why every snow sport participant should be prepared to render first aid in the event of an accident.

REQUIREMENT 2B: Explain the procedure used to report an accident to the local ski patrol for the area where you usually ski, ride, or snowshoe.

REQUIREMENT 3: Explain the international trail-marking system.



REQUIREMENT 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.

REQUIREMENT 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.

REQUIREMENT 6: Do EACH of the following:

REQUIREMENT 6A: Tell the meaning of the Your Responsibility Code for skiers, snowboarders, and snowshoers. Explain why each rider must follow this code.



REQUIREMENT 6B: 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.

REQUIREMENT 6C: Explain the precautions pertaining to avalanche safety, including the responsibility of individuals regarding avalanche safety.

REQUIREMENT 6D: Tell the meaning of the Wilderness Use Policy. Explain why each skier and snowboarder must adopt this policy.

REQUIREMENT 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



REQUIREMENT 7A: Show how to use and maintain your own release bindings and explain the use of two others. Explain the international DIN standard and what it means to skiers.

REQUIREMENT 7B: Explain the American Teaching System and a basic snow-skiing progression.

REQUIREMENT 7C: Discuss the five types of Alpine skis. Demonstrate two ways to carry skis and poles safely and easily.

REQUIREMENT 7D: Demonstrate how to ride one kind of lift and explain how to ride two others.



REQUIREMENT 7E: 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.

REQUIREMENT 7F: On slightly steeper terrain, show linked wedge turns.

REQUIREMENT 7G: On a moderate slope, demonstrate five to 10 christies.

REQUIREMENT 7H: Make a controlled run down an intermediate slope and demonstrate the following:



REQUIREMENT 7H1: Short-, medium-, and long-radius parallel turns

REQUIREMENT 7H2: A side slip and safety (hockey) stop to each side

REQUIREMENT 7H3: Traverse across a slope

REQUIREMENT 7I: Demonstrate the ability to ski in varied conditions, including changes in pitch, snow conditions, and moguls. Maintain your balance and ability to turn.



REQUIREMENT 7J: Name the major ski organizations in the United States and explain their functions.

Cross-Country (Nordic) Skiing Option

REQUIREMENT 7A: Show your ability to select, use, and repair, if necessary, the correct equipment for ski touring in safety and comfort.

REQUIREMENT 7B: Discuss classical and telemark skis. Demonstrate two ways to carry skis safely and easily.

REQUIREMENT 7C: Discuss the basic principles of waxing for cross-country ski touring.



REQUIREMENT 7D: Discuss the differences between cross-country skiing, ski touring, ski mountaineering, and downhill skiing.

REQUIREMENT 7E: List the items you would take on a one-day ski tour.

REQUIREMENT 7F: Demonstrate the proper use of a topographic map and compass.

REQUIREMENT 7G: 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.



REQUIREMENT 7H: On a cross-country trial, demonstrate effective propulsion by showing proper weight transfer from ski to ski, pole timing, rhythm, flow, and glide.

REQUIREMENT 7I: Demonstrate your ability, on a tour, to cope with an average variety of snow conditions.

REQUIREMENT 7J: 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

REQUIREMENT 7A: Discuss forward-fall injuries.



REQUIREMENT 7B: Show your ability to select the correct equipment for snowboarding and to use it for safety and comfort.

REQUIREMENT 7C: Show how to use and maintain your own bindings, and explain the use of the different binding methods. Explain the need for leashes.

REQUIREMENT 7D: Discuss the four types of snowboards. Demonstrate how to carry a snowboard easily and safely.

REQUIREMENT 7E: Demonstrate how to ride one kind of lift and explain how to ride two others.



REQUIREMENT 7F: Demonstrate the basic principles of waxing a snowboard.

REQUIREMENT 7G: Do the following:

REQUIREMENT 7G1: On a gentle slope, demonstrate beginning snowboarding maneuvers. Show basic ways to control speed and direction. Include the sideslipping maneuver.

REQUIREMENT 7G2: On slightly steeper terrain, show traversing.



REQUIREMENT 7H: On a moderate slope, demonstrate an Ollie, a nose-end grab, and a wheelie.

REQUIREMENT 7I: Make a controlled run down an intermediate slope and demonstrate the following:

REQUIREMENT 7I1: Skidded, carved, and jump turns

REQUIREMENT 7I2: Stops



REQUIREMENT 7I3: Riding fakie

REQUIREMENT 7J: Demonstrate your ability to ride in varied conditions, including changes in pitch, snow conditions, and moguls. Maintain your balance and ability to turn.

REQUIREMENT 7K: Name the major snowboarding organizations in the United States and explain their functions.

Snowshoeing Option

REQUIREMENT 7A: Name the parts of a snowshoe.



REQUIREMENT 7B: Explain how to choose the correct size of snowshoe.

REQUIREMENT 7C: Describe the different types of snowshoes and their specialized uses. Discuss factors to consider when choosing a snowshoe.

REQUIREMENT 7D: Explain how to properly care for and maintain snowshoes.

REQUIREMENT 7E: Describe how to make an emergency snowshoe.



REQUIREMENT 7F: Describe areas that are best for snowshoeing. Discuss some advantages and dangers of backcountry snowshoeing.

REQUIREMENT 7G: Discuss the benefits of snowshoeing.

REQUIREMENT 7H: Demonstrate the most efficient ways to break trail, climb uphill, travel downhill and traverse a slope.

REQUIREMENT 7I: Take a two-mile snowshoe hike with a buddy or your troop.



REQUIREMENT 7J: Demonstrate your ability, on a hike, to cope with an average variety of snow conditions.