

SNOW SPORTS MERIT BADGE WORKBOOK

This Scoutmaster Bucky Merit Badge Workbook is based off the current *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:

Cross-Country (Nordic) Skiing Option

This workbook covers only one of the options for this merit badge. Check the Scoutmaster Bucky website for the other possibilities.

REQUIREMENT 1: Do the following:

REQUIREMENT A: 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.

Most likely hazards

Anticipate hazards

Prevent hazards

Mitigate hazards

Respond to hazards

REQUIREMENT B: 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.

Hypothermia

Frostbite

Shock

Dehydration

Sunburn

Fractures

Bruises

Sprains and strains

REQUIREMENT 2: Do the following:

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

REQUIREMENT B: Explain the procedure used to report an accident to the local ski patrol or local emergency personnel.

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

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

REQUIREMENT D: 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.

Cross-Country (Nordic) Skiing Option

REQUIREMENT A: Show your ability to select, use, and maintain equipment for cross-country skiing in safety and comfort.

REQUIREMENT B: Discuss classic, skating, touring, and telemark skis.

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

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

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

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

Completed

REQUIREMENT G: 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.

Completed

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

Completed

REQUIREMENT I: Demonstrate your ability, on a 4-mile tour, to cope with an average variety of snow conditions.

Completed

REQUIREMENT J: 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."

Completed