

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:

Downhill (Alpine) 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.

Downhill (Alpine) Skiing Option

REQUIREMENT A: Show how to wax and maintain your skis and use/maintain your release bindings. Explain the international DIN standard and what it means to skiers.

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

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

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

Completed

REQUIREMENT E: 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.

Completed

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

Completed

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

Completed

REQUIREMENT H: Make a controlled run down an intermediate slope.

REQUIREMENT I: Demonstrate the ability to ski in varied conditions, including changes in pitch, and snow conditions.

Completed

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