

# 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.

## Resources

Your local library, ski area and ski shop may be excellent sources of information about skiing and snowboarding.

### National Ski Areas Association (NSAA)

133 South Van Gordon Street, Suite 300  
Lakewood, CO 80228  
www.nsaa.org

### LidsOnKids

Site addressing helmets and safety:  
www.lidsonkids.org

### National Ski Patrol

www.nsp.org

### United States Ski and Snowboard Association

Box 100  
1500 Kearns Blvd.  
Park City, UT 84060  
www.uskiteam.com

### Snow Monsters National Ski and Snowboard Program for Children

Site includes ski/snowboard safety games, activities, and stories.  
www.snowmonsters.com

### Northpole Design

Site includes ski safety related games and crossword puzzles.  
www.northpoledesign.com

## Five Universal Trail Difficulty Symbols



Green circle: Easier



Blue square: More difficult



Black diamond: Most difficult



Double black diamond: Most difficult; use extra caution



Orange oval: Freestyle terrain

## Conditioning and Endurance Exercises

Leg squats, Push-ups, Side bends, Hamstring Stretch, Sit-ups, Leg lunges, Jogging, Cycling, Swimming

## Your Responsibility Code

Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country and other specialized ski equipment, such as that used by disabled or other skiers.

Always show courtesy to others and remember that there are elements of risk in skiing that common sense and personal awareness can help reduce.

## Know the code. It's your responsibility.

Officially endorsed by NSAA.

1. Always stay in control.
2. People ahead of you have the right of way.
3. Stop in a safe place for you and others.
4. Whenever starting downhill or merging, look uphill and yield.
5. Use devices to help prevent runaway equipment.
6. Observe signs and warnings, and keep off closed trails.
7. Know how to use the lifts safely.

## More Safety Tips:

- Wear sunscreen, proper clothing, and equipment.
- Keep yourself physically fit.
- When using a ski lift, do not cut into the line. Wait your turn.
- Only walk on ski trails with skis on your feet.
- Make sure your ski binding holds your foot firmly to your ski and that your release works properly.