



SCOUTMASTER BUCKY

Snow Sports Merit Badge Workbook

ScoutmasterBucky.com or ScoutmasterBucky@yahoo.com or 612-483-0665

Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Snow Sports merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations. These resources are available here:

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

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.

HAZARD #1

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #2

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #3

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #4

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #5

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #6

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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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, concussion, fractures, bruises, sprains, and strains.

HYPOTHERMIA:

Prevention:

Symptoms:

Treatment:

FROSTBITE:

Prevention:

Symptoms:

Treatment:



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SHOCK:

Prevention:

Symptoms:

Treatment:

DEHYDRATION:

Prevention:

Symptoms:

Treatment:



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SUNBURN:

Prevention:

Symptoms:

Treatment:

CONCUSSION:

Prevention:

Symptoms:

Treatment:



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FRACTURES:

Prevention:

Symptoms:

Treatment:

BRUISES:

Prevention:

Symptoms:

Treatment:



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SPRAINS:

Prevention:

Symptoms:

Treatment:

STRAINS:

Prevention:

Symptoms:

Treatment:



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REQUIREMENT 1b: Tell how to apply splints.

Notes:

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

Notes:



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REQUIREMENT 2b: Explain the procedure used to report an accident to the local ski patrol or local emergency personnel.

Notes:

REQUIREMENT 3: Explain the international trail-marking system.

North America, Australia, And New Zealand



Beginner Intermediate Advance Expert

Ski Slope Signs in Europe



New skier or child Beginner Intermediate Advanced Expert Experienced Expert Reclassified black run
/off-piste run

Ski Trail Signs In Japanese Ski Resorts



Beginner Intermediate Advanced

Ski Lift Signs



Tram Single Chair Skier#1 Snowboarder Triple Chair

Warning and Slow Signs



Europe U.S.

Notes:



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REQUIREMENT 4: Discuss the importance of strength, endurance, and flexibility in snow sports.

Strength:

Endurance:

Flexibility:

REQUIREMENT 4: Demonstrate exercises and activities you can do to get fit for the option you choose in requirement 7.

Consider using the Snow Sports Merit Badge Pamphlet for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 5: Present yourself properly clothed and equipped for the option you choose in requirement 7.

Consider using the Snow Sports Merit Badge Pamphlet for preparation information

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REQUIREMENT 5: Discuss how the clothing you have chosen will help keep you warm and protected.

Notes:



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REQUIREMENT 6a: Explain the elements of the *Your Responsibility Code* that is in effect at the location where you will ski, snowboard, or snowshoe.

YOUR RESPONSIBILITY CODE

- 1** Always stay in control. You must be able to stop or avoid people or objects.
- 2** People ahead or downhill of you have the right-of-way. You must avoid them.
- 3** Stop only where you are visible from above and do not restrict traffic.
- 4** Look uphill and avoid others before starting downhill or entering a trail.
- 5** You must prevent runaway equipment.
- 6** Read and obey all signs, warnings and hazard markings.
- 7** Keep off closed trails and out of closed areas.
- 8** You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
- 9** Do not use lifts or terrain when impaired by alcohol or drugs.
- 10** If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

**Know and Obey the Code.
It's Your Responsibility.**

If you need help understanding the Code, please ask an employee.

Notes:

REQUIREMENT 6a: Explain why each rider must follow this code.

Notes:



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REQUIREMENT 6b: Explain the *SMART* Style safety program.

S

**START
SMALL**

M

**MAKE
A PLAN**

A

**ALWAYS
LOOK**

R

RESPECT

T

**TAKE IT
EASY**

Notes:

REQUIREMENT 6b: Tell why the *SMART* Style safety program is important and how it applies to participants at snow sport venues like terrain parks and pipes.

Notes:



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

Notes:





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Requirement 7 - Downhill (Alpine) Skiing Option

MANY OF THE TASKS IN REQUIREMENT 7 OF THE DOWNSHILL (ALPINE) SKIING OPTION ARE SKILL-BASED. SCOUTS WILL NEED TO SHOW, DEMONSTRATE, MAKE, PERFORM, AND MANEUVER ON THEIR DOWNSHILL SKIS OVERSEEN AND REVIEWED BY A CERTIFIED MERIT BADGE COUNSELOR. SCOUTS NOT ABLE TO PHYSICALLY PERFROM THESE SKILLS WILL FIND IT DIFFICULT TO COMPLETE

Only Scouts that are mentally and physically able to perform the tasks will be considered for sign-off.

Some instructors / counselors may be able to provide some coaching, but there is no guarantee that the required skills to successfully accomplish this requirement can be developed enough for success

These requirement components must be reviewed with your merit badge counselor.

BE PREPARED!

**DOWNSHILL (ALPINE) SKIING OPTION
REQUIREMENT 7a1:** Show how to wax and maintain your skis and use/maintain your release bindings.

This requirement component must be reviewed with your merit badge counselor.

BE PREPARED!

**DOWNSHILL (ALPINE) SKIING OPTION
REQUIREMENT 7a1:** Explain the international DIN standard and what it means to skiers.

Notes:

**DOWNSHILL (ALPINE) SKIING OPTION
REQUIREMENT 7a2:** Explain the American Teaching System and a basic snowskiing progression.

Notes:



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DOWNHILL (ALPINE) SKIING OPTION

REQUIREMENT 7a3:

Discuss the different types of Alpine skis.

Type 1:

Type 2:

Type 3:

Type 4:

Type 5:

Type 6:



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DOWNSHILL (ALPINE) SKIING OPTION REQUIREMENT 7a3:	Demonstrate two ways to carry skis and poles safely and easily.
DOWNSHILL (ALPINE) SKIING OPTION REQUIREMENT 7a4:	Demonstrate how to ride one kind of lift.
<p>These requirement components must be reviewed with your merit badge counselor. BE PREPARED!</p>	
DOWNSHILL (ALPINE) SKIING OPTION REQUIREMENT 7a4:	Explain how to ride two other types of lifts.
<p>Lift 1:</p>	
<p>Lift 2:</p>	
DOWNSHILL (ALPINE) SKIING OPTION REQUIREMENT 7a5:	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.
DOWNSHILL (ALPINE) SKIING OPTION REQUIREMENT 7a6:	On slightly steeper terrain, show linked wedge turns.
DOWNSHILL (ALPINE) SKIING OPTION REQUIREMENT 7a7:	On a moderate slope, demonstrate five to 10 christies.
DOWNSHILL (ALPINE) SKIING OPTION REQUIREMENT 7a8:	Make a controlled run down an intermediate slope.
DOWNSHILL (ALPINE) SKIING OPTION REQUIREMENT 7a9:	Demonstrate the ability to ski in varied conditions, including changes in pitch and snow conditions. Maintain your balance and ability to turn.
<p>These requirement components must be reviewed with your merit badge counselor. BE PREPARED!</p>	
DOWNSHILL (ALPINE) SKIING OPTION REQUIREMENT 7a10:	Name the major ski organizations in the United States and explain their functions.
<p>Notes:</p>	



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Requirement 7 - Cross Country (Nordic) Skiing Option

MANY OF THE TASKS IN REQUIREMENT 7 OF THE CROSS COUNTRY (NORDIC) SKIING OPTION ARE SKILL-BASED. SCOUTS WILL NEED TO SHOW, DEMONSTRATE, AND MANUEVER ON THEIR CROSS COUNTRY SKIS OVERSEEN AND REVIEWED BY A CERTIFIED MERIT BADGE COUNSELOR.

SCOUTS NOT ABLE TO PHYSICALLY PERFROM THESE SKILLS WILL FIND IT DIFFICULT TO COMPLETE

Only Scouts that are mentally and physically able to perform the tasks will be considered for sign-off.

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BE PREPARED!

CROSS COUNTRY (NORDIC) SKIING OPTION
REQUIREMENT 7b1: Show your ability to select, use, and maintain equipment for cross-country skiing in safety and comfort.

This requirement component must be reviewed with your merit badge counselor.

BE PREPARED!

CROSS COUNTRY (NORDIC) SKIING OPTION
REQUIREMENT 7b2: Explain the reasons for common rules, including no walking on ski trails, one-way ski direction, no pets, and no skiing on snowmobile trails.

No walking on ski trails:

One-way ski direction:

No pets:

No skiing on snowmobile trails:



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CROSS COUNTRY (NORDIC) SKIING OPTION

REQUIREMENT 7b3:

Classic Skis:

Skating Skis:

Touring Skis:

Telemark Skis:

CROSS COUNTRY (NORDIC) SKIING OPTION

REQUIREMENT 7b4:

Notes:



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CROSS COUNTRY (NORDIC) SKIING OPTION

REQUIREMENT 7b5:

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

Cross-Country Skiing:

Backcountry Skiing / Ski Touring:

Ski Mountaineering:

Downhill / Telemark Skiing:



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CROSS COUNTRY (NORDIC) SKIING OPTION

REQUIREMENT 7b6:

Notes:

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

CROSS COUNTRY (NORDIC) SKIING OPTION

REQUIREMENT 7b7:

Demonstrate the proper use of a topographic map and compass.

CROSS COUNTRY (NORDIC) SKIING OPTION

REQUIREMENT 7b8:

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.

CROSS COUNTRY (NORDIC) SKIING OPTION

REQUIREMENT 7b9:

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

CROSS COUNTRY (NORDIC) SKIING OPTION

REQUIREMENT 7b10:

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

CROSS COUNTRY (NORDIC) SKIING OPTION

REQUIREMENT 7b11:

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."

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Requirement 7 - Snowboarding Option

MANY OF THE TASKS IN REQUIREMENT 7 OF THE SNOWBOARDING OPTION ARE SKILL-BASED. SCOUTS WILL NEED TO SHOW, DEMONSTRATE, MAKE, PERFORM, AND MANUEVER ON THEIR SNOWBOARD OVERSEEN AND REVIEWED BY A CERTIFIED MERIT BADGE COUNSELOR.

SCOUTS NOT ABLE TO PHYSICALLY PERFROM THESE SKILLS WILL FIND IT DIFFICULT TO COMPLETE

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BE PREPARED!

SNOWBOARDING OPTION	Discuss forward-fall injuries.
REQUIREMENT 7c1:	

Notes:

SNOWBOARDING OPTION	Show your ability to select the correct equipment for snowboarding and to use it for safety and comfort.
REQUIREMENT 7c2:	
SNOWBOARDING OPTION	Show how to use and maintain your own bindings, and explain the use of the different binding methods. Explain the need for leashes.
REQUIREMENT 7c3:	

These requirement components must be reviewed with your merit badge counselor.

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SNOWBOARDING OPTION
REQUIREMENT 7c4:

Discuss the four types of snowboards.

Type #1:

Type #2:

Type #3:

Type #4:

SNOWBOARDING OPTION
REQUIREMENT 7c4:

Demonstrate how to carry a snowboard easily and safely.

SNOWBOARDING OPTION
REQUIREMENT 7c5:

Demonstrate how to ride one kind of lift.

These requirement components must be reviewed with your merit badge counselor.
BE PREPARED!

SNOWBOARDING OPTION
REQUIREMENT 7c5:

Explain how to ride two other lifts.

Lift 1:

Lift 2:



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SNOWBOARDING OPTION REQUIREMENT 7c6:	Demonstrate the basic principles of waxing a snowboard.
SNOWBOARDING OPTION REQUIREMENT 7c7a:	On a gentle slope, demonstrate beginning snowboarding maneuvers. Show basic ways to control speed and direction. Include the sideslipping maneuver.
SNOWBOARDING OPTION REQUIREMENT 7c7b:	On slightly steeper terrain, show traversing.
SNOWBOARDING OPTION REQUIREMENT 7c8:	On a moderate slope, demonstrate an ollie, a nose-end grab, and a wheelie.
SNOWBOARDING OPTION REQUIREMENT 7c9:	Make a controlled run down an intermediate slope.
SNOWBOARDING OPTION REQUIREMENT 7c10:	Demonstrate your ability to ride in varied conditions, including changes in pitch, snow conditions, and moguls. Maintain your balance and ability to turn.

These requirement components must be reviewed with your merit badge counselor.

BE PREPARED!

SNOWBOARDING OPTION REQUIREMENT 7c11:	Name the major snowboarding organizations in the United States and explain their functions.
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Notes:



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Requirement 7 - Snowshoeing Option

MANY OF THE TASKS IN REQUIREMENT 7 OF THE SNOWSHOEING OPTION ARE SKILL-BASED. SCOUTS WILL NEED TO SHOW, DEMONSTRATE, PERFORM, AND MANUEVER ON THEIR SNOWSHOES OVERSEEN AND REVIEWED BY A CERTIFIED MERIT BADGE COUNSELOR.

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**SNOWSHOEING OPTION
REQUIREMENT 7d1:**

Name the parts of a snowshoe.

Notes:

**SNOWSHOEING OPTION
REQUIREMENT 7d2:**

Explain how to choose the correct size of snowshoe.

Notes:



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SNOWSHOEING OPTION**REQUIREMENT 7d3:**

Describe the different types of snowshoes and their specialized uses.

Notes:

SNOWSHOEING OPTION**REQUIREMENT 7d3:**

Discuss factors to consider when choosing a snowshoe.

Notes:

SNOWSHOEING OPTION**REQUIREMENT 7d4:**

Explain how to properly care for and maintain snowshoes.

Notes:



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SNOWSHOEING OPTION**REQUIREMENT 7d5:**

List the items you would take on a one-day snowshoe hike.

Notes:

SNOWSHOEING OPTION**REQUIREMENT 7d6:**

Describe areas that are best for snowshoeing.

Notes:

SNOWSHOEING OPTION**REQUIREMENT 7d6:**

Describe areas that are best for snowshoeing. Discuss some advantages and dangers of backcountry snowshoeing.

Notes:



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SNOWSHOEING OPTION
REQUIREMENT 7d7:

Discuss the benefits of snowshoeing.

Notes:

SNOWSHOEING OPTION REQUIREMENT 7d8:	Demonstrate the most efficient ways to break trail, climb uphill, travel downhill and traverse a slope.
SNOWSHOEING OPTION REQUIREMENT 7d9:	Demonstrate your ability, on a 2-mile snowshoe hike, to cope with an average variety of snow conditions.
SNOWSHOEING OPTION REQUIREMENT 7d10:	Demonstrate the proper use of a topographic map and compass.

**These requirement components must be reviewed with your merit badge counselor.
BE PREPARED!**

