



# Cub Scout Snow Ski and Board Sports

## Sports Workbook

The work space provided for each requirement should be used by the Cub Scout to make notes for discussing the item with Akela, not for providing the full and complete answers. Each Cub Scout must do each requirement.

No one may add or subtract from the official requirements found in the **Cub Scout Academics and Sports Program Guide** (Pub. 34299)

This workbook was updated in May 2012.

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about improving this workbook to: [Workbooks@usscouts.org](mailto:Workbooks@usscouts.org)

Cub Scout's Name: \_\_\_\_\_ Pack No. : \_\_\_\_\_

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Webelos Scouts that earn the Snow Ski and Board Sports Belt Loop while a Webelos Scout also satisfy part of requirement 3 for the Sportsman Activity Badge.

### **Cub Scout Snow Ski and Board Sports Belt Loop** (See the [Pin Requirements](#) below.)

**Complete these three requirements:**

1. Explain the conditioning, clothing, equipment, and planning needed for snow skiing or boarding.

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2. Explain "Your Responsibility Code," the rules of safety and courtesy for the slopes.  
(Editor's Note: "[Your Responsibility Code](#)" can be found at the end of this workbook.)

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3. Go skiing or snowboarding. Demonstrate how to stop and turn.
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### Cub Scout Snow Ski and Board Sports Pin

Earn the Cub Scout Snow Ski and Board Sports belt loop, and complete five of the following requirements:

- 1. Explain the different kinds of ski lifts, such as a rope tow and "fixed grip" and "detachable" chair lifts.

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- 2. Describe the five universal symbols used to indicate ski trail difficulty.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

- 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.

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- 6. Practice skiing or snowboarding for at least five hours. You can do this in more than one day.

Date	From	To	Duration
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

- 7. Explain what to do if you see a skiing or snowboarding accident. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Discuss the dangers of avalanche \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

- 8 Take a skiing or snowboarding lesson.
- 9. View a video on skiing or snowboarding.
- 10 Talk with a member of a ski patrol and learn about his or her position at the ski slope.
- 10 Learn about an Olympian who competed in skiing or snowboarding and report to your den.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Your Responsibility Code for Snow Ski and Board Sports**

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 people with disabilities 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 the 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.

**Requirement resources can be found here:**  
[http://www.meritbadge.org/wiki/index.php/Cub\\_Scout\\_Snow\\_Ski\\_and\\_Board\\_Sports#Requirement\\_resources](http://www.meritbadge.org/wiki/index.php/Cub_Scout_Snow_Ski_and_Board_Sports#Requirement_resources)

## Important excerpts from the [‘Guide To Advancement’](#), No. 33088:

Effective January 1, 2012, the *‘Guide to Advancement’* (which replaced the publication *‘Advancement Committee Policies and Procedures’*) is now the *official* Boy Scouts of America source on advancement policies and procedures.

- [ Inside front cover, and 5.0.1.4 ] — **Unauthorized Changes to Advancement Program**  
**No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements.** (There are limited exceptions relating only to youth members with disabilities. For details see section 10, “Advancement for Members With Special Needs”.)
- [ Inside front cover, and 7.0.1.1 ] — The [‘Guide to Safe Scouting’](#) Applies  
Policies and procedures outlined in the *‘Guide to Safe Scouting’*, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects. [Note: Always reference the online version, which is updated quarterly.]
- [ 4.1.0.3 ] — **Who Approves Cub Scout Advancement?**  
A key responsibility for den leaders is to implement the core den meeting plans as outlined in the Den & Pack Meeting Resource Guide, No. 34409. For Wolf, Bear, and Webelos advancement, den leaders take the lead in approving requirements, though their assistants, and also parents who help at meetings, may be asked to play the role of “Akela” and assist. Parents sign for requirements that, according to meeting plans and instructions in the handbooks, take place at home. For the Bobcat trail and Tiger Cub achievements, parents (or adult partners) should sign in the boy’s handbook; the den leader then approves as progress is recorded in the den’s advancement record.
- [ 4.1.0.4 ] — **“Do Your Best”**  
Advancement performance in Cub Scouting is centered on its motto: “Do Your Best.” When a boy has done this—his very best—then regardless of the requirements for any rank or award, it is enough; accomplishment is noted. This is why den leaders, assistants, and parents or guardians are involved in approvals. Generally they know if effort put forth is really the Cub Scout’s best.
- [ 4.1.2.2 ] — **Cub Scout Academics and Sports Program**  
More than just a recognition opportunity, this program develops new skills, improves those existing, and otherwise enriches Cub Scouting. Details can be found in the Cub Scout Academics and Sports Program Guide, No. 34299. Activities include subjects like science, video games, collecting, and chess; and sports such as baseball, skateboarding, and table tennis. Each has two levels—a belt loop and a pin. Belt loops, which can be earned more than once, are awarded when each of three requirements is met. Cub Scouts may then continue with additional requirements and earn the pin. Archery and BB gun shooting are included, but can only be conducted at a council presented activity with certified supervisors.

## Additional notes of interest:

- Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements for all Academics and Sports Belt Loops and Pins (**except shooting sports**) 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.
- **“Akela”** (Pronounced “Ah-KAY-la”) — Title of respect used in Cub Scouting—any good leader is *Akela*. *Akela* is also the leader and guide for Cub Scouts on the advancement trail. The name comes from Rudyard Kipling’s *Jungle Book*. (See “Law of the Pack.”)
- **“Law of the Pack”** —  
*The Cub Scout follows Akela.*  
*The Cub Scout helps the pack go.*  
*The pack helps the Cub Scout grow.*  
*The Cub Scout gives goodwill.*