

# Snow Sports

## Merit Badge Workbook




Merit badges are earned by doing: reading the pamphlet, practicing the skills, and showing your counselor what you have learned.
This workbook gives you a place to organize your notes and track your progress along the way.
**Merit badge counselors may not require the use of this or any similar workbook.**
You still must satisfy your counselor that you can demonstrate each skill and have learned the information.
Use the space under each requirement to note what you have done and what you want to talk about, not to write out full answers.
When a requirement says discuss, show, tell, explain, or demonstrate, that is what you must do.
No one may add to or subtract from the official requirements found on scouting.org (Guide to Advancement 7.0.4.8).
Scouting America last updated this badge's requirements page on December 31, 2025.
*Requirements change from time to time. Double-check scouting.org before you start.*

Scout's name: _____ Unit: _____ Date started: _____

Counselor's name: _____ Phone no.: _____ Email: _____

*Links marked "Scouting America resources" are the ones Scouting America shares on its official badge page.*
*This workbook is unofficial and not endorsed by Scouting America.*

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**1.** Do the following:

**(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.

**Scouting America resources:** How To Ski Safely (video) · How To Prevent Injuries (website)

**Snow sport hazards**

| Hazard | How I anticipate and help prevent it | How I mitigate and respond to it |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |

**(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, concussion, fractures, bruises, sprains, and strains. Tell how to apply splints.

**Scouting America resources:** Treating Frostbite and Hypothermia (video) · How to Splint a Broken Bone (video)

**First aid and prevention for snow sports**

| Injury or illness | How to help prevent it | First aid |
|---|---|---|
| hypothermia | | |
| frostbite | | |
| shock | | |
| dehydration | | |

*First aid and prevention for snow sports (continued)*

| Injury or illness | How to help prevent it | First aid |
|---|---|---|
| sunburn | | |
| concussion | | |
| fractures | | |
| bruises | | |
| sprains | | |
| strains | | |

**How to apply splints**

Requirement 1 completed on _____ counselor initials _____

**2.** Do the following:

**(a)** Explain why every snow sport participant should be prepared to render first aid in the event of an accident.

**Why every snow sport participant should be ready to give first aid**

**(b)** Explain the procedure used to report an accident to the local ski patrol or local emergency personnel.

**Scouting America resources:** How to Report an Accident to the Ski Patrol (video)

**How to report an accident to the ski patrol or local emergency personnel**

Requirement 2 completed on _____ counselor initials _____

**3.** Explain the international trail-marking system.

**Scouting America resources:** International Trail Marking System (video)

**The international trail-marking system (sketch the symbols here if it helps)**

Requirement 3 completed on _____ counselor initials _____

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**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.

**Scouting America resources:** Training to Prevent Snow Sports Injuries (video)

**Fitness for snow sports**

| Fitness area | Why it matters in snow sports |
|---|---|
| Strength | |
| Endurance | |
| Flexibility | |

My option in requirement 7 _____ Date I demonstrated _____

**Exercises and activities I can demonstrate**

| Exercise or activity | How it helps me get fit for my option |
|---|---|
| | |
| | |
| | |
| | |

Requirement 4 completed on _____ counselor initials _____

**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.

**Scouting America resources:** How to Dress for Snow Sports (video)

Date I presented myself _____ Option I was equipped for _____

**My clothing and equipment**

| Clothing or equipment | How it helps keep me warm and protected |
|---|---|
| | |
| | |
| | |
| | |
| | |
| | |

Requirement 5 completed on _____ counselor initials _____

**6.** Do ALL of the following:

**(a)** Explain the elements of the Your Responsibility Code that is in effect at the location where you will ski, snowboard, or snowshoe. Explain why each person must follow this code.

**Scouting America resources:** Your Responsibility Code (video)

Where I will ski, snowboard, or snowshoe

**Elements of the Your Responsibility Code in effect there**

**Why each person must follow this code**

**(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.

**Scouting America resources:** SMART Style Safety Program (video)

**What the SMART Style safety program is**

**Why it is important, and how it applies in terrain parks and pipes**

**(c)** Explain the precautions pertaining to avalanche safety, including the responsibility of individuals regarding avalanche safety.

**Scouting America resources:** How to Reduce Avalanche Risk (video)

**Precautions for avalanche safety**

**The responsibility of each person for avalanche safety**

Requirement 6 completed on

counselor initials

**7.** Do ONE of the following options:

☐ **Option A—Downhill (Alpine) Skiing. Do ALL of the following: Note: Generally, a gentle slope will be a trail designated by a green circle, a slightly steeper slope will be a green circle or blue square trail, and an intermediate slope will be a blue square trail. However, your counselor should determine what type of hill is most suited to your skill level and allows you to demonstrate each of the required skills.**

**(1)** 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.

**Scouting America resources:** How to Wax Skis (video) · How to Test Ski Bindings (video) · Ski Binding DIN Settings (video)

Date _____ Where _____

☐ Waxed and maintained my skis

☐ Used and maintained my release bindings

**The international DIN standard and what it means to skiers**

**(2)** Explain the American Teaching System and a basic snowskiing progression.

**Scouting America resources:** American Teaching System Skill Levels (PDF)

**The American Teaching System**

**A basic snowskiing progression**

**(3)** Discuss the different types of Alpine skis. Demonstrate two ways to carry skis and poles safely and easily.

**Scouting America resources:** Types of Alpine Skis (video) · How to Carry Skis (video)

**Types of Alpine skis**

| Type of ski | What it is used for |
|---|---|
| | |
| | |
| | |
| | |

Date _____ Shown to _____

**Two ways I carry skis and poles**

| Way | How I do it |
|---|---|
| 1 | |
| 2 | |

**(4)** Demonstrate how to ride one kind of lift and explain how to ride two others.

**Scouting America resources:** Ski Lifts and How to Ride Them (video)

Date _____ Where _____

**Lifts**

| | Kind of lift | How to ride it |
|---|---|---|
| The one I rode | | |
| One I explained | | |
| Another I explained | | |

**(5)** 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.

**Scouting America resources:** Beginner's Guide - The Gear (video) · Beginner's Guide - Basic Moves (video) Beginner's Guide - Getting Around (video)

Date _____ Where _____

- ☐ Straight run
- ☐ Gliding wedge
- ☐ Wedge stop
- ☐ Sidestep
- ☐ Herringbone

**(6)** On slightly steeper terrain, show linked wedge turns.

**Scouting America resources:** How to Do Linked Wedge Turns (video) · The Wedge Turn (video)

Date _____ Where _____

**(7)** On a moderate slope, demonstrate five to 10 christies.

**Scouting America resources:** How to Do Christies (video)

Date _____ Where _____ Number of christies _____

**(8)** Make a controlled run down an intermediate slope.

**Scouting America resources:** Making a Controlled Run (video)

Date _____ Where and which slope _____

**(9)** Demonstrate the ability to ski in varied conditions, including changes in pitch and snow conditions. Maintain your balance and ability to turn.

**Scouting America resources:** Skiing in Variable Snow Conditions (video)

Date _____ Where _____

- ☐ Changes in pitch
- ☐ Snow conditions

**(10)** Name the major ski organizations in the United States and explain their functions.

**Scouting America resources:** Professional Ski Instructors of America (PSIA) (video) · U.S. Ski & Snowboard (video) National Ski Patrol (video)

**Ski organizations in the United States**

| Organization | What it does |
|---|---|
| | |
| | |
| | |

☐ **Option B—Cross-Country (Nordic) Skiing. Do ALL of the following:**

**(1)** Show your ability to select, use, and maintain equipment for cross-country skiing in safety and comfort.

**Scouting America resources:** How to Choose Cross-Country Skis (video)

Date _____ Where _____

- ☐ Selected my equipment
- ☐ Used it in safety and comfort
- ☐ Maintained it

**(2)** Explain the reasons for common rules, including no walking on ski trails, one-way ski direction, no pets, and no skiing on snowmobile trails.

**Reasons for common rules**

| Rule | The reason for it |
|---|---|
| no walking on ski trails | |
| one-way ski direction | |
| no pets | |
| no skiing on snowmobile trails | |

**(3)** Discuss classic, skating, touring, and telemark skis.

**Scouting America resources:** Types of Cross Country Skis (video)

**Cross-country skis**

| Type of ski | What I would say about it |
|---|---|
| classic | |
| skating | |
| touring | |
| telemark | |

**(4)** Discuss the basic principles of waxing for cross-country ski touring.

**Scouting America resources:** How to Wax Cross-Country Skis (video)

**Basic principles of waxing for cross-country ski touring**

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

**Scouting America resources:** Styles of Cross-Country Skiing (video) · What is Telemark Skiing? (video)

**Kinds of skiing**

| Kind of skiing | How it is different |
|---|---|
| cross-country | |
| backcountry/ski touring | |
| ski mountaineering | |
| downhill/telemark skiing | |

**(6)** List the items you would take on a one-day ski tour.

**Scouting America resources:** Gear Checklist for a Day Tour (video)

**Items I would take on a one-day ski tour**

**(7)** Demonstrate the proper use of a topographic map and compass.

**Scouting America resources:** How to Read a Topographic Map (video) · How to Use a Compass (video) How to Use a Topographic Map and Compass (video)

Date _____ Where _____

- ☐ Topographic map
- ☐ Compass

**(8)** 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.

**Scouting America resources:** How to Control Speed and Direction (video)

Date _____ Where _____

- ☐ Straight run
- ☐ Traverse
- ☐ Side slip
- ☐ Step turn
- ☐ Wedge stop
- ☐ Wedge turn

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

**Scouting America resources:** Basic Moves on Cross-Country Skis (video)

Date _____ Where _____

- ☐ Weight transfer from ski to ski
- ☐ Pole timing
- ☐ Rhythm
- ☐ Flow
- ☐ Glide

**(10)** Demonstrate your ability, on a 4-mile tour, to cope with an average variety of snow conditions. Note: Adaptive skiers may complete a 1-mile tour with prior approval from their counselor.

**Scouting America resources:** Skiing on Varied Conditions (video)

Date | Route | Miles

**Snow conditions I coped with**

**(11)** Demonstrate several methods of dealing with steep hills or difficult conditions. Include traverses and kick turns going uphill and downhill, sidesteps, and pole drag.

**Scouting America resources:** Dealing With Hills (video)

Date | Where

- ☐ Traverses going uphill and downhill
- ☐ Kick turns going uphill and downhill
- ☐ Sidesteps
- ☐ Pole drag

☐ **Option C—Snowboarding. Do ALL of the following: Note: Generally, a gentle slope will be a trail designated by a green circle, a slightly steeper slope will be a green circle or blue square trail, and an intermediate slope will be a blue square trail. However, your counselor should determine what type of hill is most suited to your skill level and allows you to demonstrate the required skills.**

**(1)** Discuss forward-fall injuries.

**Scouting America resources:** How to Fall on a Snowboard (video)

**Forward-fall injuries**

**(2)** Show your ability to select the correct equipment for snowboarding and to use it for safety and comfort.

**Scouting America resources:** Selecting Snowboard Equipment (video)

Date | Where

- ☐ Selected the correct equipment
- ☐ Used it for safety and comfort

**(3)** Show how to use and maintain your own bindings, and explain the use of the different binding methods. Explain the need for leashes.

**Scouting America resources:** How to Adjust Bindings (video)

Date I showed my bindings | Shown to

**The different binding methods and how each is used**

**Why leashes are needed**

**(4)** Discuss the four types of snowboards. Demonstrate how to carry a snowboard easily and safely.
**Scouting America resources:** Types of Snowboards (video)

**The four types of snowboards**

| Type of snowboard | What it is used for |
|---|---|
| | |
| | |
| | |
| | |

Date I showed how to carry a snowboard _____ Shown to _____

**(5)** Demonstrate how to ride one kind of lift and explain how to ride two others.
**Scouting America resources:** Ski Lifts and How to Ride Them (video)

Date _____ Where _____

**Lifts**

| | Kind of lift | How to ride it |
|---|---|---|
| The one I rode | | |
| One I explained | | |
| Another I explained | | |

**(6)** Demonstrate the basic principles of waxing a snowboard.
**Scouting America resources:** How to Wax a Snowboard (video)

Date _____ Where _____

**(7)** Do the following:

**(a)** On a gentle slope, demonstrate beginning snowboarding maneuvers. Show basic ways to control speed and direction. Include the sideslipping maneuver.
**Scouting America resources:** Beginning Snowboard Maneuvers (video) · How to Make Your Board Go Straight (video)

Date _____ Where _____

- ☐ Beginning maneuvers
- ☐ Controlling direction
- ☐ Controlling speed
- ☐ Sideslipping

**(b)** On slightly steeper terrain, show traversing.
**Scouting America resources:** Maneuvering Hills & Traversing the Slope (video)

Date _____ Where _____

**(8)** On a moderate slope, demonstrate an ollie, a nose-end grab, and a wheelie.
**Scouting America resources:** How to Do an Ollie (video) · How to Do a Nose-End Grab (video) · How to Do a Wheelie (video)

Date _____ Where _____

- ☐ Ollie
- ☐ Nose-end grab
- ☐ Wheelie

**(9)** Make a controlled run down an intermediate slope.

**Scouting America resources:** Making a Controlled Run (video)

Date _____ Where and which slope _____

**(10)** Demonstrate your ability to ride in varied conditions, including changes in pitch, snow conditions, and moguls. Maintain your balance and ability to turn.

**Scouting America resources:** Types of Snow Conditions (video)

Date _____ Where _____

- ☐ Changes in pitch
- ☐ Snow conditions
- ☐ Moguls

**(11)** Name the major snowboarding organizations in the United States and explain their functions.

**Scouting America resources:** American Association of Snowboarding Instructors (video)

**Snowboarding organizations in the United States**

| Organization | What it does |
|---|---|
| | |
| | |
| | |

☐ **Option D—Snowshoeing. Do ALL of the following:**

**Scouting America resources:** How to Choose Snowshoes (video)

**(1)** Name the parts of a snowshoe.

**Parts of a snowshoe**

| Part | Where it is or what it does |
|---|---|
| | |
| | |
| | |
| | |
| | |

**(2)** Explain how to choose the correct size of snowshoe.

**How to choose the correct size of snowshoe**

**(3)** Describe the different types of snowshoes and their specialized uses. Discuss factors to consider when choosing a snowshoe.

**Types of snowshoes**

| Type of snowshoe | Its specialized use |
|---|---|
| | |
| | |
| | |

**Factors to consider when choosing a snowshoe**

**(4)** Explain how to properly care for and maintain snowshoes.

**Scouting America resources:** How to Repair Snowshoes (video) · How to Store Snowshoes (video)

**How to care for and maintain snowshoes**

**(5)** List the items you would take on a one-day snowshoe hike.

**Scouting America resources:** What to Bring Snowshoeing (video) · What to Wear Snowshoeing (video)

**Items I would take on a one-day snowshoe hike**

**(6)** Describe areas that are best for snowshoeing. Discuss some advantages and dangers of backcountry snowshoeing.

**Scouting America resources:** Where and How to Snowshoe Safely (video)

**Areas that are best for snowshoeing**

**Backcountry snowshoeing**

| Advantages | Dangers |
|---|---|
| | |
| | |
| | |

**(7)** Discuss the benefits of snowshoeing.

**Scouting America resources:** Benefits of Snowshoeing (video)

**Benefits of snowshoeing**

**(8)** Demonstrate the most efficient ways to break trail, climb uphill, travel downhill, and traverse a slope.

**Scouting America resources:** How To Break Trail (video) · How To Snowshoe on Hills (video) · How To Sidestep (video)

Date _____ Where _____

- ☐ Break trail
- ☐ Climb uphill
- ☐ Travel downhill
- ☐ Traverse a slope

**(9)** Demonstrate your ability, on a 2-mile snowshoe hike, to cope with an average variety of snow conditions. Note: Adaptive snowshoers may complete a 1-mile hike with prior approval from their counselor.

**Scouting America resources:** How To Travel Cross-Country on Snowshoes (video)

Date _____ Route _____ Miles _____

**Snow conditions I coped with**

**(10)** Demonstrate the proper use of a topographic map and compass.

**Scouting America resources:** How to Read a Topographic Map (video) · How to Use a Compass (video) How to Use a Topographic Map and Compass (video)

Date _____ Where _____

- ☐ Topographic map
- ☐ Compass

Requirement 7 completed on _____ counselor initials _____

## Counselor sign-off

Your counselor signs your blue card or approves the badge in Scoutbook, and your unit records it. This line is for your own records.

Counselor's signature _____ Date completed _____

## Official Scouting America resources

**Scouting America resources:** Snow Sports merit badge page (requirements and resources) · Snow Sports merit badge pamphlet (free PDF) All merit badges

Made by Cole at ScoutSmarts.com, an Eagle Scout who loves helping Scouts.
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