



Snowboarding Merit

Note: If you have earned the Skiing Merit, you may proceed to and complete Requirements 2, 4, 7, and 8. If you have not earned the Skiing Merit, complete all of the following requirements in order.

1. Describe the clothing considerations for snowboarding apparel. Include information on fabrics and proper fit that would keep you at a comfortable temperature.

2. Write a description of factors to consider when purchasing the listed equipment. Include the different types of each as well as each item's purpose.
 - a. Snowboard boots
 - b. Snowboards
 - c. Bindings
 - d. Goggles

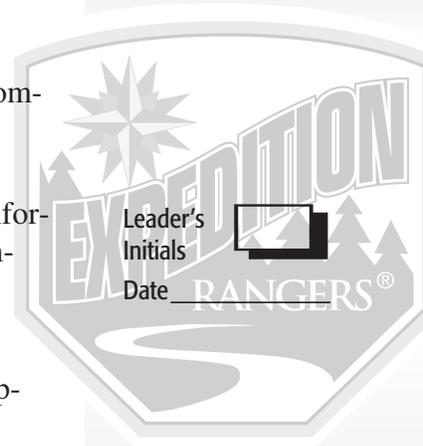
3. List the elements of the "Snowboarder's Responsibility Code."

4. Complete the following:
 - a. Describe at least five warm-up exercises or activities to do before snowboarding to help prevent injury.
 - b. Write a brief explanation of the following skills and then demonstrate each skill.
 1. Falling correctly while snowboarding
 2. Preventing crashes into other snowboarders

5. Explain the international trail-marking system. Describe what it is and what it means to snowboarders.

6. Read a report, article, book, or website about avalanche safety. List at least eight avalanche safety and awareness tips that can reduce your avalanche risk while snowboarding.

7. Demonstrate your ability to master the following snowboarding skills at an intermediate level:



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- a. Control your speed and direction on a gentle slope, on a slightly steeper terrain, and on a moderately steep slope.
- b. Do the sideslip maneuver.
- c. Demonstrate traversing.
- d. Do a wheelie.
- e. Do an ollie.
- f. Do a nose/tail grab.
- g. Make a controlled run on an intermediate slope and stop.
- h. Make a controlled run on an intermediate slope and turn (skid, carve and jump, heel, toe).
- i. Make a controlled run on an intermediate slope while riding fakie.
- j. Make a controlled run on an intermediate slope and catch air.
- k. Get on and off a lift.
- l. Maneuver and maintain control in various weather conditions, traversing moguls, and in powdery or icy snow.

8. Complete the following:

- a. Explain how to carry your snowboard easily and safely.
- b. Describe the regular care and maintenance needed for a snowboard.
- c. Describe the regular care and maintenance needed for your boots and bindings.
- d. Define *leashes* and explain why they are needed.

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