



# Skiing Merit

**Note:** If you have earned the Snowboarding Merit, you may proceed to and complete Requirements 2, 4, 7, 8, and 9. If you have not earned the Snowboarding Merit, complete all of the following requirements in order.

1. Describe the clothing considerations for skiing 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.

### Cross-Country (Nordic) Skiing Equipment

- Ski boots
- Skis
- Bindings
- Goggles

### Downhill (Alpine) Skiing Equipment

- Ski boots
- Skis
- Bindings

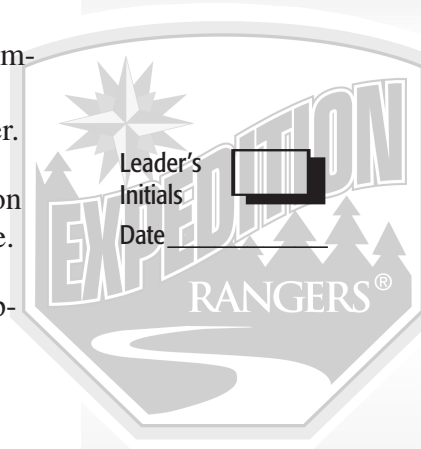
3. List the elements of the "Skier's Responsibility Code."

4. Complete the following:

- List at least eight additional elements of Nordic or cross-country skiing etiquette.
- Describe at least five warm-up exercises or activities to do before skiing to help prevent injury.
- Describe how to fall safely when on skis.

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

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 skiing.



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7. Demonstrate your ability to master the following skiing skills at an intermediate level for ONE of the following types of skiing:

Downhill (Alpine) Skiing

- a. Demonstrate turning skills: step turns, kick turns to the right and left, jump turns to the right and left, parallel turns—short, medium and long.
- b. Demonstrate climbing skills: herringbone, sidestep, and diagonal step.
- c. Demonstrate stopping skills: snowplow, braking and Christiania turn, sideslip and safety stops.
- d. Demonstrate downhill skills: straight run, gliding wedge.
- e. Navigate across a slope.
- f. Get on and off a lift.
- g. Maneuver and maintain control in various weather conditions, traversing moguls, and in powdery or icy snow.

Cross-Country (Nordic) Skiing

The following skills should be done on a mixed terrain, including a gentle downhill, level, and uphill slope.

- a. Demonstrate a straight run, kick and glide, traverse, step turn, wedge stop, sideslip, and wedge turn maneuver.
- b. Show a flow-and-glide rhythm while on a straight run as you transfer your weight from ski to ski utilizing proper ski pole timing.
- c. Demonstrate ski pole drag, ski pole glissade, kick-turns, and uphill and downhill sidesteps on steep terrain.
- d. Maneuver and maintain control in various weather conditions, terrain changes, and in powdery or icy snow.

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8. Make preparations for a one-day cross-country skiing event.

- a. Obtain topographic maps of the area selected. Insert a copy of the map of the trail in your workbook.
- b. Demonstrate how to use a compass and topographic map. Demonstrate the use of a GPS (global positioning system) device, if available.
- c. Check with authorities about skiing conditions (weather and avalanche) prior to making a trip. List the reported conditions.
- d. Check on required wilderness use permits. Explain your state's wilderness use policy.
- e. List items you should take on a one-day cross-country ski tour. Explain why you should take more items than what you need for one day.

9. Complete the following:

- a. Demonstrate at least two ways to safely carry your skis and poles.
- b. Explain why care must be taken even when carrying skis properly.
- c. Describe the regular care and maintenance needed for skis.
- d. Describe the regular care and maintenance needed for your boots and bindings.

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