

# Health and Fitness



## **Skier Badge**

(downhill and cross-country)

CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

- \_\_\_\_\_ ( ) 1. Show how to carry poles and skis properly.
- \_\_\_\_\_ ( ) 2. Show how to care for your equipment properly, including how to store it off-season.
- \_\_\_\_\_ ( ) 3. Explain some rules for safety when skiing.
- \_\_\_\_\_ ( ) 4. Put on your own skis.
- \_\_\_\_\_ ( ) 5. Climb a hill using side-step, traverse and herringbone.
- \_\_\_\_\_ ( ) 6. Snowplow straight down a hill in complete control.
- \_\_\_\_\_ ( ) 7. Do right and left linked snowplow turns.
- \_\_\_\_\_ ( ) 8. Describe how to get help in case of a skiing accident.
- \_\_\_\_\_ ( ) 9. Explain how to dress for various types of weather.
- \_\_\_\_\_ ( ) 10. Do EITHER (a) or (b):
  - \_\_\_\_\_ a) Show the safe use of a rope tow, T Bar, or chairlift.
  - \_\_\_\_\_ b) Describe the emergency equipment and supplies you should carry on a cross-country ski trip.

**I completed my Skier Badge requirements on:** \_\_\_\_\_

**Name :** \_\_\_\_\_