



## Health and Fitness

### Badge Activities

### Snowboarder Badge

CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

- \_\_\_\_\_ ( ) 1. Show how to care for your board and boots, and how to put them on properly. (This should include the use of a " runaway strap" or a " leash:' )
- \_\_\_\_\_ ( ) 2. Demonstrate how to mount and dismount either a surface lift (rope tow, Tbar, poma and platter) or a chairlift - whichever is used on beginner and intermediate hills in your area.
- \_\_\_\_\_ ( ) 3. Explain proper dress, including the use of a helmet, when in snowboarding parks or half pipes.
- \_\_\_\_\_ ( ) 4. Demonstrate your ability to do the following:
  - \_\_\_\_\_ - Walking/skating
  - \_\_\_\_\_ - Climbing side stepping
  - \_\_\_\_\_ - straight running (toe/heel drag)
  - \_\_\_\_\_ - Traverse with a stop
  - \_\_\_\_\_ - Static rotation exercise
  - \_\_\_\_\_ - Isolated beginner turns
  - \_\_\_\_\_ - Linked beginner turns
- \_\_\_\_\_ ( ) 5. Know and understand the Alpine Responsibility Code:

## Alpine Responsibility Code

**This Code applies to all alpine skiers and snowboarders using alpine ski slopes.**

<p><b>Every skier or snowboarder Skiers or snowboarders must:</b></p> <ul style="list-style-type: none"><li>a. Obey the signs.</li><li>b. Yield the right of way to skiers or snowboarders downhill, and choose a course that does not jeopardize their safety.</li><li>c. Yield the right of way to skiers or snowboarders uphill when entering a slope, and at intersections.</li><li>d. Use skis equipped with safety edges and a braking system.</li><li>e. Make sure, when stopping on a slope, that you are visible to skiers or snowboarders uphill, and that you are not obstructing the slope.</li></ul>	<p><b>Every skier or snowboarder Skiers or snowboarders must not:</b></p> <ul style="list-style-type: none"><li>a. Make a fast downhill run.</li><li>b. Make jumps.</li><li>c. Ski or snowboard outside the ski slopes</li><li>d. Ski or snowboard on a closed slope</li><li>e. Ski or snowboard while wearing a walkman.</li><li>f. Cross the track of a surface ski lift in operation.</li><li>g. Remove any signs.</li><li>h. Leave the site of an accident in which you are involved without identifying yourself to a first aider.</li></ul>
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**I completed my Snowboarder Badge requirements on: \_\_\_\_\_**

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