



Cub Scouts Academic and Sports Program – Quick Reference Checklist

Skiing (Snow)

Remember the belt loops are for the scout doing their best to learn about the sport or academic activity, and by putting the new techniques to practice with fellow scouts, in their community, or working with an adult.

Belt Loop

Complete these three requirements:

1. Explain the conditioning, clothing, equipment, and planning needed for a ski activity.
2. Be able to explain safety and courtesy codes for a downhill or cross-country ski trip.
3. Go skiing. Demonstrate how to stop and turn.

Sports Pin

Earn the Skiing belt loop, and complete five of the following requirements:

1. Explain the different kinds of ski lifts and how they work. Use one.
2. Describe the four universal symbols used to indicate ski trail difficulty.
3. Demonstrate how to snowplow (wedge position), hold your position, and get up from a fall.
4. Demonstrate how to do a basic christie.
5. Demonstrate five cross-country skills, such as a kick turn, the diagonal stride, double poling, sidestepping, the step turn, the herringbone, straight downhill running, the snowplow, sideslipping, dragging the pole, the diagonal stride uphill, and a traverse.
6. Participate in at least three games using skis, such as relays, races, treasure hunts, and skiing around poles or flags.
7. Explain what to do if you see a skiing accident.
8. Take skiing lessons.
9. Watch a film on skiing.
10. Talk with a member of a ski patrol and learn about the job he or she does at the ski slope.