

Scouts

20th Oldham Uppermill Methodist

Staged Badges - Snowsports

The Snowsports badge has 4 stages, which are listed in the tables below. For your child to be awarded the badge you need to print off the page required and ask their instructor to sign the boxes on the sheet to show what they can do, and then bring it in and give it to a leader.

Stage 1

Identify different types of snowsports	
Name 3 places you could safely take part in snowsport activities	
Take part in a warm-up activity to prepare you for a snowsport activity such as skiing or snowboarding. This should be an appropriate warm-up for your upper, middle and lower body.	
Dress properly for your chosen activity. Show you know the importance of helmets and how to put one on correctly.	
Take part in a taster session that covers: <ul style="list-style-type: none"> • naming equipment used • how to get in and out of your skis or snowboard • balancing on your skis or snowboard • moving around on your skis or snowboard; including moving in a straight line, controlling your speed and stopping. 	

Stage 2

Have completed all of Stage 1.	
Identify the equipment you require and know how to carry it safely.	
Climb and then ski or snowboard down a short run, or go on a short cross-country ski.	
Show you can make wide and narrow turns.	
Show you can stop and wait safely on a run avoiding other users of the slope, or stop safely if doing cross-country skiing.	
Demonstrate how to safely use a drag lift or magic carpet for downhill skiing or snowboarding.	
Know how to safely fall and get back up onto your feet.	

Stage 3

Have completed all of Stages 1 and 2.	
Identify hazards of the mountain environment.	
Show you understand what to do in the event of an accident.	
Show you know and understand the 'Ski Way code' published by the International Ski Federation (the F.I.S.)	
Understand the effects of extreme temperature in cases of frostbite, hypothermia, sunstroke, heat exhaustion and dehydration. Explain how they are avoided and treated.	
Choose and complete 2 of the following: <ul style="list-style-type: none"> • Demonstrate a sequence of 10 linked turns, • Complete a free run down a moderate to hard slope (red) showing balance, control, good choice of line and awareness of other people on the slope, • Complete a 3km cross-country ski route on a prepared track, • Complete a 500m cross-country ski route on varied terrain. 	

Stage 4

Have completed all of Stages 1, 2 and 3.	
Show you understand what equipment to carry for the different two types of activity you may undertake (a single lesson, day on the hill, expedition in the woods, off-piste experience, session at a snow park).	
Show how to look after yourself and others in the event of not being able to return down the mountain, or being stranded on a route.	
Show your ability to use a ski map or resort map and identify where you are on the map.	
Plan a half day's activity considering location, group, equipment and abilities, this should include a plan B in case of bad weather, etc.	
Participate in a snowsport activity different to that which you have completed the other requirements in, this could be something completely new or an activity you've not done for a while, such as skiing, snowboarding, cross-country skiing, ski touring or slalom.	
Choose and complete two of the following: <ul style="list-style-type: none"> • Demonstrate your ability to safely descend a black run, • Perform a sequence of turns in fresh snow, leaving even tracks behind, • Complete a day's cross-country ski tip, planning your route before you go, • Complete a cross-country timed route, and then improve your time over two further attempts. 	

