

**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 and adjust the bindings properly.
- \_\_\_\_\_  5. Climb a hill using side-step, traverse and herring-bone.
- \_\_\_\_\_  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 chair lift.
  - b) Describe the emergency equipment and supplies you should carry on a cross-country ski trip.

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

\_\_\_\_\_ (date)

