

SNOWSPORTS BADGE

Stage 1

How to earn your badge...

1. Identify different types of snowsports.
2. Name three places you could safely take part in snowsport activities.
3. 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.
4. Dress properly for your chosen activity. Show you know the importance of helmets and how to put one on correctly.
5. Take part in a taster session that covers:
 - a) naming equipment used
 - b) how to get in and out of your skis or snowboard
 - c) balancing on your skis or snowboard
 - d) moving around on your skis or snowboard; including moving in a straight line, controlling your speed and stopping.

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Stage 2

Before you attempt Stage 2, you need to have completed all the steps for Snowsports Stage 1. You then need to complete all the steps outlined below.

How to earn your badge:

1. Identify the equipment you require and know how to carry it safely.
2. Climb and then ski or snowboard down a short run or go on a short cross country ski.
3. Show you can make wide and narrow turns.
4. Show you can stop and wait safely on a run avoiding other users of the slope or stop safely if doing cross country skiing.
5. Know how to safely fall and get back up onto your feet.

Choose 1 of the following options:

1. Demonstrate how to safely use a drag lift or magic carpet for downhill skiing or snowboarding.
2. Demonstrate your ability to identify a suitable cross country skiing route.

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Stage 3

Before you attempt Stage 3, you need to have completed all the steps for Snowsports Stage 2. You then need to complete the following:

Choose 1 of the following options:

1. Complete the following badge requirements:
 - a. Identify hazards of the mountain environment.
 - b. Show you understand what to do in the event of an accident.
 - c. Show you know and understand the 'Ski Way Code' published by the International Ski Federation (The F.I.S.)
 - d. Understand the effects of extreme temperature in cases of frostbite, hypothermia, sunstroke, heat exhaustion and dehydration. Explain how they are avoided and treated.
 - e. Choose and complete two of the following:
 - 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
2. **Gain a Personal Activity Permit for Snowsports.**

Find out more about the [Adventurous Activity Permit Scheme](#).

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Stage 4

Before you attempt Stage 4, you need to have completed all the requirements to gain Snowsports Stage 3 in your chosen discipline. You then need to complete the following:

How to earn your badge:

1. Show you understand what equipment to carry for the different two types of activity you may undertake:
 - a. A single lesson
 - b. A day on the hill
 - c. An expedition in the woods
 - d. An off-piste experience
 - e. A session at a snow park
2. 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.
3. Show your ability to use a ski map or resort map and identify where you are on the map.
4. Plan a half-day's activity, considering the following:
 - a. Location
 - b. Group size and ability
 - c. Equipment
 - d. A plan B in case of bad weather etc.
5. Participate in a snowsport activity different from that which the other requirements have been completed 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 and slalom.
6. Choose and complete two of the following:
 - a. Demonstrate your ability to safely descend a black run
 - b. Perform a sequence of turns in fresh snow, leaving even tracks behind
 - c. Complete a day's cross country ski trip, planning your route before you go
 - d. Complete a cross-country timed route and then improve your time over two further attempts