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Snow Sport Merit Badge Councilor
2021-2022 Season

Snow Sports Merit Badge Lesson Plan

Participants:

All scouts must preregister for merit badge. Complete attached personal participant information form.

- This form must be completed and submitted to Merit Badge Councilor (MBC) 1 week prior to participation in merit badge clinic.
- Scouts must complete Granite Peak Ski Resort applicable waivers
 - o Lift Pass / Equipment Rental / Ski School
 - <https://my.1risk.net/1waiverKioskV2/sign?a=aHR0cHM6Ly9teS4xcmlzay5uZXQvZ3Jhbml0ZXBIYWthcGl8ZmE1MzFkYzhjYzI4NDNhZTk1MThmYmFhNWU1NjhkMDh8NDU>
 - o Equipment Rental
 - <https://my.1risk.net/1waiverKioskV2/sign?a=aHR0cHM6Ly9teS4xcmlzay5uZXQvZ3Jhbml0ZXBIYWthcGl8ZmE1MzFkYzhjYzI4NDNhZTk1MThmYmFhNWU1NjhkMDh8NDM>
- Scout must have completed blue card approved & signed by unit leader prior to event.

Scouts who have personal equipment & season pass to Granite Peak may use them and not need to complete lift pass & equipment rental waivers.

NOTE: Equipment that is deemed not safe for use on hill will not be allowed to be used by participants. If you believe your equipment is "out of date" / not safe remember registration into the merit badge clinic includes equipment rental.

NOTE: If scout has never skied previous to merit badge please be prepared to receive a partial for completion if not able to complete ski skills portion of merit badge. Scout will be able to complete merit badge requirements at a later date and time scheduled with merit badge councilor.

Time:

All scouts need to be at ski hill and in gear / with lift pass at 5:00 P.M. on the day of registration. All participants will meet across from rental shop in the outdoor heated patio area of the Historic Chalet.

Place:

Granite Peak Ski Resort
227200 Snowbird Lane
Wausau, WI 54401

<https://www.skigranitepeak.com/>

Event Schedule:

Arrival –	4:00 PM - 5:00 PM
Welcome -	5:00 PM – 5:15 PM
Ski / Snowboard Ability Lesson-	5:15 PM – 7:15 PM
Bathroom -	7:15 PM – 7:30 PM
Free ski to practice skills learned -	7:30 PM – 9:00 PM
Ski Patrol weather & medical instruction	5:15 PM – 7:30 PM
Bathroom -	7:30 PM – 7:45 PM
On hill practical injury scenario –	7:45 PM – 9:00 PM
Departure -	9:00 PM

Description of Scheduled Session:**Arrival:**

- During the arrival time scouts will get prepared for event by picking up lift passes from office.
- Picking up rental equipment from the equipment rental facility.
- Wearing weather appropriate ski gear and gather in the heated Lower Historic Chalet Patio (directly across from rental shop).

Welcome:

- During the welcome scouts will be welcomed to Granite Peak Ski Resort. Scouts will be given an overview of needed facilities at granite peak (bathrooms / lifts / ski patrol). Scouts will be split into groups for the day that will be sent with ski / snowboard instructors or ski patrol for winter weather and first aid instruction.

Session 1 & 2:

- Groups will complete ski / snowboard ability instruction or hands-on emergency first aid for completion of Snow Sports Merit Badge. Scouts will switch groups between the morning session and afternoon session.

On hill practical application:

- Scouts will join ski patrollers for an on-hill injury skill scenario. Scouts will ski / board to an injured skier / boarder. Scouts will apply required first aid / summon for ski patrol assistance. Once the injured skier / boarder has had first aid they will be loaded into ski patrol toboggan for removal from hill to designated “patrol room”. Scouts will be able to apply what they have learned throughout the day and be able to have the training to help someone that they may come upon in real life.

Departure:

- Scouts will pick up their blue card from merit badge councilor.

Ski / Board School Session Lesson Plan

Downhill (Alpine) Skiing

- a. On a gentle slope, demonstrate some of the beginning maneuvers learned in skiing. Include the straight run, gliding wedge, wedge stop, sidestep, and herringbone maneuvers.
- b. On slightly steeper terrain, show linked wedge turns.
- c. On a moderate slope, demonstrate five to 10 christies.
- d. Make a controlled run down an intermediate slope and demonstrate the following:
 - a. Short-, medium-, and long-radius parallel turns
 - b. A sideslip and safety (hockey) stop to each side
 - c. Traverse across a slope
 - d. Demonstrate the ability to ski in varied conditions, including changes in pitch, snow conditions, and moguls. Maintain your balance and ability to turn

Snowboarding

- a. Discuss forward-fall injuries. Tell about prevention and what action must be taken in the event of any type of injury or accident.
- b. Do the following:
 - i. On a gentle slope, demonstrate beginning snowboarding maneuvers. Show basic ways to control speed and direction. Include the sideslipping maneuver.
 - ii. On slightly steeper terrain, show traversing.
 - iii. On a moderate slope, demonstrate an ollie, a nose-end grab, and a wheelie.
- c. Make a controlled run down an intermediate slope and demonstrate the following:
 - a. Skidded, carved, and jump turns
 - b. Stops
 - c. Riding fakie
- d. Demonstrate your ability to ride in varied conditions, including changes in pitch, snow conditions, and moguls. Maintain your balance and ability to turn.
- e. Name the major ski / snowboard organizations in the United States and explain their functions.
 - o **PSIA** - The Professional Ski Instructors of America - for Ski instructors
 - o US Ski Coaches Association developed to certify and educate ski coaches and athletes
 - o US Ski and Snowboard Association - The national governing body for Olympic skiing and Snowboarding - they provide a pathway for aspiring young athletes to develop their skills through competitions and programs that provide them with opportunities to achieve athletic success.
 - o **NSP** The National Ski Patrol - voluntary organization that promotes safety in snow sports and trains and certifies volunteer ski patrollers.

Ski Patrol First Aid Session Lesson Plan

- a. Discuss winter sports safety, and show that you know first aid for injuries or illnesses that could occur while skiing or riding, including hypothermia, frostbite, shock, dehydration, sunburn, fractures, bruises, sprains, and strains. Tell how to apply splints.
- b. Explain why every skier or snowboarder should be prepared to render first aid in the event of an accident.
- c. Explain the procedure used to report an accident to the local ski patrol for the area where you usually ski or ride.
- d. Do EACH of the following:
 - i. Tell the meaning of the Your Responsibility Code for skiers and snowboarders. Explain why each rider must follow this code.
 - ii. Explain the Smart Style safety program. Tell why it is important and how it applies to skiers and snowboarders in terrain parks and pipes.
 - iii. Explain the precautions pertaining to avalanche safety, including the responsibility of individuals regarding avalanche safety.
 - iv. Tell the meaning of the Wilderness Use Policy. Explain why each skier and snowboarder must adopt this policy

On Hill Practical Application Lesson Plan

- a. Skier injured broken arm.
- b. Skier injured broken leg.

All scenarios:

- a. Scouts to assess the scene determine if it is safe to enter.
- b. Scouts to call for help and assistance from ski patrol.
- c. Scout to apply first aid as required to patient.
- d. Scout to observe ski patrol load / ski out patient to "patrol room".
 - i. Patrollers to assess scouts as they apply first aid and assure that scout is applying what was taught during instruction.

Ski Patrol First Aid Session Lesson Plan

1) Discuss environmental hazards.

a. Weather

i. Frostbite

1. **Frostbite** is an injury caused by freezing of the skin and underlying tissues. First your skin becomes very cold and red, then numb, hard and pale. **Frostbite** is most common on the fingers, toes, nose, ears, cheeks and chin. Exposed skin in cold, windy weather is most vulnerable to **frostbite**
2. During the early stage of **frostbite**, you'll experience pins and needles, throbbing or aching in the affected area. Your skin will become cold, numb and white, and you may **feel** a tingling sensation. This stage of **frostbite** is known as **frostnip**, and it often affects people who live or work in cold climates.
3. Treatment
 - a. **Rewarming of the skin.** If it hasn't been done already, your doctor will rewarm the area using a warm-water bath for 15 to 30 minutes. The skin may turn soft and look red or purple. You may be encouraged to gently move the affected area as it rewarms.
 - b. **Protecting the injury.** Once your skin thaws, your doctor may loosely wrap the area with sterile sheets, towels or dressings to protect the skin. Or he or she may protect your fingers or toes as they thaw by gently separating them from each other. And you may need to elevate the affected area to reduce swelling.
 - c.

ii. Hypothermia

1. **Hypothermia** is a medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature. Normal body temperature is around 98.6 F (37 C). **Hypothermia** (hi-poe-THUR-me-uh) occurs as your body temperature falls below 95 F (35 C).
2. Shivering is likely the first thing you'll notice as the temperature starts to drop because it's your body's automatic defense against cold temperature — an attempt to warm itself.
Signs and symptoms of hypothermia include:
 - a. Shivering
 - b. Slurred speech or mumbling
 - c. Slow, shallow breathing
 - d. Weak pulse
 - e. Clumsiness or lack of coordination
 - f. Drowsiness or very low energy
 - g. Confusion or memory loss
 - h. Loss of consciousness
3. **Treatment**
 - a. Be gentle. When you're helping a person with **hypothermia**, handle him or her gently. ...
 - b. Move the person out of the cold. ...
 - c. Remove wet clothing. ...
 - d. Cover the person with blankets. ...
 - e. Insulate the person's body from the cold ground. ...
 - f. Monitor breathing. ...
 - g. Provide warm beverages. ...
 - h. Use warm, dry compresses

iii. Dehydration

1. **Dehydration** occurs when more water and fluids leave the body than enter it. Even low levels of **dehydration** can cause headaches, lethargy, and constipation. The human body is roughly 75 percent water. Without this water, it

cannot survive. Water is found inside cells, within blood vessels, and between cells.

2. As the condition progresses to moderate dehydration, symptoms include:

- a. dry mouth
- b. lethargy
- c. weakness in muscles
- d. headache
- e. Dizziness

Severe dehydration (loss of 10-15 percent of the body's water) may be characterized by extreme versions of the symptoms above as well as:

- a. lack of sweating
- b. sunken eyes
- c. shriveled and dry skin
- d. low blood pressure
- e. increased heart rate
- f. Fever
- g. Delirium
- h. unconsciousness

3. Treatment:

- a. Dehydration must be treated by replenishing the fluid level in the body. This can be done by consuming clear fluids such as **water**, clear broths, frozen **water** or **ice** pops, or sports drinks (such as Gatorade). Some dehydration patients, however, will require **intravenous** fluids in order to rehydrate.

iv. Sunburn

Skier Prerequisites

Downhill (Alpine) Skiing

- a. Show how to use and maintain your own release bindings and explain the use of two others. Explain the international DIN standard and what it means to skiers.
 - Maintenance
 - <https://www.youtube.com/watch?v=Ix27SNEsRYM>
 - Types of Bindings
 - <https://www.youtube.com/watch?v=RObpLYI272A>
 - DIN settings
 - <https://www.youtube.com/watch?v=gqlzGwJZmIs>
- b. Explain the American Teaching System and a basic snow- skiing progression.
 - American Teaching System (ATS) What is it?

What is it? ATS is a progression oriented, outcome based and student centered teaching format. Or put another way, an individual's skiing or riding skills build upon one another based upon the student's needs.

Principles and Philosophies

- Student Centered – The lesson topic is based on the student's needs
- Outcome Based – There should be an outcome to every lesson
- Experiential – People learn by doing it not hearing about it.
- Learning Partnership Based – The student and instructor develop the lesson topic together
- Guest Service Driven – Students are guests. They deserve a professional level of service

Components

- **Teaching Model**
 - Instructor Behavior – Adaptive Teaching Model
 - Student Behavior – Background and Motivation, Learning Preferences, Attitude, etc.
- **Skiing/Snowboarding Model**
 - Skiing skills concept – balance, rotary, edging, pressure
 - Snowboarding skills concept – pivoting, pressure, tilting, twist
- **Service Model**
 - Meet and greet everyone
 - Effective communication

Why follow ATS?

ATS gives instructors and ski schools a format for consistency. ATS allows all instructors of all abilities in all disciplines a guideline for progressing or correcting movement patterns. Using ATS as a foundation for creating lesson plans gives us a base for adapting to any variety of students.

- c. Name the major ski organizations in the United States and explain their functions.
- **PSIA** - The Professional Ski Instructors of America - for Ski instructors
 - US Ski Coaches Association developed to certify and educate ski coaches and athletes
 - US Ski and Snowboard Association - The national governing body for Olympic skiing and Snowboarding - they provide a pathway for aspiring young athletes to develop their skills through competitions and programs that provide them with opportunities to achieve athletic success.
 - **NSP** The National Ski Patrol - voluntary organization that promotes safety in snow sports and trains and certifies volunteer ski patrollers.
- d. Discuss the five types of Alpine skis. Demonstrate two ways to carry skis and poles safely and easily.
- Five types of Skis
 - <https://thesnowsportspage.wordpress.com/2013/03/21/different-types-of-alpine-skis/#:~:text=There%20are%205%20main%20types,for%20beginner%20and%20intermediate%20skiers.>
 - Carry skis & Poles
 - https://www.youtube.com/watch?v=TapM2diK_OY
- e. Explain the importance of strength, endurance, and flexibility in downhill skiing. Demonstrate exercises and activities you can do to get fit for skiing.
- Exercises
 - https://www.youtube.com/watch?v=aXK2vtM0i_0
- f. Present yourself properly clothed and equipped for down- hill skiing. Discuss how the clothing you have chosen will keep you warm and protected.
- <https://www.youtube.com/watch?v=zOgAEDU8x5Y>
- g. Demonstrate how to ride one kind of lift and explain how to ride two others.
- <https://www.youtube.com/watch?v=B8U5dpZiQp8>
 - <https://www.youtube.com/watch?v=GR0AEr5osD4>
- h. Explain the international trail-marking system.
- https://www.youtube.com/watch?v=IDbxwWybiuM&feature=emb_logo
- i. Know the code. Live the code.
- <https://www.youtube.com/watch?v=6Sd2rdcwEqk>

Ski Workbook

1) What are the 5 types of Ski's?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

2) What gear did you choose for skiing and why?

3) Why is it important to be fit & flexible prior to skiing? Which workout did you do prior to skiing and why?

4) Label the degrees of difficulty of the below international trail marking system.









5) Name 4 National Ski organizations & Describe one specific function to Skiing in the USA.

- a. _____
 - b. _____
 - c. _____
 - d. _____
- _____
- _____
- _____
- _____

6) Name 2 types of Ski lifts typically used throughout United States.

- a. _____
- b. _____

7) Explain the American Teaching System. How do you believe learning how to ski using this system will benefit you as a student?

8) Name the 7 parts of the Responsibility code (Know the Code).

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____