VENTURING RANGER AWARD WINTER SPORTS ELECTIVE

Additional checkoff sheets and helps are available from ScouterMom.com.

a. Be familiar with cold weather–related injuries and how to avoid and treat them										
b. Know and explain the safety codes for your chosen winter sport (alpine skiing, Nordic skiing, snowboarding, snowmobiling, or ice skating). Example: Skier's Responsibility Code found in the National Ski Areas Association Classroom Guide for skier education, published by the National Ski Patrol										
c. Design a 30-day physical fitness and stretching program that will prepare you for your chosen winter sport, including exercising and stretching for at least 30 minutes three times a week for 30 days										
d. Choose one of the following winter sports and complete the requirements for that sport.										
Option A - Alpine Skiing										
dA-i. During a winter season, participate in at least six recreational ski sessions totaling 40 hours.										
dA-ii. On one of your ski trips, demonstrate to the adult ski counselor approved by your Advisor that you are proficient in this sport, skiing various types of ski terrain, including moguls										
dA-iii. Give instruction and assistance to a group of beginner skiers. Teach them basic turns and stops.										
dA-iv. Make a tabletop display or presentation for your crew, another crew, a Cub Scout or Boy Scout unit, or another youth group on alpine skiing.										
Option B - Nordic Skiing										
dB-i. During a winter season, participate in at least six recreational ski sessions totaling 40 hours										
dB-ii. On one of your ski trips, demonstrate to the adult ski counselor approved by your Advisor that you are proficient in this sport, skiing all types of ski terrain, and that you can use a map and compass while skiing.										
dB-iii. Give instruction and assistance to a group of beginner Nordic skiers.										
dB-iv. Make a tabletop display or presentation for your crew, another crew, a Cub Scout or Boy Scout unit, or another youth group on Nordic skiing.										
Option C - Snowboarding										
dC-i. During a winter season, participate in at least six recreational snowboarding sessions totaling 40 hours.										

dC-ii. On one of your ski trips, demonstrate to the adult snowboarding counselor approved by your Advisor that you are proficient in this sport, snowboarding all types of ski terrain, including jumps and other boarding maneuvers										
dC-iii. Give instruction and assistance to a group of beginner snowboarders.										
dC-iv. Make a tabletop display or presentation for your crew, another crew, a Cub Scout or Boy Scout unit, or another youth group on snowboarding.										
Option D - Snowmobiling										
dD-i. During a winter season, participate in at least six recreational snowmobiling sessions totaling 40 hours.										
dD-ii. On one of your ski trips, demonstrate to the adult snowmobiling counselor approved by your Advisor that you are proficient in this sport, snowmobiling all types of terrain, and that you can navigate using maps and compass to plan and carry out a trip.										
dD-iii. Give instruction and assistance to a group of beginner snowmobilers										
dD-v. Make a tabletop display or presentation for your crew, another crew, a Cub Scout or Boy Scout unit, or another youth group on snowmobiling.										
Option E - Ice Skating										
dE-i. Participate in at least 10 recreational skating sessions totaling 40 hours.										
dE-ii. On one of your skating trips, demonstrate to the adult skating counselor approved by your Advisor that you are proficient in this sport.										
dE-iii. Give instruction and assistance to a group of beginner skaters.										
dE-iv. Make a tabletop display or presentation for your crew, another crew, a Cub Scout or Boy Scout unit, or another youth group on ice skating.										
Completed										
Presented										