



MEETING PLANS & IDEAS: SNOWBOARDING & SKIING

[Snowboarding and Skiing](#)

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OBJECTIVES

This month's activities should:

- Demonstrate the first-aid skills Scouts might need for injuries that could occur while skiing or snowboarding.
- Introduce the Your Responsibility Code for skiers and snowboarders.
- Help Scouts develop a fitness plan for winter sports.
- Teach Scouts what clothing is appropriate for winter conditions.
- Show Scouts how to fit and care for skiing and snowboarding equipment.
- Enable Scouts to plan and carry out a safe skiing/snowboarding main event.

LEADERSHIP PLANNING

As a leadership team, you may want to discuss the following items when choosing snowboarding and skiing as your program feature during your planning meetings.

- Which snow sports movie should we watch?
- What should we do as our main event?
- Where should we go for our main event?
- What is our unit's skill level?
- Where will we get equipment?
- What costs will be involved (equipment rental, lift tickets, etc.)?
- How can we involve parents?
- Which parents can drive in the snow?
- To meet our needs, what should we change in the sample meeting plans?

Click above for fillable troop meeting planning form.

PREOPENING IDEAS

[Preopening Ideas on Troop Program Resources](#)

- If possible, meet at a local ski shop and spend preopening time browsing the merchandise.
- Show an [internet video about avalanches](#).

OPENING IDEAS

[Opening Ideas on Troop Program Resources](#)

GROUP INSTRUCTION IDEAS

[Snow Sports Overview](#)

- Introduce upcoming skiing/snowboarding activity. Show an appropriate video, such as a [Warren Miller film](#)
- Introduce ski trail signs.
- Discuss and determine each member's skill level.

Winter Sports Skills and Fitness

- Discuss the different types of ski lifts and rope tows that are used at the resort you are going to visit.
- Learn how to get on and off the lift, and discuss lift-line etiquette.

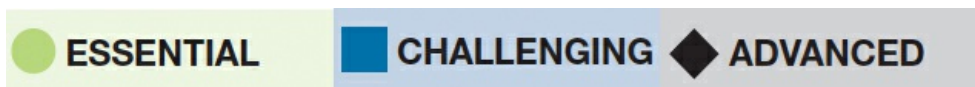
Care and Fitting of Equipment

- Present and discuss the clothing, equipment, and other gear needed for winter sports.
- Explain why clothes should be in layers and why cotton should be avoided.
- Demonstrate how to safely carry the gear.
- Discuss the importance of a helmet for preventing injuries.

Avalanche and First Aid

- Discuss the dangers of avalanches, including:
 - What to look for and how to avoid them.
 - What to do if you are caught in an avalanche
 - How to search for someone caught in an avalanche.

SKILLS INSTRUCTION IDEAS



Snow Sports Overview

- Cover the following skills:
 - Putting on equipment
 - Sidestepping
- Getting up off the ground
- Using rope tows

- Review essential skills above.
- Cover the following skills:
 - techniques for parallel turns on skis
- techniques for heel-to-toe turns on snowboard
- getting on and off chairlifts

- Review essential and challenging skills above.
- Cover the following skills:
 - mogul techniques
- christie turns on skis
- riding fakie on a snowboard

Winter Sports Skills and Fitness

- Learn and practice the following stretches:
 - Calf stretch

- Hamstring stretch
 - Quad stretch
 - Lower back stretch
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- Review the essential warm-up stretches above.
 - Learn and practice the following strength-building exercises:
 - leg squats
 - lunges
 - running in place
 - stair-step up
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- Review essential stretches and challenging exercises above.
- Plan and develop a fitness endurance program that might include running, cycling, and swimming.

Care and Fitting of Equipment

- Learn how to properly fit boots, skis, and snowboards.
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- Review fitting equipment.
 - Learn how to wax skis.
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- Review fitting equipment.
- With the help of a certified ski technician, learn the process of mounting and adjusting bindings.

Avalanche and First Aid

- Learn the first-aid procedures for:
 - Shivering
 - Sprains and strains
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- Review the essential skills above.
 - Learn first-aid procedures for:
 - hypothermia
 - fractures
 - splinting
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- Review the essential and challenging skills above.
- Learn the first-aid procedures for:
 - severe hypothermia
- fractures requiring traction splints
- multiple casualties

BREAKOUT GROUP IDEAS

Getting Ready for the Main Event

- Menu Planning (if applicable)
- Duty Roster Planning (if applicable)

- Patrols discuss what special items they will need for the main event.

Preparation for the meeting's game or challenge

GAME AND CHALLENGE IDEAS

[Library of Games and Challenges on Troop Program Resources](#)

- **Ski Trail Signs Relay**
 - *Materials:* Two sets of index cards for each group. Each card in the first set should show a drawing of a trail sign; each card in the second set should show the meaning of a trail sign.
 - *Method:* The patrols line up in relay formation. The two sets of cards are placed about 25 feet in front of each patrol. The cards with the pictured trail signs are placed facedown; the cards with the definitions are spread out faceup. On a signal, the first Scout from each patrol runs to their sets of cards and draws one of the facedown cards. He then places it on the correct definition card, runs back, and tags the next Scout. Continue until all cards are matched.
 - *Scoring:* The first team to match all cards correctly wins.
- **Slalom Hop Relay**
 - *Materials:* twenty feet of rope for each patrol
 - *Method:* Lay the ropes in straight lines in front of the teams. Team members go down their rope by hopping from side to side over the rope, with legs and feet together. This action simulates the motion a slalom skier uses when racing through gates. After some practice, have a relay race. (Some members may have to go more than once to even out the numbers of players per patrol.
 - *Scoring:* First patrol to complete the challenge wins.
- **Ski Jacket Stretcher Relay**
 - *Materials:* Two staves, two winter jackets, and one inflated balloon for each patrol (If Scouts are larger, it will be necessary to use poles with larger diameters or to use four staves.)
 - *Method:* This is not a speed relay. The patrols line up in relay formation, with two "victims" in front of each. On signal, two members of each group run up with the winter jackets and two staves, make a stretcher, and put one victim on it. When the stretcher carriers are ready to lift the stretcher, a leader places the inflated balloon on the victim. The carriers take the victim to the starting line without letting the balloon fall off. The victim may not hold on to the balloon. (The balloon ensures care rather than speed.) At the starting line, the carriers lift the victim off, and two other Scouts run up to make a stretcher for transporting the second victim.
 - *Scoring:* The first team to earn 5 points wins.

CLOSING IDEAS

- [Leader's Minutes](#)
- [Ceremony](#)

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TROOP LEADER RESOURCE LINKS

[Advancement Resources](#)

[Awards Central](#)

[Boy Scouts](#)

[Guide to Safe Scouting](#)

[SCOUTBOOK](#)

[Scouting Forms from the National Council](#)

[ScoutCast](#)

[Scouting Magazine](#)

[ScoutStuff.org \(Retail Site\)](#)

[ScoutingWire](#)

[Sign in to MyScouting.org](#)

[Take Youth Protection Training](#)

[The Outdoor Adventure Planning Guide](#)

[Troop Leader Guidebook Appendix](#)

[Uniforms](#)