

DOWNHILL SKIING OPTION

If earning the merit badge for downhill skiing, fill in the blanks for the next two questions, then circle the numbers of true statements in the set that follows.

1. If you think your ski bindings need adjustment, what should you do? _____

2. When traversing across a slope, on which foot should more of your weight be placed?

CIRCLE THE NUMBERS OF TRUE STATEMENTS:

1. If a ski seems to be coming off too easily when you fall, you should go to a ski shop and have the bindings checked.
2. A good way to slow down if you're skiing too fast is to plant your poles in the snow ahead of you and use them to reduce your speed.
3. When you ski across a slope, more of your weight should be on the downhill ski.
4. When turning, your weight should be on the back of the skis.
5. When you carry skis on your shoulder like a rifle, you should keep them parallel to the ground.
6. A good length ski for an intermediate skier is 6 in. taller than the skier.
7. Your foot should not move around inside a properly fitted ski boot.
8. You should keep your knees in a locked position when skiing on bumpy terrain to help avoid falling.
9. It's a good idea to wear two or three pairs of socks when skiing.
10. It's better not to tuck your long underwear and ski pants into the top of your ski boots.
11. The United States Ski Association (USSA) is one of the leading ski organizations in the U.S.
12. The Professional Ski Instructors of America (PSIA) is another leading ski organization.