

Knowledge Test -- Snow Sports Merit Badge name: _____

1. When you are skiing or snowboarding downhill and overtaking another snow rider below you, who is responsible for avoiding a collision? _____

2. If you are traversing across a slope and approaching another snow rider, on which side should you pass? _____
3. What should you do when entering a trail or slope from another trail? _____

4. If you have stopped on a slope or trail, what should you do before starting down again? _____

5. What is the main cause of collisions between snow riders? _____
6. What should you do if you find an injured person on the slopes? _____

7. What are the symptoms of hypothermia? _____

8. What should you do for a person suffering from hypothermia? _____

9. What are the symptoms of frostbite? _____

10. What should you do for a person suffering from frostbite? _____

11. Name three different kinds of lift. _____
12. Name three major ski/snowboard organizations in the United States. _____

13. What kind of exercises can you do early in the day to lessen the chance of injury on the slopes? _____
14. The Smart Style Safety Program addresses safety in what setting? _____
15. Name and explain one of the rules in the Smart Style Safety Program. _____

Circle the number of each TRUE statement:

1. If you are a beginning snow rider, it's a good idea to look for runs marked with a black diamond.
2. The best way to improve your snow riding ability is to take runs that are much more difficult than ones you feel comfortable on.
3. For cold weather, it is better to wear several layers of thin clothing than one layer of thick clothing.
4. If you start sweating from the exertion of skiing, you should open your jacket or remove a layer of clothing.
5. Sweating helps you stay warm in cold weather.
6. If you come to an injured snow rider on the slope, you should cross your skis or stand your snowboard in the snow below him.
7. "Breathable fabrics" are both windproof and waterproof, yet allow water vapor to evaporate through microscopic pores.
8. A slow snow rider is responsible for avoiding collisions with skiers and snowboarders coming from above him.
9. When entering a trail or slope from the side or an intersecting trail, you should first look up the hill for approaching snow riders.
10. If you stop part way down a run, you should stop in the middle of the run so approaching snow riders can see you.
11. When you get off a lift, you should stop right at the bottom of the ramp and adjust your equipment before heading off.
12. Wearing a warm hat is important in cold weather because much body heat can be lost through your head. In other words: "When your feet are cold, put on a hat."
13. Cotton is a good fabric for cold-weather use because it absorbs a great deal of water.
14. An important purpose of long underwear is to transfer moisture away from the skin.
15. When you dress for winter weather, the outermost layer, or shell layer, should be both windproof and waterproof.
16. The "fall line" is a mark left in the snow by a skier or snowboarder who fell down.
17. When riding a difficult run, it is better to ski or snowboard alone so you won't slow down a buddy.

- 18.** Moguls (bumps in the snow) are made by ski resorts piling up dirt mounds before it starts snowing.
- 19.** Because it's cold when you ski or snowboard, there's not much chance of getting sunburned.
- 20.** In cases of mild frostbite, the skin turns white and feels cold, hard, and numb.
- 21.** It's a good idea to rub a frostbitten part of the body to restore circulation.
- 22.** If you get a sprain or strain while snow riding, you should try to "work it out" by doing harder runs.
- 23.** You should immediately try to move a seriously injured snow rider to the side of the slope.
- 24.** An important purpose of long underwear is to transfer moisture away from the skin.
- 25.** A Scout who violates important rules on a Troop 2 trip may be sent home early.