



# Ranger Award

## Winter Sports



### Elective Requirements Checklist

This Checklist can help you document your progress as you work toward earning the award.  
The Venturer must do each requirement.

No one may add or subtract from the official requirements found in [Venturing Awards and Requirements](#)  
The requirements were last revised in 2014 • This workbook was updated in November 2016.

Venturer's Name: \_\_\_\_\_ Unit: \_\_\_\_\_

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about this **checklist** to: [Workbooks@USScouts.Org](mailto:Workbooks@USScouts.Org)  
Comments or suggestions for changes to the **requirements** for the **award** should be sent to: [Advancement.Team@Scouting.Org](mailto:Advancement.Team@Scouting.Org)

- 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.

#### Alpine Skiing

- i. During a winter season, participate in at least six recreational ski sessions totaling 40 hours.
- 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.
- iii. Give instruction and assistance to a group of beginner skiers. Teach them basic turns and stops.
- 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.

#### Nordic Skiing

- i. During a winter season, participate in at least six recreational ski sessions totaling 40 hours.
- 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.
- iii. Give instruction and assistance to a group of beginner Nordic skiers.
- 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.

#### Snowboarding

- i. During a winter season, participate in at least six recreational snowboarding sessions totaling 40 hours.
- 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.
- iii. Give instruction and assistance to a group of beginner snowboarders.
- 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.

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**Snowmobiling**

- i. During a winter season, participate in at least six recreational snowmobiling sessions totaling 40 hours.
- 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.
- iii. Give instruction and assistance to a group of beginner snowmobilers.
- iv. Make a tabletop display or presentation for your crew, another crew, a Cub Scout or Boy Scout unit, or another youth group on snowmobiling.

**Ice Skating**

- i. Participate in at least 10 recreational skating sessions totaling 40 hours.
- ii. On one of your skating trips, demonstrate to the adult skating counselor approved by your Advisor that you are proficient in this sport.
- iii. Give instruction and assistance to a group of beginner skaters.
- 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.

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**Important excerpts from the Guide To Advancement - 2015, No. 33088 (SKU-620573)****[1.0.0.0] — Introduction**

The current edition of the *Guide to Advancement* is the official source for administering advancement in all Boy Scouts of America programs: Cub Scouting, Boy Scouting, Varsity Scouting, Venturing, and Sea Scouts. It replaces any previous BSA advancement manuals and previous editions of the *Guide to Advancement*.

**[Page 2, and 5.0.1.4] — Policy on Unauthorized Changes to Advancement Program**

**No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements.** There are limited exceptions relating only to youth members with special needs. For details see section 10, "Advancement for Members With Special Needs".

**[Page 2] — The "Guide to Safe Scouting" Applies**

Policies and procedures outlined in the *Guide to Safe Scouting*, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects.