

SNOW SPORTS STAGE 1 BADGE



Your name _____

1. Write below the names of some different types of snow sports.

2. Name three places where you can safely take part in snow sports activities.

3. All of the following requirements need to be marked as complete by an adult with you:

<input type="checkbox"/>	Take part in a warm up activity to prepare you for a snowsport activity such as skiing or snowboarding. This should be an appropriate warm up for your upper, middle and lower body.
<input type="checkbox"/>	Dress properly for your chosen activity. Show you know the importance of helmets and how to put one on correctly.
	Take part in a taster session that covers:
<input type="checkbox"/>	naming equipment used
<input type="checkbox"/>	how to get in and out of your skis or snowboard
<input type="checkbox"/>	balancing on your skis or snowboard
<input type="checkbox"/>	moving around on your skis or snowboard; including moving in a straight line, controlling your speed and stopping.