



DOWNHILL SKIING PATCH (BEGINNERS)

Price: \$1.50 plus 6% tax

(Complete all requirements.)

1. Know parts of the pole, ski, and bindings.
2. Know how to select and care for your equipment.
3. Explain the safety precautions for skiing, skiing etiquette, and use of tow rope, T-bar and chairlift.
4. Show your ability to ski on the level, to use poles properly, make a gate and change direction in the gate.
5. Demonstrate the side step and herringbone.
6. Make a controlled downhill run. Do snow plow turns throughout the whole run.
7. Know first aid treatment for snow blindness, sunburn, frostbite, bruises and sprains. Explain how these injuries might be avoided.