



Snowsports Stage 3 Activity Badge

Before you attempt Stage 3, you need to have completed all the steps for Snowsports Stage 2.

Please take this piece of paper to your instructor and ask them to sign the bottom form.

How to earn your badge

Choose 1 of the following options:

1. Complete the following badge requirements:
 - a. Identify hazards of the mountain environment.
 - b. Show you understand what to do in the event of an accident.
 - c. Show you know and understand the 'Ski Way Code' published by the International Ski Federation (The F.I.S.)
 - d. Understand the effects of extreme temperature in cases of frostbite, hypothermia, sunstroke, heat exhaustion and dehydration. Explain how they are avoided and treated.
 - e. Choose and complete two of the following:
 - Demonstrate a sequence of 10 linked turns
 - Complete a free run down a moderate to hard slope (red) showing balance, control, good choice of line and awareness of other people on the slope
 - Complete a 3km cross country ski route on a prepared track
 - Complete a 500m cross country ski route on varied terrain
2. Gain a Personal Activity Permit for Snowsports.

Find out more about the Scout Association's [Adventurous Activity Permit Scheme](#).

On behalf of 1st Locks Heath Scouts, please could you fill out the form below to help the young person presenting it to gain their badge.

Many Thanks

I hereby certify that _____ has carried out the requirements of the Scout Association's Snowsports stage 3 badge (as detailed above) In my presence.

Chosen Snowsport: _____

Signed: _____ **Date:** _____

Print: _____

Capacity: _____ **(e.g., Teacher, Leader etc.)**

Body or Organisation: _____

_____ **(e.g., School, Club, etc.)**