



Instructor  
Required

HELPING HAND

4

## Skier

1. Describe how to take care of your skis and boots.
2. Demonstrate the following:
  - a. How to carry your skis
  - b. How to put your skis on
  - c. How to fasten your skis
3. Demonstrate how to climb in steps, in scissors, and how to make a kick turn.
4. Perform the following movements:
  - a. Continuous turns without stopping
  - b. Sideslip and go over bumps
5. Ski on a beginners lift and hill under control and in good form.



### Leaders' Note:

Adventurers must be accompanied by an experienced instructor. They should also use safety equipment such as helmets and goggles. The instructor will teach what is required in this award.