



Downhill Skiing and Snowboarding

Activity Permitted for: *D B J C S A at commercial resorts only

*With the appropriate instructors, equipment, and hills/levels, Daisies are permitted to participate in skiing and snowboarding.

Council Approval: Required as per Council Policy P1; [Activity/Trip Permission \(2129\)](#);

Vendor Approval: Not Required; Skiing activities must take place at a commercial resort

Required Training: 281 GS 201 Trips & Overnights (gsLearn)

About Downhill Skiing and Snowboarding

Whether girls are participating in snowboarding or traditional downhill, slalom, Super G, or other types of skiing, participants use trails and slopes matched to their abilities.

Note: *Even experienced girls are not permitted to do aerial tricks on skis or snowboards.*

Learn More

- Professional Ski Instructors of America (PSIA) and American Association of Snowboard Instructors (AASI): [The Snow Pros](#)
- [National Ski Patrol](#)
- [U.S. Ski and Snowboard](#)
- Locate ski resorts by region: [ABC of Snowboarding](#)

Include Girl Scout Members with Disabilities

Talk to Girl Scout members with disabilities and their caregivers. Ask about needs and accommodations. Always be sure to call ahead to the ski and snowboard resort to ensure they are able to accommodate those with disabilities—most are extremely accommodating and offer specialized instructors and trails. Ask to speak to an instructor ahead of time, if appropriate. For more information visit [Move United](#).

Equity. In addition to physical and social-emotional disabilities, consider the history, culture, and past experiences of the Girl Scout members in your troop that could affect their ability to equally participate in an activity. Work with members and families to understand how an activity is perceived. Ensure that

all Girl Scout members and their families feel comfortable and have access to whatever is needed to fully participate, such as proper equipment, prior experiences, and the skills needed to enjoy the activity.

Infectious Disease Guidelines. Girl Scouts use a commonsense approach to health and safety. Before participating in Girl Scouting activities, members are to undergo health checks at home for any symptoms such as fever of 100.4 (or need for fever-reducing medications) chills, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, stomach aches, nausea, or vomiting. Members with any of these symptoms or in need of fever-reducing medication **MUST** stay home until fully recovered.

Emergency Action Plan (EAP). Review and document your Emergency Action Plan (EAP) before taking girls out for any activity and review it with the girls so they too are prepared. Think through scenarios of what can go wrong such as an accident, physical injury to a girl, missing girl, sudden illness, or sudden weather or water emergencies.

Downhill Skiing and Snowboarding Checkpoints

Required Training: Troop/Group Program leaders must complete GSUSA's online leadership courses and GSVSC's 281 GS 201 Trips & Overnights course in gsLearn. Adult volunteer chaperones must complete GSVSC's 281 GS 104 Orientation for Support Volunteers online course in gsLearn.

Be in shape. Participants get in condition by stretching and exercising before the skiing or snowboarding trip. Skiing takes endurance and balance, so be in shape!

Learn how to ride ski lifts. This includes line courtesy, loading and unloading, and emergency procedures.

Observe the basics. Ski and snowboard under control. Participants should ski responsibly, and not beyond their ability level. All rules of the ski area must be explained, learned, and followed.

Stay on trails. Do not ski off-trail or in an unmarked or closed area.

Be aware of terrain. Avoid objects and obstacles, such as trees, rocks, growth coming up under thin snow coverage, and melted snow and puddles, which can occur in spring or during fluctuating weather.

Understand right-of-way protocol. Make others aware before you turn. Yield the right-of-way to those already on the slope. Do not cross the path of skiers.

Prepare for falls. Move quickly to the side of the trail or slope after falling, unless injured.

Summon the Ski Patrol if a skier is injured. They are usually dressed in red.

Know the slopes. [Ski Slope Ratings Explained](#) details trail ratings, which include green circle as the easiest, blue square as intermediate, and black diamond for expert skiers and snowboarders. Review the trail maps before hitting the slopes.

Know where the Medical Clinic at the ski resort (mountain) is located.

Verify instructor knowledge and experience. Instructors are certified by the Professional Ski Instructors of America (PSIA) and the American Association of Snowboard Instructors (AASI) or possess equivalent certification or documented experience according to your council's guidelines. Instructors have experience teaching and/or supervising downhill skiing/snowboarding for the ages involved.

Select a safe downhill skiing and/or snowboarding site. Girls are encouraged to plan trip details and include adequate rest periods with opportunities to replenish fluids and eat high-energy foods, such as

fruits and nuts. Plan for a nutritious, high-energy snack, and provide beverages to prevent dehydration. Ensure that terrain and potential hazards are known to all participants. **Skiing activities must take place at a commercial resort.**

Prepare for emergencies. Ensure the presence of a waterproof first aid kit and a first aider with a current certificate in first aid, including adult and child CPR or CPR/AED, who is prepared to manage cases of frostbite, cold exposure, hypothermia, sprains, fractures, and altitude sickness.

Ensure emergency transportation. Make sure emergency transportation is available; if any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first aider with cold weather/winter wilderness first aid experience.

Safety and Required Gear

- Protective helmet with properly fitting safety harness that meets the Snell Memorial Foundation's RS-98 or S-98 standards or the American Society for Testing and Materials (ASTM) F2040 requirements (or both) and displays the Safety Equipment Institute (SEI) seal.
- Ski or snowboarding boots.
- Skis or snowboards with bindings.
- Ski poles (not needed for snowboarding).
- Sunglasses or ski goggles to protect eyes from glare.
- Insulated water-resistant gloves or mittens.
- Insulating socks and thermal underwear.
- Sunscreen with an SPF of at least 15 and lip balm for snow glare protection.
- Windproof and waterproof ski jacket and pants.