

# Skiing



**Choose any four activities to learn about skiing. This Try-It may be earned by girls with their troops or by girls skiing with their families.**

1. Find out what equipment you need to go skiing. Learn how to make sure your equipment is safe and right for you. Find out what you need to do to take care of your equipment. Find out what you should wear when you go skiing. Be sure your clothing is right for the weather. Visit a store that sells ski equipment and clothing or have an experienced skier talk with your troop about her or his equipment and clothing. Draw pictures of skiers with the right equipment and clothing for skiing. (Leader resource: National Ski Patrol website: [www.nsp.org/safety/](http://www.nsp.org/safety/))
2. Find out what kind of exercises and conditioning you need to do before you go skiing. Try some of the exercises at your troop meeting. Talk about how a skier might get hurt on the ski slopes. How can you keep from getting hurt? What should you do if you get hurt while skiing?
3. Safety and courtesy are important while you are skiing. Learn about trail and traffic signs on the slopes. What do they mean? Learn how they are different on different slopes and at different resorts. Find out about the National Ski Patrol and why they are important on the ski slopes.
4. There are different kinds of skiing: cross-country (Nordic), recreational downhill (Alpine), competitive downhill, slalom, giant slalom, freestyle, jumping, and Nordic-combined. Watch a competitive ski event on television, on video, or at a ski slope. Share what you see with your troop.
5. Go on a cross-country ski outing with your family or troop.
6. Learn how to downhill ski by taking a lesson. Go downhill skiing with your family or troop.
7. Find out about famous skiers like Donna Weinbrecht and Debbie Armstrong.
8. Try some fun games to practice your skills. These can be completed either at a ski facility or at a troop meeting if the necessary equipment is available.
  - Play a relay game without poles over a short course.
  - Have a no-ski start race. Start with your skis off, run about 10 meters, put your skis on, and complete the race.
  - Set up a short slalom course on a short downhill run. Race for the best time.
9. Find out about skiing opportunities for people with disabilities.

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