



Pathfinder Honour: Workbook

Skiing Downhill 1



Name:

Club:

Date Started:

Date Completed:

Instructor Name:

Signature:

Club Director's Name:

Signature:

Please Award Patch:

Date:







To be signed by Authorised Person (ie District Director for Pathfinders) after satisfactory completion. Leaders, please see the Assessment Sheet for a checklist of practical requirements and a short test to check knowledge of honour.

Date Patch Presented

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Requirement 1: In a few words describe the meaning of the term ‘Skiing Downhill’.

Requirement 2: Define & explain each level of the Ski Trail Difficulty Ratings where you are to ski; for example in Australia, New Zealand and North America:
[Please complete the following table]

| | <u>Trail Rating</u> | <u>Symbol</u> | <u>Difficulty</u> | <u>Brief Description</u> |
|----|---------------------|---|-------------------|--------------------------|
| a. | Green circle |  | | |
| b. | |  | | |
| c. | |  | | |
| d. | |  | | |
| e. | Variations |  | Various | |
| f. | |  | | |

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Requirement 3: List & explain the Australian Alpine Responsibility Code (or equivalent). Demonstrate your observance of such throughout requirements 7 & 8.
 [Please complete the following. Using your own words is OK]

| | |
|-----|---|
| 1. | Know your ability and always stay |
| 2. | Take lessons from |
| 3. | Use appropriate protective |
| 4. | Before using any lift you must |
| 5. | Observe and obey all |
| 6. | Give way to |
| 7. | Do not stop |
| 8. | Always ensure your equipment is |
| 9. | Do not ski, board, ride a lift or undertake any other |
| 10. | If you are involved in, or witness an accident or collision |

Requirement 4: Define the following downhill skiing terms:
 [Please insert brief notes]

| | | |
|----|---------------|--|
| a. | Piste: | |
| b. | Off-piste: | |
| c. | Mogul: | |
| d. | Powder: | |
| e. | Magic carpet: | |
| f. | White out: | |

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Requirement 5: Briefly describe the following essential equipment for downhill skiing and how to keep it in good condition: [Please insert brief notes]

a. Skis

| | |
|--------------|--|
| Description: | |
| Care: | |

b. Bindings

| | |
|--------------|--|
| Description: | |
| Care: | |

c. Boots

| | |
|--------------|--|
| Description: | |
| Care: | |

d. Helmet

| | |
|--------------|--|
| Description: | |
| Care: | |

e. Poles

| | |
|--------------|--|
| Description: | |
| Care: | |

f. Skin and eye protection

| | |
|--------------|--|
| Description: | |
| Care: | |

g. Appropriate clothing, including layering

| | |
|--------------|--|
| Description: | |
| Care: | |

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Requirement 6: Memorise one Bible passage that mentions the word ‘snow’.
 [Please insert the passage in the space provided]

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|--|

Requirement 7: Know and demonstrate how to load and unload on a chairlift safely.
 [Please list chairlift/s (date and place) that you used]

| |
|--|
| |
|--|

Requirement 8: Demonstrate your ability to ski, in good form, on numerous, intermediate-graded slopes. Skills displayed must include all of the following: [Please complete the following]

| | <u>Skill</u> | <u>Details / Comments</u> | <u>Signature</u> | <u>Date</u> |
|----|---|---------------------------|------------------|-------------|
| a. | Starting turns in a wedge & ending the turn parallel: | | | |
| b. | Adequate stopping techniques: | | | |
| c. | Control over ski direction at all times: | | | |

| Skiing Log (Where I skied) | <u>Date</u> |
|---|-------------|
| Example: Run at Alpine Resort (eg Side Saddle at Mt Blue Cow) | |
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