Pathfinder Honour:
Trainer's Notes

Snowboarding 1

Instructions to Trainers / Instructors of this Honour

Thank-you for being involved with this Honour. These notes have been developed to assist in teaching / instructing this honour. We recognise that there is much more information available and we are grateful that you should share your expertise.

Please remember that Honours are designed to develop our Pathfinders in many ways; their interests, their knowledge and their relationship with their Saviour and Creator. Your enthusiasm and creativity will have a huge impact on those doing the honour.

To complete an Honour, the following (where applicable) must be completed satisfactorily:

- Physical and Practical Requirements.
- Honour Workbook.
- Honour Assessment Sheet. *(On SPD Honour Website but Leader's level access is required)*

Additional Reference Material

Acknowledgements

Roxanne Bailey, North New South Wales Conference for advice in the preparation of these notes.

Citations are listed in the following text. Please be aware that the content of these sites is beyond the control of the SPD.

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REQUIREMENT 1: In a few words describe the term 'Snowboarding'

Based on: http://en.wikipedia.org/wiki/Snowboarding

Snowboarding is a winter sport that involves descending a slope that is covered with snow while standing on a snowboard (ie a board attached to a rider's feet) using a special boot set into a mounted binding.

The development of snowboarding was inspired by skateboarding, sledding, surfing and skiing. It was developed in the United States in the 1960s and became a Winter Olympic Sport in 1998.

REQUIREMENT 2: Define and explain each level of the Ski Trail Difficulty Ratings where you are to snowboard; for example Australia, New Zealand and North America.

Based on: http://en.wikipedia.org/wiki/Alpine_skiing

	Trail Rating	Symbol	Difficulty	Description
a.	**Green circle**		Easiest	The easiest slopes at a mountain. Green Circle trails are generally wide and groomed, typically with slope gradients ranging from 6% to 25% (a 100% slope is a 45 degree angle).
b.	**Blue square**		Intermediate	These slopes have grades commonly ranging from 25% to 40% and are usually groomed. Blue Square runs make up the bulk of pistes at most ski areas, and are usually among the most heavily trafficked.
c.	**Black diamond**		Advanced	Amongst the most difficult at a given mountain. Black Diamond trails tend to be steep (typically 40% and up) and may or may not be groomed.
d.	**Double black diamond**		Expert Only	These trails are even more difficult than Black Diamond, due to exceptionally steep slopes and other hazards such as narrow trails, exposure to wind and the presence of obstacles such as steep drop-offs or trees. They are intended only for the most experienced skiers.
e.	**Variations**		Various	Variations such as doubling a symbol to indicate increased difficulty, or combining two different symbols to indicate intermediate difficulty are occasionally used. One example is a diamond overlapping a square to indicate a trail rating between a Blue Square and a Black Diamond. The combination of symbols is rather rare.
f.	**Terrain parks**		Various	Terrain parks are whole or portions of trails that can offer a variety of jumps, half-pipes, & other special 'extreme' obstacles beyond traditional moguls. The trails are typically represented by an orange rectangle with rounded corners. Usually, the terrain park carries its own trail rating, indicating the level of challenge. A terrain park with a Black Diamond or Double Black Diamond rating would contain greater and more challenging obstacles than a park with a Blue Square rating.

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REQUIREMENT 3: List and explain the Australian Alpine Responsibility Code (or equivalent). Demonstrate your observance of such throughout requirements 7 & 8.
The following code applies to Australia. Other countries need to refer to their local codes.

Source: http://www.perisher.com.au/resort-information/snow-safety.html#arc

Australian Alpine Responsibility Code

Regardless of how you enjoy your snow sport, always show courtesy to others and be aware that there are inherent risks in all snow recreational activities that common sense, protective equipment and personal awareness can reduce. These risks include rapid changes in the weather, visibility and surface conditions; as well as natural and artificial hazards such as rocks, trees, stumps, vehicles, lift towers, snow fences and snowmaking equipment

Observe the Code and share with others the responsibility for a great experience.

1. Know your ability and always stay in control and be able to stop and avoid other people or objects. It is your responsibility to stay in control on the ground & in the air.
2. Take lessons from professional instructors to learn and progress.
3. Use appropriate protective equipment to minimise the risk of injury.
4. Before using any lift you must have the knowledge and ability to load, ride and unload safely and always use the restraining devices.
5. Observe and obey all signs and warnings. Keep off closed trails or runs.
6. Give way to people below and beside you on the hill. It is your responsibility to avoid them.
7. Do not stop where you are not clearly visible from above. Look uphill and give way to others when entering/exiting a trail or starting downhill.
8. Always ensure your equipment is in good condition and use suitable restraining devices to avoid runaway skiing/boarding equipment.
9. Do not ski, board, ride a lift or undertake any other alpine activity if your ability is impaired by drugs or alcohol.
10. If you are involved in, or witness an accident or collision, alert Ski Patrol, remain at the scene and identify yourself to the Ski Patrol.

IMPORTANT: KNOW THE CODE. IT'S YOUR RESPONSIBILITY.

REQUIREMENT 4: Define the following snowboarding terms:

a. Piste

Based on: http://en.wikipedia.org/wiki/Piste

A piste is a marked ski run or path down a mountain for snow skiing, snowboarding, or other mountain sports. This European term is French for '*trail*' or '*track*' and synonymous with '*trail'*, '*slope'*, or '*groomed run'*.

b. Off-Piste

Based on: http://en.wikipedia.org/wiki/Piste

The opposite to piste. Off-piste is used by skiers and snowboarders to describe areas outside officially approved areas of a ski resort. Such areas are attractive to skiers and snow boarders as they will have unpacked snow and natural obstacles to make skiing more challenging.

c. Stances – Regular and Goofy

Based on: http://en.wikipedia.org/wiki/Snowboard

Picture: https://upload.wikimedia.org/wikipedia/commons/5/55/Snowboard-Negative0-18-16A%281%29.jpg

Board-sport riders are 'footed' in one of two stances, generally called 'regular' and 'goofy'.

For example, a rider may be 'goofy-footed', but this phrase may be abbreviated as 'goofy foot' or simply 'goofy'.

A **goofy stance** is riding with the right foot as the preferred front foot. See pictute.

A **regular stance** indicates the left foot is leading. This stance is also called 'natural'.

There are different ways to determine whether a rider is 'regular' or 'goofy'.

One method used for first time riders is to observe the first step forward when walking or climbing up stairs. The first foot forward would be the foot set up at the front of the snowboard.

Another method used for first time riders is to use the same foot that you kick a football with as your back foot (though this can be an inaccurate sign for some, as there are people who prefer goofy though are right handed, and therefore naturally kick a football with their right foot). This is a good method for setting up the snowboard stance for a new snowboarder. However having a surfing or skateboarding background will also help a person determine their preferred stance, although not all riders will have the same stance skateboarding and snowboarding.

The most accurate way to determine a rider's stance is to get the rider to run and slide on a tiled or wooden floor, wearing only socks, and observe which foot the person puts forward during the slide. This simulates the motion of riding a snowboard and exposes that persons natural tendency to put a particular foot forward.

Lastly, a trickier method is to stand behind the first-timer and give them a shove, enough for them to put one foot forward to stop themselves from falling.

d. Toeside

Toeside is the side of the snowboard that is under your toes.

e. Heelside

Heelside is the side of the snowboard that is under your heels.

f. Switch

This means to ride with the tail of your board in front. So if you are have a regular stance you would be riding switch when your right foot is leading and if you have a goofy stance you would ride switch by having your left foot leading.

See http://www.abc-of-snowboarding.com/snowboarddictionary.asp

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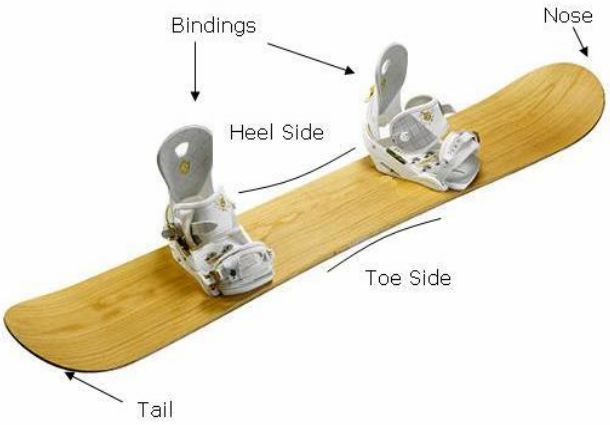
REQUIREMENT 5: Briefly describe the following essential equipment for snowboarding and how to keep it in good condition

a. Snowboard

Based on: https://en.wikipedia.org/wiki/Snowboard

Picture: http://www.onlinesnowboardinstructor.com/board-anatomy.html

A size and shape variance in the boards accommodates different people, skill levels, snow conditions, and riding styles. Shorter boards are typically considered youth size, designed for use by children, though some varieties of short boards are specifically designed for a special purpose, such as the performance of snowboarding tricks.



Snowboards are generally constructed of a hardwood core which is sandwiched between multiple layers of fibreglass.

Some snowboards incorporate the use of more exotic materials such as Carbon Fibre, Kevlar, Aluminium (as a honeycomb core structure), and have even incorporated Piezo dampers. The front (or "nose,") of the board is upturned to help the board glide over uneven snow. The back (or "tail") of the board is also upturned to enable backwards (or "switch") riding. The base (the side of the board which contacts the snow) is made of Polyethylene plastic.

Snowboards come in several different styles, depending on the type of riding intended:

Freestyle: The most common type. Generally shorter with moderate to soft flex. Freestyle boards are typically twin-tip in shape (mirror image along the lateral axis) to enable riding both ways (regular or goofy). Incorporates a deep sidecut for quick/tight turning. Used in the pipe and in the park on various jumps and terrain features including boxes, rails, and urban features

Park/Jib (rails): Flexible and short to medium length, twin-tip shape with a twin flex and an outward stance to allow easy switch riding, and easy spinning, a wider stance, with the edges filed dull is used for skateboard-park like snowboard parks.

Free ride: Longer than freestyle and park boards. Moderate to stiff in flex and typically directional (versus twin-tip). Used from all-mountain to off-piste and backcountry riding, to 'extreme' big-mountain descents - in various types of snow from groomed hard-packed snow to soft powdery snow.

Powder: Highly directional boards that typically have a rockered nose and tapered shape (wider tip than tail).

All-Mountain**:** Also very common. A mix between free ride and freestyle boards. The 'jack of all trades, master of none.' Commonly twin-ish in shape (sometimes described as "directional twin") with an even flex on both sides of the board

Racing/Alpine: Long, narrow, rigid, and directional shape. Used for slalom and giant slalom races, these boards are designed to excel on groomed slopes. Most often ridden with a "hard" plastic snowboard boot (similar to a ski boot), but also ridden recreationally with soft boots, particularly by riders in Europe.

Splitboard: A snowboard which splits in half lengthwise, and allows the bindings to be quickly connected to hinges aligning them longitudinally on the board, allowing the halves of the boards to function as cross country skis. Used with removable skins on the base of the board, which easily slide forward on snow but not backwards, they allow a snowboard to easily travel into the backcountry. Once the rider is ready to descend, the board halves can simply be joined back together.

Care and Maintenance of Snowboards

Based on: http://adventure.howstuffworks.com/outdoor-activities/snow-sports/learn-proper-snowboard-care.htm

1. How to Wax Your Board - Start by getting a hold of some eco-friendly snowboard wax and a metal wax scraper. Scrape the old wax carefully off the base. Don't cut the board. Turn on your iron just hot enough to melt the wax. If the wax smokes, it is too hot. Hold the wax against the iron, letting the wax drip onto the base of the board. When the wax is melted and has pooled on the board, spread it evenly with the iron. Use your scraper to remove lumps and an abrasive pad to make the surface smooth.

   Also see: http://www.wikihow.com/Wax-a-Snowboard
2. How often to Wax - Wax every three trips.
3. Proper Storage - Always clean your board after use. Keep it off cement. If hung on a wall, make sure that it has proper support.
4. Repair Minor Gouges - Scrape off wax and clean area around gouge. Melt repair plastic into the gouge. Use your scraper to remove bulges or excess. If your board has a large gouge, take it to the repair shop.
5. Sharpening Your Board - There are three ways to go about doing this. You can take it to the repair shop, and they will sharpen it for you. There are machines that you can sharpen them in. And you can sharpen the board yourself with a file and whetstone. Here's the quick version from Camping4Less;
   a. Sharpening Edges - Both the side edges and base edges need regular sharpening.
   b. First, smooth out any rust, scratches or snags with the whetstone. Keep the stone flat against the surface you're working on.
   c. With the board held firmly on its side in a vice, work from the nose to the tail with a 150mm (6 inch) file. Keep the file flat against the edge and level, and run it smoothly down the length of the board. Frequently clean out the grooves in the file with a file brush.
   d. When both side edges are filed, lay the board flat (upside down), clamp it, and file the base. Use the 200mm or 250mm (8 or 10 inch) file at a 30 degree angle. Working from the nose to the tail, hold the file flat against the board and sharpen the edges until they are all square. Then use the whetstone to remove any visible nicks and scratches.

b. Bindings

Bindings are separate components from the snowboard deck and are very important parts of the total snowboard interface. The bindings' main function is to hold the rider's boot in place tightly to transfer their energy to the board. Most bindings are attached to the board with four screws that are placed in the centre of the binding.

There are several types of bindings. Strap-in, step-in, and hybrid bindings are used by most recreational riders and all freestyle riders.

Strap-in Bindings: These are the most popular bindings in snowboarding. Before snowboard specific boots existed, snowboarders used any means necessary to attach their feet to their snowboards and gain the leverage needed for turning. Typical boots used in these early days of snowboarding were Sorels or snowmobile boots. These boots were not designed for snowboarding and did not provide the support desired for doing turns on the heel edge of a snowboard.

With modern strap-bindings, the rider wears a boot which has a thick but flexible sole, and padded uppers. The foot is held onto the board with two buckle straps – one strapped across the top of the toe area, and one across the ankle area. They can be tightly ratcheted closed for a tight fit and good rider control of the board. Straps are typically padded to more evenly distribute pressure across the foot. While nowhere near as popular as two-strap bindings, some people prefer three-strap bindings for more specialized riding such as carving. The third strap tends to provide additional stiffness to the binding.

Step-in Bindings: Innovators of step-in systems produced prototypes and designed proprietary step-in boot and binding systems with the goal of improving the performance of snowboard boots and bindings, and as a result, the mid-90s saw an explosion of step-in binding and boot development.

Speed entry Bindings: There are also proprietary systems that seek to combine the convenience of step-in systems with the control levels attainable with strap-ins. An example is the Flow binding system which is similar to a strap-in binding, except that the foot enters the binding through the back (which then clips into place) rather than the top. The rider's boot is held down by an adjustable webbing that covers most of the foot.

Highback Bindings: A stiff molded support behind the heel and up the calf area. The HyBak was originally designed by Jeff Grell and built by Flite Snowboards. This allows the rider to apply pressure and effect a "heelside" turn. Some high backs are stiff vertically but provide some flex for twisting of the riders legs.

Plate Bindings: Plate bindings are used with hardboots on Alpine or racing snowboards. Extreme carvers and some Boarder Cross racers also use plate bindings. The stiff bindings and boots give much more control over the board and allow the board to be carved much more easily than with softer bindings. Alpine snowboards tend to be longer and thinner with a much stiffer flex for greater edge hold and better carving performance.

Snowboard bindings, unlike ski bindings, do not automatically release upon impact or after falling over. With skis, this mechanism is designed to protect from injuries (particularly to the knee) caused by skis torn in different directions.

Automatic release is not required in snowboarding, as the rider's legs are fixed in a static position and twisting of the knee joint cannot occur to the same extent.

Furthermore it reduces the dangerous prospect of a board hurtling downhill riderless, and the rider slipping downhill on his back with no means to maintain grip on a steep slope.

Nevertheless, some ski areas require the use of a "leash" that connects the snowboard to the rider's leg or boot, in case the snowboard manages to get away from its rider. This is most likely to happen when the rider removes the board at the top or the bottom of a run (or while on a chairlift, which could be dangerous).

Care and Maintenance of bindings

Based on: http://www.life123.com/sports/winter-sports/snowboard/snowboard-bindings.shtml

Check the hardware of your snowboard bindings each time you set out to snowboard. This includes nuts, bolts and screws. Make sure the hardware is tight and nothing seems loose or out of place. It is easy for hardware to come loose with all of the abuse snowboards take. Luckily, it is an easy problem to fix, if you catch it in time.

After each snowboarding session, dry off your snowboard and your bindings. You want to keep your snowboarding bindings from rusting. When storing your snowboard, keep it in a cool, dry place. Humidity can damage your bindings.

Eventually, your bindings will have to be replaced. Replacement is usually required after five years, but it could be sooner if you are harsh on your snowboard. If your snowboard bindings are severely damaged or showing signs of excessive wear, consider buying new ones. And, once again, make sure that you get your new snowboard bindings inspected by a qualified technician.

c. Snowboard boots

Based on: http://en.wikipedia.org/wiki/Snowboard

Snowboard boots are mostly considered soft boots, though alpine snowboarding uses a harder boot similar to a ski boot. A boot's primary function is to transfer the rider's energy into the board, protect the rider with support, and keep the rider's feet warm.

A snowboarder shopping for boots is usually looking for a good fit, flex, and looks. Boots can have different features such as lacing styles, heat moulding liners, and gel padding that the snowboarder also might be looking for. Tradeoffs include rigidity versus comfort, and built in forward lean, versus comfort.

There are three incompatible types:

- Standard (soft) boots fit "flow" and "strap" bindings and are by far the most common. No part of the boot specifically attaches to the board. Instead, the binding applies pressure in several places to achieve firm contact.
- "Step in" boots have a metal clasp on the bottom to attach to "step in" bindings. The boot must match the binding.
- Hard boots are used with special bindings.

Care and Maintenance of ski boots

On the way to the slopes, keep your boots inside the car instead of the boot (ie trunk) so they are warm when you put them on.

Nobody wants to wake up in the morning and put their feet into cold wet boots. Not only does drying this gear make for more comfortable boarding, it dramatically increases the lifespan of your products. This is where snowboard boot dryers come in handy.

At the end of the season use some warm soapy water to clean the dirt and grime off your boots. Undo all the clips to help access all areas of your boots.

d. Helmet

Based on: http://www.snowsafe.org.au/clothing.htm

Helmets may make a difference in reducing or preventing head injuries. Many skiers and snowboarders are choosing to wear them. However, helmets do have limits and users need to be aware that wearing a helmet does not eliminate the risk of head injury.

In addition to offering an added degree of protection, snow sports helmets are now designed to be lightweight, comfortable, warm & fashionable.

Snow sports helmets are insulated for cold weather and provide better coverage and impact protection than other sports helmets, such as bicycle helmets. Be sure that the helmet you choose meets current recognised snow sport helmet design standards.

- ASTM F2040 Safety Standard for Recreational Snow Sports or CE EN 1077 for Alpine Skiing
- ASNZS 2063:2008 Safety Standard for Bicycle Helmets
- CE EN 1385 Safety Standard for Water Sports (Range: Water)

Care and Maintenance of helmets

Based on: http://www.headsupparents.org/pdfs/HeadsUp_HelmetFactSheet_Snowboard_508.pdf

- Check for damage – Do not use a cracked or broken helmet or a helmet that is missing any padding or parts.
- Clean the helmet often inside and out with warm water and mild detergent. Do not soak any part of the helmet, put it close to high heat, or use strong cleaners.
- Do not let anyone sit or lean on the helmet.
- Do not store a snowboard helmet in a car. The helmet should be stored in a room that does not get too hot or too cold and where the helmet is away from direct sunlight.
- Do not decorate (paint or put stickers on) the helmet without checking with the helmet manufacturer, as this may affect the safety of the helmet. This information may also be found on the instructions label or on the manufacturer's website.

e. Wrist Guards

Based on: http://www.choice.com.au/reviews-and-tests/food-and-health/diet-and-exercise/exercise-equipment/snowboarding-wristguards.aspx

Wrist injuries are common among snowboarders.

International studies show that 25 percent of all snowboard injuries affect the wrist, and that 70 percent of wrist injuries are fractures. When you lose your balance, you instinctively put out your hand to break your fall. Most fractures occur when the wrist is forced backwards.

Always wear a wrist guard, especially if you're a beginner. Some ski fields will provide them for free when you hire a snowboard.

There are two main types of wrist guard: those worn over your glove, and those worn underneath. Gloves with built-in wrist guards are also being developed. Don't buy wrist guards until you've tried them with the gloves you'll be wearing. There's no point buying a pair that's uncomfortable. Wrist guards come in different sizes - get one that fits.

Wrist guards should last for two seasons (depending on how often you wear them). They need to be dried out after use.

If you are just starting to snowboard take a beginner's lesson. Learn how to fall properly - it'll reduce the risk of injury. Tuck your forearms in towards your chest with your fists clenched - and bend your knees. As you fall, your buttocks (if you fall backwards) or knees (if you fall forwards) take the main impact.

Here are the features you should look for when choosing a wrist guard.

- Breathable material: Neoprene or rubber will be comfortable but may be sweaty. These materials will also cool quickly.
- Comfort: If the wrist guards aren't comfortable in the shop, they won't be comfortable after a day on the slopes. There shouldn't be any pressure points when you bend your wrist back and forth.
- Convenience: Can you use your hands or remove your gloves easily? Can you release, secure, and adjust bindings without having to undo a guard?
- Design: Support splints should be contoured to fit the curve of the hand and wrist.
- Fit: Guards shouldn't slip up and down on the wrist. They should stay in place regardless of whether they're worn under or over the glove. Brands should offer a range of sizes to ensure a good fit.
- Flexibility**:** There should be some flexibility in the splints - but you shouldn't be able to bend them in half.
- Left- and right-hand guards: Wrist guards designed to fit either hand won't stay in place as well as those designed specifically for each hand. There should be a clear indication whether the guard is for the left or the right hand.
- Length of guard: Longer guards are generally better than shorter guards. The length of the guard should be longer than your watch strap.
- Palm support: There should be some cushioning at the point of impact, to spread the load. A fan-shaped support will be most effective.
- Support splints**:** Support splints should be on the top (back) of the hand and on the palm. The palm support should be stiffer than the support on the top.
- Wrist extension**:** Guards should be stiff enough to stop you bending your wrist back more than 45 degrees.

Care and Maintenance of wrist guards

- Check for damage – do not use cracked or broken wrist guards.
- Clean and dry your wrist guards after each use.
- Inspect the straps of your wrist guards regularly to ensure they are in good working order.

f. Skin and Eye Protection

Sunburn can be a serious problem, even on cloudy days. Always use a good sunscreen with a high SPF (Sun Protection Factor) to protect skin exposed to direct or reflected sunlight.

To protect your eyes from the glare off the snow (which can lead to 'snow blindness') the use of high quality sunglasses or goggles is essential.

If you are dependent on spectacles or contact lenses, carry a spare pair in case you lose or damage them.

Care and Maintenance of goggles

When you get snow on your goggles, don't wipe them off with your glove or rag. Snow is made of abrasive ice crystals which will scratch the goggle lenses. It is best to shake the snow off, let them dry off naturally or use a special lens cloth to wipe them clean.

Fogging - make sure you use a special cloth to wipe the inside of your goggle lenses also. There are actual fog cloths that can do some good. It is best to let air get to them and dry naturally. Again, you don't want to scratch the inside of your lenses either.

If you have problems with your goggle lenses popping out regularly, try a simple silicon sealer to hold them in place. Then simply put your goggles back in their goggle bag when not in use. This protects them especially from the dreaded crease or crack.

Goggles should last a long time is cared for. It also of course depends on the quality of the goggles you purchase. Better lenses last longer, cheaper goggles don't usually hold up to normal wear and tear.

g. Appropriate clothing, including layering

Based on: http://www.familyskinews.com/fsns-top-five-tips-for-ski-clothing-care/

Alpine weather is unpredictable and a fine sunny day can quickly deteriorate into cold, wet, high wind or blizzard conditions. Your clothing, therefore, must be versatile and you should have ready access to protective clothing.

Clothing can be divided into two layers:

- The inner, insulating layers.
- The outer, windproof and waterproof layer.

Insulating Layers:

In cold weather these are the most important layers. Several thin layers that trap air and are made of material that will stay warm, even when wet, are better than a couple of thick bulky layers. The number of insulating layers you wear depends on the weather and the activity you are participating in.

Wearing thermal underwear will also help insulate against the cold. Wool is a good natural fibre and manufactured fibres such as polypropylene and fibre pile are also effective. Cotton undergarments perform poorly in cold and wet conditions.

Outer Layer:

Staying dry and reducing the effects of wind chill are important, so your jacket and over-pants should be waterproof and windproof. The outer layer also helps to insulate by trapping warm air next to the body. If you don't have your own windproof and waterproof outer clothing you can hire them from most ski hire outlets.

It is important to wear a warm hat as significant body heat is lost from the head. Woollen or synthetic socks and gloves should also be worn.

Never wear jeans or cotton/vinyl gloves as these do not give adequate protection against wind, rain or snow.

Care and Maintenance of clothing

- Check your ski clothing for salt residues, grit or dirt before you put items away. If you leave the dirt on, you could reduce the effectiveness of the fabric technology. Don't forget the gloves!
- Close main zips and pit zips but open pocket zips and release the tension in any elastic drawstrings.
- To clean garments, always follow the care instructions provided.
- Do not use fabric softeners on outerwear as this can affect the breathability of the fabric.
- To renew the efficacy of DWR (Durable Water Repellent) fabrics in outerwear, tumble-dry them at a medium heat for 30-40 minutes after washing. DWR fabrics are reactivated with heat.

REQUIREMENT 6: Memorise one Bible passage that mentions the word 'snow'. In a few words, comment on what the passage means to you.

The following Bible verses refer to snow. They are from the NIV (New International Version) of the Scriptures. Please use the appropriate translation for your situation.

Isaiah 1:18

"Come now, let us settle the matter," says the Lord. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.

Proverbs 25:13

Like a snow-cooled drink at harvest time is a trustworthy messenger to the one who sends him; he refreshes the spirit of his master.

Psalm 51:7

Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

Job 24:19

As heat and drought snatch away the melted snow, so the grave snatches away those who have sinned.

Job 37:5-7

5 God's voice thunders in marvellous ways; He does great things beyond our understanding

6 He says to the snow, 'Fall on the earth,' and to the rain shower, 'Be a mighty downpour.'

7 So that everyone he has made may know his work, He stops all people from their labour.

Isaiah 55:9-11

9 "As the heavens are higher than the earth, so are my ways higher than your ways
and my thoughts than your thoughts.

10 As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater,

11 so is my word that goes out from my mouth:
It will not return to me empty, but will accomplish what I desire
and achieve the purpose for which I sent it.

Daniel 7:9

"As I looked, "thrones were set in place, and the Ancient of Days took his seat. His clothing was as white as snow; the hair of his head was white like wool. His throne was flaming with fire, and its wheels were all ablaze.

Matthew 28:2-4

2 There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it.

3 His appearance was like lightning, and his clothes were white as snow.

4 The guards were so afraid of him that they shook and became like dead men.

REQUIREMENT 7: Know and demonstrate how to load & unload on a chairlift safely.

Pathfinders need to demonstrate they are competent in using a chair lift. Both loading and unloading on a chairlift can appear daunting and difficult for beginners. The ability to successfully load and unload would entail not falling during either procedure.

Based on: http://www.wikihow.com/Get-On-a-Ski-Lift-with-a-Snowboard

Instructions to load a chairlift.

1. Release your rear foot from its binding. Unfasten or step out of your rear binding before you get on the chairlift. It must be your rear! Again, make sure your front binding is fastened tightly as well as making sure the leash is attached. Also, be sure to fold down the back part of the rear binding. This is to prevent it being broken by the weight of the chair when you sit down.
2. "Skate" to the chairlift line. Put the released foot to either side of the snowboard and push. This is called skating. It's like being on a skateboard. You push your rear foot to move and balance on your lead foot.
3. Get in the line and wait until the people in front of you move out to get on their chair. Then move up to the gate and stop. There will be a red line indicating where to stop.
4. When the lift operator gives you the go ahead, move forward to the spot where the chair will pick you up. Make sure the nose of your board is pointed "uphill". Then place your "free foot (back foot)" on the snow on the heel side of the board and stand in the most natural position you can.
5. Look behind you as the chair approaches, making sure to look to your outside shoulder opposite the centre of the chair. Bend your knees slightly, so that when the chair comes around it won't knock you over. When it is right behind you, sit down on it and have the nose of your board still pointed "uphill".
6. Sit down in the chair while grabbing the outside of it as it swings in underneath you and touches the back of your legs.
7. Scoot back in the chair as it sinks a little just before taking off up the hill.
8. Lift the nose of your board slightly to avoid the edge from catching the snow and dragging.
9. Once everyone is seated comfortably, lower the safety bar. Make sure you don't hit anyone in the head when you do this. If the safety bar has footrests, you can rest your board on them.

Snowboarding 1 Honour: Trainer's Notes

Instructions to unload a chairlift.

1. Check large poles that hold up the lift for notices about unloading, such as "Prepare to Unload" Lift the safety bar up when you see that sign. Check to see if you have everything with you.
2. Lift the front end of your snowboard up a little when you see the sign that says "Ski tips up". Sit sideways so that your board is straight out in front of you to clear ramp. Stand up slowly when your snowboard can touch the ground.
3. Place your foot that is not strapped in on the stomp pad, located between bindings. Allow the chair to push you from behind to give you a boost. While being pushed, lean your entire body slightly forward (the front tip of the board), about 3-5 degrees, just enough to actually put some of your weight forward. This will keep you from falling backwards while moving down ramp of the lift. Look UP and straight ahead. Do not look down at the floor, look where you are going. Don't try to move on your own. Go straight to clear the ramp.
4. Move quickly so the people behind you don't hit you. Don't hit your head on the chair. Duck a bit and move away from it. If you do fall try to move out of the way as fast you can.

REQUIREMENT 8: Demonstrate your ability to snowboard, in good form, on numerous intermediate-graded slopes. Show competency in:

a. Traversing using both heelside and toeside,
b. Changing directions whilst riding and
c. Confidently coming to a stop.

IMPORTANT

Attaining the skill of snowboarding cannot be learnt effectively by reading a book or watching a video. There are many variables to take into account; weather conditions, snow conditions, trail characteristics, student aptitude; just to name some. Consequently, instructions on how to snowboard proficiently are beyond the scope of these Trainer's Notes. Training by a competent instructor/s is strongly recommended.

Pathfinders need to be able to demonstrate that they can comfortably snowboard an intermediate slope on a regular basis. It would be expected that the skills displayed would include confidently turning on both heel and toe edges, linking turns, speed control and be able to negotiate natural features.

It is anticipated that a Pathfinder would have <u>over 20 hours of experience</u> to be at this level of snowboarding.

At all times the Pathfinder should comply with the Alpine Responsibility Code.

Additional References

https://en.wikipedia.org/?title=Snowboarding