Winter Sports



Fill your winter with adventure, fun, and fitness with this badge. Learn to ski, sled, snowshoe, and skate. If you live where winter days are too warm for snow, don't worry—there are several winter sports that you can try, indoors or out.

1. Material Girl!

Winter fun can make you sweat! Which fabrics will keep you warm and dry? Try this experiment to find out: Take one wool sock and one cotton one. Soak them both in water and then wring out the water. Hang the socks to dry. After one hour, check on your socks. Which feels drier? Which sock would you rather wear in the cold? Got something made out of a wonder-wicking fabric? Repeat the experiment using that item, too.

2. Get Ready for Skiing

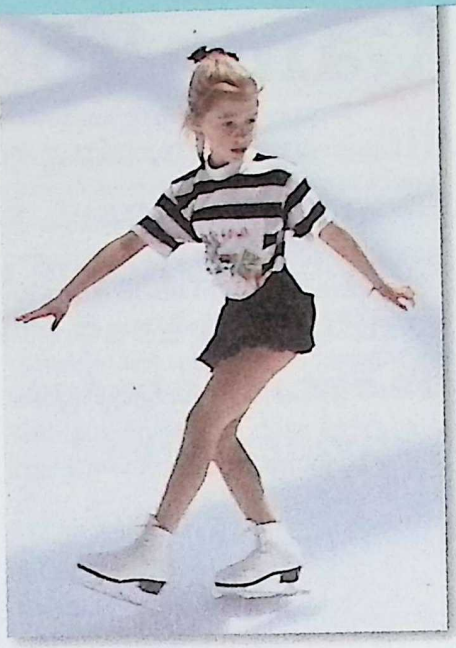
Prepare for skiing before you hit the trail or slopes! Learn about the difference between cross-country and downhill skiing. Learn how to clip into and out of ski bindings. Compare different skis. Learn to fit skis and poles to your height, weight, and ability. Learn at least two different exercises to help you get ready for using those ski muscles!

3. On the Slopes

On the slopes, learn how to turn, stop, walk uphill on your skis, and recover from a fall. Learn how to safely and properly get on and off a ski lift. Learn how to get back into your bindings if your boots pop out. Don't forget: Warm up your muscles first so they are ready to ski. Remember—never ski alone.

4. Distance Traveling

People have used cross-country skis, snowshoes, and sleds to travel long distances in snowy climates. Use a winter form of transportation to follow a marked trail or path. Learn how to use the equipment, including how to stop and start. Travel with a well-trained adult and winter survival gear.



5. In-Line Skating

Downhill and cross-country skiers, speed skaters, figure skaters, and hockey players train all year round. You can, too. In-line skating uses and develops the same muscles used for winter sports! First, learn about in-line skating safety gear that is necessary to wear—helmets, wrist guards, kneepads, and elbow pads. Next, learn the basic skills of in-line skating (how to start, stop, turn, and most important, how to fall and get back up). Practice for at least one-half hour.

6. Don't Forget Your Sled!

Plan a sledding outing with a group. Learn what makes a good sled hill and what is involved in safe sledding, including what protective gear to wear. Find out about the different types of sleds available and which ones are the safest. Learn to steer, slow down, and stop.

7. First Aid for Cold

Learn how to recognize the signs of wintertime health hazards, such as windburn, hypothermia, and frostbite. Learn what to do about each.

8. The Winter Olympics

Visit the library or the United States Olympic Committee Web site *www.usoc.org* to find out about one of the following sports:

- Bobsled
- Curling
- Luge
- Speed skating
- Ski jumping
- Biathlon

9. Balance, Coordination, and Agility

Practice these moves on ice skates, or do them wearing in-line or roller skates on a smooth surface. Remember to wear protective gear and to skate with a buddy.

- Glide while balancing on one foot. Alternate balancing on your right foot, then your left. See how far you can glide while balancing.
- Skate backwards.
- Cross over. Crossing one skate over the other lets you turn quickly. Start skating slowly. Pick up your right skate and take a giant step over and across your left skate.
- Skate an obstacle course. Set up several cones or plastic soda bottles filled with sand. Skate around these as quickly as you can. Try crossing over or even skating on one foot.

10. Ice Hockey Anyone?

If you are attracted to the ice, learn the basics of ice hockey and become a team player. Discuss the importance of playing fair. Learn why protective gear is so important. If possible, attend a women's ice hockey game.