



Council Approval: Required This is a vendor provided activity.
Certificate of Insurance (COI): Required from vendor providing this activity for Council Approval. Visit [GSNI's webpage](#) for information on requesting a COI from the venue.

Activity Permitted for: *D B J C S A

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

About Downhill Skiing and Snowboarding

Whether Girl Scouts 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 skiers are not permitted to do aerial tricks on skis or snowboards when skiing or riding as part of a Girl Scout activity.

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 for athletes who are blind, deaf or hard of hearing, paraplegic, or who have other conditions. Ask to speak to an instructor ahead of time, if appropriate. See Move United's [Skiing](#) and [Snowboarding](#) articles.

Equity. 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. See the Equity section of the [Introduction to Safety Activity Checkpoints](#) for general advice about expense,

Emergency Action Plan (EAP). Review and document your Emergency Action Plan (EAP) before starting any activity and review it so all are prepared. Think through scenarios of what can go wrong such as an accident, physical injury, missing person, sudden illness, or sudden weather or water emergencies.

Downhill Skiing and Snowboarding Checkpoints

Prepare for physical activity. Skiing and snowboarding might look like standing still, but they require muscle strength, balance, and aerobic fitness (as in, healthy lungs and heart)! It takes endurance to stay on the mountain for several hours. Encourage participants to get in condition by stretching and exercising before the skiing or snowboarding trip.

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 other skiers or snowboarders.

Prepare for falls. Move quickly to the side of the trail or slope after falling, unless injured. Plan for how the adults will accompany Girl Scouts (for instance, one in front and another in back), so that a Girl Scout who falls has support to put their skis back on, if needed, and is not left behind.

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. All Troops must provide one adult certified in Adult and Pediatric CPR/First Aid/AED AND Wilderness and Remote First Aid or Wilderness First Responder.

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. Ensure that terrain and potential hazards are known to all participants.

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 Pediatric First Aid/CPR/AED AND Wilderness and Remote First Aid or Wilderness First Responder, 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