

## Winter Sports Interest Project

For Girl Scout Cadettes, Seniors and Ambassadors

**Purpose:** From the downhill rush of skiing to the placid, casualness of ice skating, winter sports provide exercise we couldn't otherwise get during the winter months without being cooped up indoors.

To earn this Interest Project, complete the REQUIRED activity. Do ONE of your choice from each of the THREE categories (LEARN, DO, SHARE). Design and do ONE activity of [YOUR OWN](#). Create a short [REFLECTION](#) after you've completed [all of the activities](#).



### REQUIRED

Develop a list of activities people enjoy doing outdoors during the winter months in the northeastern part of the United States. Connect with others to come up with as complete a list as possible, such as sporting goods stores, gym teachers, camp directors, internet websites, etc. Find out what qualifies an activity as a sport, or if some of the activities you identified might be categorized as a game or other leisure activity. Separate your list based on what you find out.

### LEARN

**Hypothermia:** What is hypothermia? Winter sports are often played in harsh weather. Find out how to prevent hypothermia and what to do if it occurs. What types of clothing should you wear? Are there any clothing items, materials, or fabrics you should avoid?

**Adaptive Sports:** Research adaptive winter sports, including the Paralympics and the Special Olympics as they relate to winter sports. When did they begin? What types of events are held each year? Find out if any are held in your area for which you could volunteer or attend.

**Training:** Research the training needed for becoming a ski or snowboarding instructor or a ski patrol member. What are the job responsibilities? List the responsibilities for each. You may also want to invite a ski instructor or patroller to your meeting to talk about safety precautions, or even shadow him/her at work.

**Safety:** When you participate in any sport, you need to take certain safety precautions so you don't get hurt. Research these safety precautions for your chosen winter sport. What safety equipment is needed? Is there an age limit? While doing your research, compare today's equipment with some of the first used and how the technology has changed in the way it is made.

## DO

**Take a Lesson:** Take a skiing, snowboarding, or ice skating lesson. Before your lesson, set a realistic goal as to what you would like to learn that day. You may have to do some research on the sport or talk with the instructors in advance to find out what they can offer. Let them know of your goal in advance and ask if they can help you achieve it!

**Curling:** Find out about the sport of curling. Learn about the equipment used, the rules of play and scoring guidelines. What are the roles of each of the players on a team? Find a curling rink near you and take a lesson or participate in a game of curling. Be sure to have a turn each of the positions.

**Participate:** Snowshoeing and cross country skiing are perfect activities to get outdoors in the winter for exercise and to enjoy nature. Find out the etiquette of these sports and what is meant by the sayings "Leave no trace" and "Take only photos and leave only footprints". Participate in a snowshoeing or cross country skiing event or outing.

**On the Slopes:** Spend a day on the slopes with your group. You may choose to ski, snowboard or go tubing or sledding. Take an active role in planning your outing beginning with the safety and behavior rules you will all observe. Also plan what to wear and what to bring to make your day fun, safe and successful. Hot chocolate anyone?

## SHARE

**Volunteer:** Volunteer at a local ski area as a "Bunnies" helper, skating rink as an ice monitor or other venue where you can assist or teach children proper techniques and safety. Or find out about adaptive winter sports in your area. What programs are available? Find out who runs them and how you can volunteer. Then, volunteer at least four hours with them.

**Obstacle Course:** Create an obstacle course for skiing, snowboarding, or ice skating containing at least one jump, three swerves, and one change of direction. Have at least three people try it out.

**Lead an Outing:** Lead a fun winter outing for younger girls or take a leadership role in planning one for your troop or group. You may want to make it a day of sledding and tubing, or give it a winter carnival flair and include snow painting, snowman building and more. Be sure to include a lesson on safety precautions and ways to prevent and treat hypothermia, how to dress, etc.

[YOUR OWN activity](#)

[REFLECTION](#)

[IP Intro](#)

*Under the pastoral beauty of a blanket of fresh-fallen snow, the outdoors beckons.*

Originally developed by:

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