



Skating

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).
Send comments to: craig@craiglincoln.com. Requirements revised: 2006, Workbook updated: February 2008.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1) Show that you know first aid for injuries or illnesses that may occur while skating, including

- hypothermia, _____
- frostbite, _____
- lacerations, _____
- abrasions, _____
- fractures, _____
- sprains and strains, _____
- blisters, _____
- heat reactions, _____
- shock, _____
- and cardiac arrest. _____

2) Complete ALL of the requirements for ONE of the following options,

ICE SKATING

(a) Do the following:

1) Give general safety and courtesy rules for ice skating. _____

Discuss preparations that must be taken when skating outdoors on natural ice. _____

Explain how to make an ice rescue. _____

2) Discuss the parts and functions of the different types of ice skates. _____

3) Describe the proper way to carry ice skates. _____

4) Describe how to store skates for long periods of time, such as seasonal storage. _____

(b) Do the following:

(1) Skate forward at least 40 feet and come to a complete stop. Use either a two-footed snowplow stop or a one-footed snowplow stop. _____

(2) After skating forward, glide forward on two feet, then on one foot, first right and then left. _____

(3) Starting from a T position, stroke forward around the test area, avoiding the use of toe picks if wearing figure skates, _____

(c) Do the following:

(1) Glide backward on two feet for at least two times the skater's height. _____

(2) Skate backward for at least 20 feet on two skates. _____

(3) After gaining forward speed, glide forward on two feet, making a turn of 180 degrees around a cone, first to the right and then to the left. _____

(d) Do the following:

(1) Perform a forward shoot-the-duck until you're nearly stopped. Rise while still on one foot. _____

(2) Perform forward crossovers in a figure eight pattern. _____

(3) Take part in a relay race. _____

(4) Perform a hockey stop. _____

ROLLER SKATING

(a) Do the following:

(1) Give general safety and etiquette rules for roller skating. _____

(2) Discuss the parts and functions of the roller skate. _____

(3) Describe five essential steps to good skate care. _____

(b) Do the following:

- (1) Skate forward with smooth, linked strokes on two feet for at least 100 feet in both directions around the rink and demonstrate proper techniques for stopping.
- (2) Skate forward and glide at least 15 feet on one skate, then on the other skate. _____

(c) Do the following:

- (1) Perform the crosscut. _____
- (2) Skate backward for at least 40 feet on two skates, then for at least 15 feet on one skate.
- (3) Skate forward in a slalom pattern for at least 40 feet on two skates, then for at least 20 feet on one skate.
- (4) Skate backward in a slalom pattern for at least 15 feet on two skates. _____

(d) Do the following:

- (1) Shuttle skate once around the rink, bending twice along the way without stopping. _____
- (2) Perform a widespread eagle. _____
- (3) Perform a mohawk. _____
- (4) Perform a series of two consecutive spins on skates, OR hop, skip, and jump on skates for at least 10 feet.

(e) Do the following:

- (1) Race on a speed track, demonstrating proper technique in starting, cornering, passing, and pacing.
- (2) Perform the limbo under a pole placed at least chest-high OR shoot-the-duck under a waist-high pole and rise while still on one foot. _____
- (3) Perform the stepover. _____
- (4) While skating, dribble a basketball the length of the floor, then return to your starting position, OR push a hockey ball with a stick around the entire rink in both directions. _____

IN-LINE SKATING

(a) Do the following:

- (1) Give general and in-line skating safety rules and etiquette. _____

- (2) Describe the parts and functions of the in-line skate. _____

- (3) Describe the required and recommended safety equipment. _____

(4) Describe four essential steps to good skate care.

(b) Do the following:

(1) Skate forward with smooth, linked strokes on two feet for at least 100 feet. _____

(2) Skate forward and glide at least 15 feet on one skate, then on the other skate. _____

(3) Stop on command on flat pavement using the heel brake. _____

(c) Do the following:

(1) Perform the forward crossover. _____

(2) Perform a series of forward, linked swizzles for at least 40 feet. _____

(3) Skate backward for at least 40 feet in a series of linked, backward swizzles. _____

(4) From a strong pace, perform a lunge turn around an object predetermined by your counselor. _____

(5) Perform a mohawk. _____

(d) Do the following:

(1) Perform a series of at least four one-footed downhill slaloms on pavement with a gentle slope. _____

(2) Describe how to pass a pedestrian or another skater from behind. _____

(3) Describe at least three ways to avoid an unforeseen obstacle while skating. _____

(4) Describe two ways to get on and off a curb, and demonstrate at least one of these methods. _____

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Merit Badge Workbooks: usscouts.org -or- merithub.org ► **Merit Badge Books:** www.scoutstuff.org

Boy Scouts of America: <http://www.scouting.org/> ► [Requirements](#) ► [Intro to Merit Badges](#) ► [Guide to Safe Scouting](#)

► [Youth Protection](#) ► [Leave No Trace](#) ► [Outdoor Code](#) ► [Wilderness Use](#) ► [Safe Swim Defense](#) ► [Safety Afloat](#)

[ExpertVillage First Aid Videos](#) ► [Make a First Aid Kit](#) ► [Basics](#) ► [Basics2](#) ► [CPR Basics](#) ► [Venomous Snake Bite](#)

[ExpertVillage.com Lesson Videos:](#) ► [How to Roller Skate](#) ► [How to Rollerblade](#) ► [Ice Skating Tips](#)

International In-Line Skating Assn: <http://www.iisa.org>

Roller Skating Association International: <http://www.rollerskating.com>

USA Roller Sports Recreation Program : <http://www.usarollersports.org>

U.S. Figure Skating Association: <http://www.usfigureskating.org>