Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Multisport merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations. These resources are available here:

https://scoutmasterbucky.com/merit-badges/multisport/

REQUIREMENT 5a REQUIRES COUNSELOR INTERACTION BEFORE MOVING FORWARD.

REQUIREMENT 1a:	Explain to your counselor the most likely hazards you may encounter during multisport activities and what you should do to anticipate, prevent, mitigate, and respond to these hazards.
HAZARD #1	
Description:	
Anticipate:	
Help Prevent:	
Mitigate:	
Respond:	

HAZARD #2
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:

HAZARD #3
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:

HAZARD #4
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:

HAZARD #5
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:

HAZARD #6
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:

REQUIREMENT 1b:	Show that you know first aid for injuries or illnesses that could occur while participating in multisport events, including abrasions, blisters, concussions, contusions, dehydration, hypothermia, overheating, sprains, and strains.

ABRASIONS:

Prevention:

Symptoms:

Treatment:

BLISTERS:

Prevention:

Symptoms:

Treatment:

CONCUSSIONS:
Prevention:
Symptoms:
Treatment:
CONTUSIONS:
Prevention:
Symptoms:
Treatment:

DEHYDRATION:
Prevention:
Symptoms:
Treatment:
HYPOTHERMIA:
Prevention:
Symptoms:
Treatment:

OVERHEATING:
Prevention:
Symptoms:
Treatment:
SPRAINS AND STRAINS:
Prevention:
Symptoms:
Treatment:

REQUIREMENT 2a:	Discuss the importance of having a physical examination each year.

Notes:

REQUIREMENT 2a:	Discuss why overall health, immunizations, medications, allergies, and medical history are covered during an examination.

OVERALL HEALTH:

Notes:

IMMUNIZATIONS:

Notes:

MEDICATIONS:
Notes:

ALLERGIES:
Notes:

MEDICAL HISTORY:
Notes:

REQUIREMENT 2a:	Tell your counselor when you last underwent a physical examination.

Date of your last physical examination:

REQUIREMENT 2b:	Explain the importance of maintaining good health habits, especially during training.

Notes:

REQUIREMENT 2b:	Explain how the use of tobacco products, alcohol, and other harmful substances can negatively affect your health and your performance in athletic activities.

Notes:

REQUIREMENT 2c:	Define a healthy diet and explain the importance of maintaining a healthy diet.

Notes:

REQUIREMENT 3a:	Discuss with your counselor your level of familiarity and experience with the multisport events (swimming, biking, and running) and the order and distance of each sports segment.

Notes:

REQUIREMENT 3b:	Explain to your counselor which multisport event (swimming, biking, or running) you feel is your strongest and which you could improve upon the most.

Notes:

REQUIREMENT 3c:	Identify the required equipment for each of the three common multisport events (swimming, biking, and running).

Swimming:

Biking:

Running:

CHOOSE ONE OPTION FOR REQUIREMENT 3D

REQUIREMENT 3d:	Based on your interests, experience, and discussion with your counselor, select ONE of the following multisport formats to concentrate on for the remaining requirements: 1. Triathlon: swimming, biking, and running 2. Duathlon: running and biking 3. Aquathlon: swimming and running 4. Aquabike: swimming and biking
Selected Multi Sport Format:	
REQUIREMENT 4:	Complete ALL of the activities that apply to the multisport format you selected in requirement 3d.

ALIGN YOU CHOICE FROM REQUIREMENT 3D WITH ONE OF THESE OPTIONS AND DO THAT ONE.

OPTION A TRIATHLON	OPTION B DUATHLON	OPTION C AQUATHLON	OPTION D AQUABIKE
SWIMMING BIKING RUNNING	BIKING RUNNING	SWIMMING RUNNING	SWIMMING BIKING

THE REQUIREMENTS FOR EACH DISCIPLINE IS LISTED BELOW, ONLY DO THE DISCIPLINES THAT YOUR SELECTED OPTION REQUIRES.

SWIMMING REQUIREMENT a:	Before doing requirements 5 through 8, earn the Swimming merit badge.
	Notes:

SWIMMING REQUIREMENT b:	Explain the components of the Scouting America Safe Swim Defense program and how you will ensure they are in place when you swim.

Safe Swim Defense

1. Qualified Supervision
2. Personal Health Review
3. Safe Area (Controlled Access, Bottom Conditions and Depth, Visibility, Diving and Elevated Entry, Water Temperature, Water Quality, Moving Water, Weather, Life Jacket Use.)
4. Response Personnel (Lifeguards)
5. Lookout
6. Ability Groups (NonSwimmer, Beginner, Swimmer)
7. Buddy System
8. Discipline Rules

Notes:

SWIMMING REQUIREMENT c:	Explain to your counselor the difference between a pool swim and an open water swim, including at what water temperature it is appropriate to wear a wet suit.

Notes:

BIKING REQUIREMENT a:	Explain to your counselor how to ride predictably, be conspicuous, think ahead, and ride ready.

Notes:

BIKING REQUIREMENT b:	Discuss what should be checked regularly to make sure the bicycle is safe to ride.

Notes:

BIKING REQUIREMENT c:	Explain the importance of wearing a properly sized and fitted helmet while cycling and of wearing the right clothing for the weather.

Notes:

RUNNING REQUIREMENT a:	Demonstrate a proper run warmup and cool-down.

Consider utilizing the Multisport Merit Badge Pamphlet for preparation assistance

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

RUNNING REQUIREMENT a:	Explain to your counselor the importance of maintaining healthy habits, including hydration, nutrition, injury prevention, and rest.
HEALTHY HABITS:	

Notes:

HYDRATION:
Notes:

NUTRITION:
Notes:

INJURY PREVENTION:
Notes:

REST:
Notes:

RUNNING REQUIREMENT b:	Learn and state the basic rules of the road for runners.

Notes:

RUNNING REQUIREMENT c:	Demonstrate important running drills, including high knees, butt kicks, lunges, inchworms, and soldier kicks.

Consider utilizing the Multisport Merit Badge Pamphlet for preparation assistance

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 5a:	With guidance from your counselor, establish a four-week training plan that combines your chosen multisport format to develop proper techniques, gain self-confidence, and increase endurance. Each session should last at least 25 minutes and include a proper warmup before the session and stretching afterward.

Notes:

REQUIREMENT 5b: Use a chart or other tracking method to monitor your training and development during this period.

WEEK 1:

Date	*Fitness Program Activity and Notes*	*Distance*	*Duration*	*Repetitions*	*Heart Rate*

WEEK 2:

Date	*Fitness Program Activity and Notes*	*Distance*	*Duration*	*Repetitions*	*Heart Rate*

WEEK 3:

Date	Fitness Program Activity and Notes	Distance	Duration	Repetitions	Heart Rate

WEEK 4:

Date	Fitness Program Activity and Notes	Distance	Duration	Repetitions	Heart Rate

REQUIREMENT 5c:	Set a personal goal for improvement based on one or more of the following criteria: time, technique, or distance.

Notes:

REQUIREMENT 5d:	At the end of four weeks, discuss your progress with your counselor and tell how your development has affected you mentally and physically.

Notes:

REQUIREMENT 6:	Learn the methods of setting up your transition area, which is where your bike equipment and/or running gear will be. Discuss with your counselor how to smoothly and safely transition from one element to the next, such as mounting and dismounting your bike or adjusting your gear.

Notes:

DO ONE OF THE FOLLOWING (7A, 7B, 7C, or 7D) FOR REQUIREMENT 7

REQUIREMENT 7:	After completing requirements 1-6, do ONE of the following (complete all of the activities on the same day and consecutively) for the multisport focus area that you selected in requirement 3d, including demonstrating a smooth and safe transition between each: a. Triathlon: swim (100 m), bike (3 km), and run (1 km) b. Duathlon: run (1.5 km), bike (3 km), and run (.75 km) c. Aquathlon: swim (100 m) and run (1 km) d. Aqua bike: swim (100 m) and bike (3 km) **Note:** When referring to race distances, "m" stands for meter (about 3.28 feet) and "km" or simply "k" stands for kilometer (about 0.62 mile).
Date and Location:	
Notes:	

DO TWO OF THE FOLLOWING (8A, 8B, 8C, 8D, or 8E) FOR REQUIREMENT 8

REQUIREMENT 8: Do TWO of the following and discuss with your counselor:

a. Research and identify two ways you can continue participating in multisport after completing this merit badge.
b. Research an Olympic, Paralympic, or professional triathlete (past or current). Share information on their background in the sport and what inspires you most about this individual.
c. Demonstrate leadership by starting a training group and educating your peers on the importance of physical activity, nutrition, and the disciplines of multisport.
d. Sign up for and participate in a sanctioned multisport event in your area.
e. Volunteer at a local multisport event, running race, biking event, swim meet, or adaptive sporting event.

Notes: