



Skating Merit Badge Workbook – Ice Skating Option

SCOUTMASTER BUCKY

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

<https://scoutmasterbucky.com/merit-badges/skating/skating-pamphlet.pdf>

<https://scoutmasterbucky.com/merit-badges/skating/skating-cpp.pdf>

REQUIREMENT 2 REQUIRES EXPERIENCED ADULT SUPERVISION.

REQUIREMENT 1a: Explain to your counselor the most likely hazards associated with skating and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

HAZARD #1

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #2

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #3

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #4

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #5

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #6

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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REQUIREMENT 1b: Show that you know first aid for injuries or illnesses that could occur while skating, including hypothermia, frostbite, lacerations, abrasions, fractures, sprains and strains, concussions, blisters, heat-related reactions, and shock.

HYPOTHERMIA:

Prevention:

Symptoms:

Treatment:

FROSTBITE:

Prevention:

Symptoms:

Treatment:



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LACERATIONS:

Prevention:

Symptoms:

Treatment:

ABRASIONS:

Prevention:

Symptoms:

Treatment:



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FRACTURES:

Prevention:

Symptoms:

Treatment:

SPRAINS AND STRAINS:

Prevention:

Symptoms:

Treatment:



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CONCUSSIONS:

Prevention:

Symptoms:

Treatment:

BLISTERS:

Prevention:

Symptoms:

Treatment:



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HEAT-RELATED REACTIONS:

Prevention:

Symptoms:

Treatment:

SHOCK:

Prevention:

Symptoms:

Treatment:



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REQUIREMENT 2: Working under the supervision of an experienced adult, complete ALL of the requirements for the **ICE SKATING** option.

EXPERIENCED ADULT SUPERVISION: IS REQUIRED.

Adult's Name _____

Phone or Email _____

Adult's Signature _____

Date ☐ supervised

REQUIREMENT 2a1: Give general safety and courtesy rules for ice skating.

Notes:



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REQUIREMENT 2a1: Discuss preparations that must be taken when skating outdoors on natural ice.

Notes:

REQUIREMENT 2a1: Explain how to make an ice rescue.

Notes:



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REQUIREMENT 2a2: Discuss the parts and functions of the different types of ice skates.

Notes:

REQUIREMENT 2a3: Describe the proper way to carry ice skates.

Notes:



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REQUIREMENT 2a4: Describe how to store ice skates for long periods of time, such as seasonal storage.

Notes:

REQUIREMENT 2d2: Explain to your counselor the safety considerations for participating in an ice-skating race.

Notes:



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REQUIREMENTS 2b, 2c, 2d1 and 2d3 ARE ALL SKILL-BASED. SCOUTS WILL NEED TO DEMONSTRATE, PERFORM, GLIDE, AND SKATE ON THEIR ICE SKATES OVERSEEN AND REVIEWED BY A CERTIFIED MERIT BADGE COUNSELOR.

SCOUTS NOT ABLE TO PHYSICALLY PERFORM THESE SKILLS WILL FIND IT DIFFICULT TO COMPLETE.

Only Scouts that are mentally and physically able to perform the tasks will be considered for sign-off.
Some instructors / counselors may be able to provide some coaching, but there is no guarantee that the required skills to successfully accomplish these requirements can be developed enough for success.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 2b1:	Skate forward at least 40 feet and come to a complete stop. Use either a two-foot snowplow stop or a one-foot snowplow stop.
REQUIREMENT 2b2:	After skating forward, glide forward on two feet, then on one foot, first right and then left.
REQUIREMENT 2b3:	Starting from a T position, stroke forward around the test area, avoiding the use of toe picks if wearing figure skates.
REQUIREMENT 2c1:	Glide backward on two feet for at least two times the skater's height.
REQUIREMENT 2c2:	Skate backward for at least 20 feet on two skates.
REQUIREMENT 2c3:	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.
REQUIREMENT 2d1:	Perform forward crossovers in a figure-eight pattern.
REQUIREMENT 2d3:	Perform a hockey stop.

