



Skating Merit Badge Workbook – In-Line 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:



Skating Merit Badge Workbook – In-Line Skating Option

SCOUTMASTER BUCKY

HAZARD #2

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



Skating Merit Badge Workbook – In-Line Skating Option

SCOUTMASTER BUCKY

HAZARD #3

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



Skating Merit Badge Workbook – In-Line Skating Option

SCOUTMASTER BUCKY

HAZARD #4

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



Skating Merit Badge Workbook – In-Line Skating Option

SCOUTMASTER BUCKY

HAZARD #5

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



Skating Merit Badge Workbook – In-Line Skating Option

SCOUTMASTER BUCKY

HAZARD #6

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



Skating Merit Badge Workbook – In-Line Skating Option

SCOUTMASTER BUCKY

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:



Skating Merit Badge Workbook – In-Line Skating Option

SCOUTMASTER BUCKY

LACERATIONS:

Prevention:

Symptoms:

Treatment:

ABRASIONS:

Prevention:

Symptoms:

Treatment:



Skating Merit Badge Workbook – In-Line Skating Option

SCOUTMASTER BUCKY

FRACTURES:

Prevention:

Symptoms:

Treatment:

SPRAINS AND STRAINS:

Prevention:

Symptoms:

Treatment:



Skating Merit Badge Workbook – In-Line Skating Option

SCOUTMASTER BUCKY

CONCUSSIONS:

Prevention:

Symptoms:

Treatment:

BLISTERS:

Prevention:

Symptoms:

Treatment:



Skating Merit Badge Workbook – In-Line Skating Option

SCOUTMASTER BUCKY

HEAT-RELATED REACTIONS:

Prevention:

Symptoms:

Treatment:

SHOCK:

Prevention:

Symptoms:

Treatment:



Skating Merit Badge Workbook – In-Line Skating Option

SCOUTMASTER BUCKY

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

EXPERIENCED ADULT SUPERVISION: IS REQUIRED.

Adult's Name

Phone or Email

Adult's Signature

Date

☐

supervised

REQUIREMENT 2a1: Give general and in-line skating safety rules and etiquette.

Notes:

REQUIREMENT 2a2: Describe the parts and functions of the in-line skate.

Notes:



Skating Merit Badge Workbook – In-Line Skating Option

SCOUTMASTER BUCKY

REQUIREMENT 2a3: Describe the required and recommended safety equipment.

Notes:

REQUIREMENT 2a4: Describe four essential steps to good skate care.

Step #1:

Step #2:

Step #3:

Step #4:



Skating Merit Badge Workbook – In-Line Skating Option

SCOUTMASTER BUCKY

REQUIREMENTS 2b, 2c, 2d1, and 2d4 ARE ALL SKILL-BASED. SCOUTS WILL NEED TO DEMONSTRATE, PERFORM, AND/OR SKATE USING THEIR IN-LINE 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 with smooth, linked strokes on two feet for at least 100 feet.
REQUIREMENT 2b2:	Skate forward and glide at least 15 feet on one skate, then on the other skate.
REQUIREMENT 2b3:	Stop on command on flat pavement using the heel brake.
REQUIREMENT 2c1:	Perform the forward crossover.
REQUIREMENT 2c2:	Perform a series of forward, linked swizzles for at least 40 feet.
REQUIREMENT 2c3:	Skate backward for at least 40 feet in a series of linked, backward swizzles.
REQUIREMENT 2c4:	From a strong pace, perform a lunge turn around an object predetermined by your counselor.
REQUIREMENT 2c5:	Perform a mohawk.
REQUIREMENT 2d1:	Perform a series of at least four one-footed downhill slaloms on pavement with a gentle slope.
REQUIREMENT 2d4:	Demonstrate one way to get on and off a curb.

Notes:



Skating Merit Badge Workbook – In-Line Skating Option

SCOUTMASTER BUCKY

REQUIREMENT 2d2: Describe how to pass a pedestrian or another skater from behind.

Notes:

REQUIREMENT 2d3: Describe at least three ways to avoid an unforeseen obstacle while skating.

Notes:

REQUIREMENT 2d4: Describe two ways to get on and off a curb.

Notes: