



Skating Merit Badge Workbook – Skateboarding 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 **SKATEBOARDING** option.

EXPERIENCED ADULT SUPERVISION: IS REQUIRED.

Adult's Name _____

Phone or Email _____

Adult's Signature _____

Date ☐ supervised

REQUIREMENT 2a1: Explain the history and evolution of skateboarding to your counselor.

Notes:

REQUIREMENT 2a2: Explain the benefits of skateboarding (physical fitness, balance, coordination, perseverance, and creativity) to your counselor.

Notes:



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REQUIREMENT 2a3: Explain the purpose of skateboarding safety and protective gear (helmets, knee pads, elbow pads, wrist guards) to your counselor.

Notes:

REQUIREMENT 2b1: Explain the rules and regulations of skateparks to your counselor.

Notes:

REQUIREMENT 2b2: Explain how to understand skatepark zones (street, bowl, and ramp) to your counselor.

Notes:



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REQUIREMENT 2b3: Explain the right-of-way and respect for others to your counselor.

Notes:

REQUIREMENT 2b4: Explain the communication signals and warnings to your counselor.

Notes:

REQUIREMENT 2c1: Explain skateboard anatomy (deck, trucks, wheels, bearings).

Notes:



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REQUIREMENT 2c2: Build a board by assembling all pieces (deck, wheels, trucks, bearing, and grip tape) in the proper order.

Consider using the [Skating Merit Badge Pamphlet](#) for preparation assistance.

While the counselor will have some tools, it is the responsibility of the Scout to bring the necessary equipment and tools in order to complete this requirement with the counselor during the class.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:

REQUIREMENT 2c3: Explain skateboard maintenance (cleaning, tightening bolts, and replacing parts).

Notes:



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REQUIREMENTS 2d and 2e ARE ALL SKILL-BASED. SCOUTS WILL NEED TO DEMONSTRATE WITH THEIR SKATEBOARD 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 2d1:	Demonstrate stance and foot placement (regular and goofy).
REQUIREMENT 2d2:	Demonstrate pushing and balance.
REQUIREMENT 2d3:	Demonstrate turning and carving.
REQUIREMENT 2d4:	Demonstrate braking and stopping techniques.
REQUIREMENT 2d5:	Demonstrate ollies (basic and variations).
REQUIREMENT 2e:	Demonstrate a total of three skateboarding tricks from the following types: <div><div>1. Flatland tricks</div><div>2. Flip and shove-it-tricks</div><div>3. Grind and slide tricks</div><div>4. Air, grab, bowl and ramp tricks</div><div>5. Footplant tricks</div><div>6. Balance tricks</div></div>

