



SCOUTMASTER BUCKY

Skating Merit Badge Workbook

ScoutmasterBucky.com or ScoutmasterBucky@yahoo.com or 612-483-0665

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. These resources are available here:

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

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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CHOOSE ONE OF THE FOLLOWING OPTIONS FOR REQUIREMENT 2 AND COMPLETE ALL OF IT'S REQUIREMENTS

OPTION A - ICE SKATING - OPTION B - ROLLER SKATING - OPTION C - IN-LINE SKATING - OPTION D - SKATEBOARDING

Requirement 2 - Ice Skating Option

REQUIREMENT 2a: 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: Explain the general safety and courtesy guidelines for ice skating.

Notes:



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REQUIREMENT 2a2: Discuss preparations that must be taken when skating outdoors on natural ice.

Notes:

REQUIREMENT 2a2: Explain how to make an ice rescue.

Notes:



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REQUIREMENT 2a3: Discuss the parts and functions of the different types of ice skates.

Notes:

REQUIREMENT 2a4: Describe the proper way to carry ice skates at the rink and for travel.

Notes:



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REQUIREMENT 2a5: Describe how to store ice skates for long periods of time, such as seasonal storage.

Notes:

REQUIREMENT 2a13: Explain to your counselor the safety considerations for participating in an ice-skating race.

Notes:



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REQUIREMENTS 2a6, 2a7, 2a8, 2a9, 2a10, 2a11, 2a12, and 2a14 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 PERFROM 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 2a6:	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 2a7:	After skating forward, glide forward on two feet, then on one foot, first right and then left.
REQUIREMENT 2a8:	Starting from a T position, stroke forward around the test area, avoiding the use of toe picks if wearing figure skates.
REQUIREMENT 2a9:	Glide backward on two feet for at least two times the skater's height.
REQUIREMENT 2a10:	Skate backward for at least 20 feet on two skates.
REQUIREMENT 2a11:	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 2a12:	Perform forward crossovers in a figure-eight pattern.
REQUIREMENT 2a14:	Perform a hockey stop.





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Requirement 2 - Roller Skating Option

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

EXPERIENCED ADULT SUPERVISION: IS REQUIRED.

Adult's Name

Phone or Email

Adult's Signature

Date

supervised

REQUIREMENT 2b1: Explain the general safety rules and etiquette guidelines for roller skating.

Notes:



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REQUIREMENT 2b2: Discuss the parts and functions of the roller skate.

Notes:

REQUIREMENT 2b3: Describe five essential steps to good roller skate care.

Notes:



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REQUIREMENTS 2b4, 2b5, 2b6, 2b7, 2b8, 2b9, 2b10, 2b11, 2b12, and 2b13 ARE ALL SKILL-BASED. SCOUTS WILL NEED TO DEMONSTRATE, PERFORM, AND SKATE ON THEIR ROLLER SKATES OVERSEEN AND REVIEWED BY A CERTIFIED MERIT BADGE COUNSELOR.

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

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This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 2b4:	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.
REQUIREMENT 2b5:	Skate forward and glide at least 15 feet on one skate, then on the other skate.
REQUIREMENT 2b6:	Perform the forward crossover.
REQUIREMENT 2b7:	Skate backward for at least 40 feet on two skates, then for at least 15 feet on one skate.
REQUIREMENT 2b8:	Skate forward in a slalom pattern for at least 40 feet on two skates, then for at least 20 feet on one skate.
REQUIREMENT 2b9:	Skate backward in a slalom pattern for at least 15 feet on two skates.
REQUIREMENT 2b10:	Shuttle skate once around the rink, bending twice along the way without stopping.
REQUIREMENT 2b11:	Perform a series of two consecutive spins on skates, OR hop, skip, and jump on skates for at least 10 feet.
REQUIREMENT 2b12:	Perform the stepover.
REQUIREMENT 2b13:	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.





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Requirement 2 – In-Line Skating Option

REQUIREMENT 2c: 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 2c1: Explain the general safety rules and courtesy guidelines for in-line skating.

Notes:

REQUIREMENT 2c2: Describe the parts of an in-line skate and their functions.

Notes:



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REQUIREMENT 2c3: Describe the required and recommended safety equipment for in-line skating.

Notes:

REQUIREMENT 2c4: Explain four essential steps to good in-line skate care.

Essential #1:

Essential #2:

Essential #3:

Essential #4:



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REQUIREMENTS 2c5, 2c6, 2c7, 2c8, 2c9, 2c10, 2c11, 2c12, 2c13, and 2c16 ARE ALL SKILL-BASED. SCOUTS WILL NEED TO DEMONSTRATE, PERFORM, AND SKATE USING THEIR IN-LINE SKATES OVERSEEN AND REVIEWED BY A CERTIFIED MERIT BADGE COUNSELOR.

SCOUTS NOT ABLE TO PHYSICALLY PERFROM 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 2c5: Skate forward with smooth, linked strokes on two feet for at least 100 feet.

REQUIREMENT 2c6: Skate forward and glide at least 15 feet on one skate, then on the other skate.

REQUIREMENT 2c7: Stop on command on flat pavement using the heel brake.

REQUIREMENT 2c8: Perform a forward crossover.

REQUIREMENT 2c9: Perform a series of forward, linked swizzles for at least 40 feet.

REQUIREMENT 2c10: Skate backward for at least 40 feet in a series of linked, backward swizzles.

REQUIREMENT 2c11: From a strong pace, perform a lunge turn around an object predetermined by your counselor.

REQUIREMENT 2c12: Perform a mohawk.

REQUIREMENT 2c13: Perform a series of at least four one-footed downhill slaloms on pavement with a gentle slope.

REQUIREMENT 2c14: Describe how to pass a pedestrian or another skater from behind.

Notes:



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REQUIREMENT 2c15: Describe at least three ways to avoid an unforeseen obstacle while skating.

Way #1:

Way #2:

Way #3:

REQUIREMENT 2c16: Describe two ways to get on and off a curb, and demonstrate at least one of these methods.

Way #1:

Way #2:



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Requirement 2 - Skateboarding Option

REQUIREMENT 2d: 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 2d1: Explain the history and evolution of skateboarding.

Notes:



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REQUIREMENT 2d2: Describe the benefits of skateboarding (physical fitness, balance, coordination, perseverance, and creativity).

Physical Fitness:

Balance:

Coordination:

Perseverance:



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Creativity:

REQUIREMENT 2d3: Explain the safety rules and courtesy guidelines for skateboarding, including right-of-way and communication signals and warnings.

Notes:

Right-of-way:

Communication signals and warnings:



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REQUIREMENT 2d4: Explain the protective gear needed to skate safely, including helmet, knee pads, elbow pads, and wrist guards, and show how to wear them correctly.

Notes:

REQUIREMENT 2d5: Describe the two main styles of skateboarding (street and vert).

Street:

Vert:



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REQUIREMENT 2d5: Describe common skatepark features (ramps, manual pad, rails, spine, etc.).

Ramps:

Manual Pad:

Rails:

Spine:

Others / Notes:



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REQUIREMENT 2d6: Explain skateboard anatomy (deck, trucks, wheels, hardware, etc.).

Deck:

Trucks:

Wheels:

Hardware:

Others / Notes:



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REQUIREMENT 2d7: Build a board by assembling all pieces (deck, wheels, trucks, hardware, 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 2d8: Explain skateboard maintenance (cleaning, adjusting bolts, and replacing parts).

Cleaning:

Adjusting Bolts:

Replacing Parts:



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REQUIREMENTS 2d9, 2d10, 2d11, 2d12, 2d13, and 2d14 ARE ALL SKILL-BASED. SCOUTS WILL NEED TO DEMONSTRATE, DO, AND SHOW ON THEIR SKATEBOARD OVERSEEN AND REVIEWED BY A CERTIFIED MERIT BADGE COUNSELOR.

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REQUIREMENT 2d9: Explain the difference between regular and goofy stance, and demonstrate your preferred stance.

Regular Stance:

Goofy Stance:

REQUIREMENT 2d10: Demonstrate how to push, cruise, and carve on flat ground.

REQUIREMENT 2d11: Show at least two braking and stopping techniques.

REQUIREMENT 2d12: Do a basic ollie and at least one variation.

REQUIREMENT 2d13: Show how to drop-in from coping.

REQUIREMENT 2d14: Demonstrate a total of THREE skateboarding tricks from the following types:

- a. Flat ground tricks
- b. Flip and shove-it-tricks
- c. Grind and slide tricks
- d. Air and grab tricks
- e. Footplant tricks

