



# Scoutmaster Bucky

## SKATING

### Merit Badge Workbook

This Workbook has been developed to help aid in organizing notes and references while working on the Skating Merit Badge Requirements.

Visit [www.ScoutmasterBucky.com](http://www.ScoutmasterBucky.com) for more information

SCOUT'S INFORMATION	MERIT BADGE COUNSELOR INFORMATION
Name _____	Name _____
Phone _____	Address _____
Organization _____	City State Zip _____
<b>WORKBOOK INFORMATION</b>	Phone _____
Scoutmaster Bucky Workbook based off of <i>Boy Scout Requirements – 2011 Edition</i>	Mobile _____
Visit <a href="http://www.ScoutmasterBucky.com">www.ScoutmasterBucky.com</a> for more information.	Email _____

**REQUIREMENT 1:** SHOW THAT YOU KNOW FIRST AID FOR INJURIES OR ILLNESSES THAT MAY OCCUR WHILE SKATING, INCLUDING HYPOTHERMIA, FROSTBITE, LACERATIONS, ABRASIONS, FRACTURES, SPRAINS AND STRAINS, BLISTERS, HEAT REACTIONS, SHOCK, AND CARDIAC ARREST.

Hypothermia:

Frostbite:

Lacerations:



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Abrasions:

Fractures:

Sprains and Strains:

Blisters:

Heat Reactions:

Shock:

Cardiac Arrest:



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**COMPLETE ALL OF THE REQUIREMENTS FOR ONE OF THE FOLLOWING (ICE SKATING, ROLLER SKATING, OR INLINE SKATING) FOR REQUIREMENT 2**

### ICE SKATING OPTION

**REQUIREMENT 2A1:** GIVE GENERAL SAFETY AND COURTESY RULES FOR ICE SKATING.

Notes:

**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:

**REQUIREMENT 2A4:** DESCRIBE HOW TO STORE SKATES FOR LONG PERIODS OF TIME, SUCH AS SEASONAL STORAGE.

Notes:



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<b>REQUIREMENT 2B1:</b>	SKATE FORWARD AT LEAST 40 FEET AND COME TO A COMPLETE STOP. USE EITHER A TWO-FOOTED SNOWPLOW STOP OR A ONE-FOOTED SNOWPLOW STOP.
	This is a skill based requirement and does not require any workbook entry.
<b>REQUIREMENT 2B2:</b>	AFTER SKATING FORWARD, GLIDE FORWARD ON TWO FEET, THEN ON ONE FOOT, FIRST RIGHT AND THEN LEFT.
	This is a skill based requirement and does not require any workbook entry.
<b>REQUIREMENT 2B3:</b>	STARTING FROM A T POSITION, STROKE FORWARD AROUND THE TEST AREA, AVOIDING THE USE OF TOE POINTS IF WEARING FIGURE SKATES.
	This is a skill based requirement and does not require any workbook entry.
<b>REQUIREMENT 2C1:</b>	GLIDE BACKWARD ON TWO FEET FOR AT LEAST TWO TIMES THE SKATER'S HEIGHT.
	This is a skill based requirement and does not require any workbook entry.
<b>REQUIREMENT 2C2:</b>	SKATE BACKWARD FOR AT LEAST 20 FEET ON TWO SKATES.
	This is a skill based requirement and does not require any workbook entry.
<b>REQUIREMENT 2C3:</b>	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.
	This is a skill based requirement and does not require any workbook entry.
<b>REQUIREMENT 2D1:</b>	PERFORM A FORWARD SHOOT-THE-DUCK UNTIL YOU'RE NEARLY STOPPED. RISE WHILE STILL ON ONE FOOT.
	This is a skill based requirement and does not require any workbook entry.
<b>REQUIREMENT 2D2:</b>	PERFORM FORWARD CROSSOVERS IN A FIGURE EIGHT PATTERN.
	This is a skill based requirement and does not require any workbook entry.
<b>REQUIREMENT 2D3:</b>	TAKE PART IN A RELAY RACE.
	This is a skill based requirement and does not require any workbook entry.
<b>REQUIREMENT 2D4:</b>	PERFORM A HOCKEY STOP.
	This is a skill based requirement and does not require any workbook entry.



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#### ROLLER SKATING OPTION

**REQUIREMENT 2A1:** GIVE GENERAL SAFETY AND ETIQUETTE RULES FOR ROLLER SKATING.

Notes:

**REQUIREMENT 2A2:** DISCUSS THE PARTS AND FUNCTIONS OF THE ROLLER SKATE.

Notes:



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**REQUIREMENT 2A3:** DESCRIBE FIVE ESSENTIAL STEPS TO GOOD SKATE CARE.

Notes:

**REQUIREMENT 2B1:** 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.

This is a skill based requirement and does not require any workbook entry.

**REQUIREMENT 2B2:** SKATE FORWARD AND GLIDE AT LEAST 15 FEET ON ONE SKATE, THEN ON THE OTHER SKATE.

This is a skill based requirement and does not require any workbook entry.

**REQUIREMENT 2C1:** PERFORM THE CROSSCUT.

This is a skill based requirement and does not require any workbook entry.

**REQUIREMENT 2C2:** SKATE BACKWARD FOR AT LEAST 40 FEET ON TWO SKATES, THEN FOR AT LEAST 15 FEET ON ONE SKATE.

This is a skill based requirement and does not require any workbook entry.

**REQUIREMENT 2C3:** SKATE FORWARD IN A SLALOM PATTERN FOR AT LEAST 40 FEET ON TWO SKATES, THEN FOR AT LEAST 20 FEET ON ONE SKATE.

This is a skill based requirement and does not require any workbook entry.



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<b>REQUIREMENT 2C4:</b>	SKATE BACKWARD IN A SLALOM PATTERN FOR AT LEAST 15 FEET ON TWO SKATES.
This is a skill based requirement and does not require any workbook entry.	
<b>REQUIREMENT 2D1:</b>	SHUTTLE SKATE ONCE AROUND THE RINK, BENDING TWICE ALONG THE WAY WITHOUT STOPPING.
This is a skill based requirement and does not require any workbook entry.	
<b>REQUIREMENT 2D2:</b>	PERFORM A WIDESPREAD EAGLE.
This is a skill based requirement and does not require any workbook entry.	
<b>REQUIREMENT 2D3:</b>	PERFORM A MOHAWK.
This is a skill based requirement and does not require any workbook entry.	
<b>REQUIREMENT 2D4:</b>	PERFORM A SERIES OF TWO CONSECUTIVE SPINS ON SKATES, OR HOP, SKIP, AND JUMP ON SKATES FOR AT LEAST 10 FEET.
This is a skill based requirement and does not require any workbook entry.	
<b>REQUIREMENT 2E1:</b>	RACE ON A SPEED TRACK, DEMONSTRATING PROPER TECHNIQUE IN STARTING, CORNERING, PASSING, AND PACING.
This is a skill based requirement and does not require any workbook entry.	
<b>REQUIREMENT 2E2:</b>	PERFORM THE LIMBO UNDER A POLE PLACED AT LEAST CHEST-HIGH OR SHOOT-THE-DUCK UNDER A WAIST-HIGH POLE AND RISE WHILE STILL ON ONE FOOT.
This is a skill based requirement and does not require any workbook entry.	
<b>REQUIREMENT 2E3:</b>	PERFORM THE STEPOVER.
This is a skill based requirement and does not require any workbook entry.	
<b>REQUIREMENT 2E4:</b>	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.
This is a skill based requirement and does not require any workbook entry.	





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#### IN-LINE SKATING OPTION

**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:

**REQUIREMENT 2A3:** DESCRIBE THE REQUIRED AND RECOMMENDED SAFETY EQUIPMENT.

Notes:



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**REQUIREMENT 2A4:** DESCRIBE FOUR ESSENTIAL STEPS TO GOOD SKATE CARE.

Notes:

**REQUIREMENT 2B1:** SKATE FORWARD WITH SMOOTH, LINKED STROKES ON TWO FEET FOR AT LEAST 100 FEET.

This is a skill based requirement and does not require any workbook entry.

**REQUIREMENT 2B2:** SKATE FORWARD AND GLIDE AT LEAST 15 FEET ON ONE SKATE, THEN ON THE OTHER SKATE.

This is a skill based requirement and does not require any workbook entry.

**REQUIREMENT 2B3:** STOP ON COMMAND ON FLAT PAVEMENT USING THE HEEL BRAKE.

This is a skill based requirement and does not require any workbook entry.

**REQUIREMENT 2C1:** PERFORM THE CROSSOVER.

This is a skill based requirement and does not require any workbook entry.

**REQUIREMENT 2C2:** PERFORM A SERIES OF FORWARD, LINKED SWIZZLES FOR AT LEAST 40 FEET.

This is a skill based requirement and does not require any workbook entry.

**REQUIREMENT 2C3:** SKATE BACKWARD FOR AT LEAST 40 FEET IN A SERIES OF LINKED, BACKWARD SWIZZLES.

This is a skill based requirement and does not require any workbook entry.

**REQUIREMENT 2C4:** FROM A STRONG PACE, PERFORM A LUNGE TURN AROUND AN OBJECT PREDETERMINED BY YOUR COUNSELOR.

This is a skill based requirement and does not require any workbook entry.

**REQUIREMENT 2C5:** PERFORM A MOHAWK.

This is a skill based requirement and does not require any workbook entry.



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**REQUIREMENT 2D1:** PERFORM A SERIES OF AT LEAST FOUR ONE-FOOTED DOWNHILL SLALOMS ON PAVEMENT WITH A GENTLE SLOPE.

This is a skill based requirement and does not require any workbook entry.

**REQUIREMENT 2D2:** DESCRIBE HOW TO PASS A PEDESTRIAN OR ANOTHER SKATER FROM BEHIND.

This is a skill based requirement and does not require any workbook entry.

**REQUIREMENT 2D3:** DESCRIBE AT LEAST THREE WAYS TO AVOID AN UNFORESEEN OBSTACLE WHILE SKATING.

This is a skill based requirement and does not require any workbook entry.

**REQUIREMENT 2D4:** DESCRIBE TWO WAYS TO GET ON AND OFF A CURB, AND DEMONSTRATE AT LEAST ONE OF THESE METHODS.

This is a skill based requirement and does not require any workbook entry.