



SKATING MERIT BADGE WORKBOOK

This Scoutmaster Bucky Merit Badge Workbook is based off the 2020 Scouts BSA Requirements.

Consider also using the Skating merit badge class preparation page for clarification and expectations when participating in a Scoutmaster Bucky merit badge opportunity (online or in-person).

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

Scout's Name:

REQUIREMENT 1: Do the following:

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.

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



REQUIREMENT 2: Complete ALL of the requirements for ONE of the following options.

Ice Skating Option

REQUIREMENT 2A: Do the following:

REQUIREMENT 2A1: Give general safety and courtesy rules for ice skating. Discuss preparations that must be taken when skating outdoors on natural ice. Explain how to make an ice rescue.

REQUIREMENT 2A2: Discuss the parts and functions of the different types of ice skates.



REQUIREMENT 2A3: Describe the proper way to carry ice skates.

REQUIREMENT 2A4: Describe how to store ice skates for long periods of time, such as seasonal storage.

REQUIREMENT 2B: Do the following:

REQUIREMENT 2B1: 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.



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 points if wearing figure skates.

REQUIREMENT 2C: Do the following:

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 2D: Do the following:

REQUIREMENT 2D1: Perform forward crossovers in a figure-eight pattern.



REQUIREMENT 2D2: Explain to your counselor the safety considerations for running or participating in an ice skating race.

REQUIREMENT 2D3: Perform a hockey stop.

Roller Skating Option

REQUIREMENT 2A: Do the following:

REQUIREMENT 2A1: Give general safety and etiquette rules for roller skating.



REQUIREMENT 2A2: Discuss the parts and functions of the roller skate.

REQUIREMENT 2A3: Describe five essential steps to good skate care.

REQUIREMENT 2B: Do the following:

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.



REQUIREMENT 2B2: Skate forward and glide at least 15 feet on one skate, then on the other skate.

REQUIREMENT 2C: Do the following:

REQUIREMENT 2C1: Perform the crosscut.

REQUIREMENT 2C2: Skate backward for at least 40 feet on two skates, then for at least 15 feet on one skate.



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.

REQUIREMENT 2C4: Skate backward in a slalom pattern for at least 15 feet on two skates.

REQUIREMENT 2D: Do the following:

REQUIREMENT 2D1: Shuttle skate once around the rink, bending twice along the way without stopping.



REQUIREMENT 2D2: Perform a widespread eagle.

REQUIREMENT 2D3: Perform a mohawk.

REQUIREMENT 2D4: Perform a series of two consecutive spins on skates, OR hop, skip, and jump on skates for at least 10 feet.

REQUIREMENT 2E: Do the following:



REQUIREMENT 2E1: Race on a speed track, demonstrating proper technique in starting, cornering, passing, and pacing.

REQUIREMENT 2E2: 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.

REQUIREMENT 2E3: Perform the stepover.

REQUIREMENT 2E4: 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.

In-Line Skating Option



REQUIREMENT 2A: Do the following:

REQUIREMENT 2A1: Give general and in-line skating safety rules and etiquette.

REQUIREMENT 2A2: Describe the parts and functions of the in-line skate.

REQUIREMENT 2A3: Describe the required and recommended safety equipment.



REQUIREMENT 2A4: Describe four essential steps to good skate care.

REQUIREMENT 2B: Do the following:

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 2C: Do the following:

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 2D: Do the following:



REQUIREMENT 2D1: Perform a series of at least four one-footed downhill slaloms on pavement with a gentle slope.

REQUIREMENT 2D2: Describe how to pass a pedestrian or another skater from behind.

REQUIREMENT 2D3: Describe at least three ways to avoid an unforeseen obstacle while skating.

REQUIREMENT 2D4: Describe two ways to get on and off a curb, and demonstrate at least one of these methods.