



2024 Edition

SCOUTMASTER BUCKY

Skating Merit Badge – Ice Skating Option

SCOUTS PARTICIPATING IN A SCOUTMASTER BUCKY MERIT BADGE OPPORTUNITY (ONLINE OR IN PERSON), PLEASE CONSIDER ALSO USING THE SKATING MERIT BADGE CLASS PREPARATION PAGE FOR CLARIFICATIONS, INSIGHTS, AND EXPECTATIONS.

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

SKATING MERIT BADGE WORKBOOK ICE SKATING OPTION

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

Note that this requirement component requires Scouts to SHOW their knowledge

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Concussions:

Hypothermia:

Frostbite:



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Lacerations:

Abrasions:

Fractures:

Sprains and Strains:



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Blisters:

Heat-Related Reactions:

Shock:

THE FOLLOWING SECTION, AND THIS WORKBOOK IS SPECIFICALLY FOR THE

ICE SKATING OPTION OF THE SKATING MERIT BADGE

IF THIS IS NOT YOUR SELECTED OPTION, PLEASE GO BACK AND FIND THE CORRECT SKATING OPTION YOU WISH TO WORK ON.



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PLEASE NOTE THAT THERE ARE SKILL-BASED PARTS TO THIS OPTION

THE CLASS IS NOT AN INSTRUCTIONAL CLASS – WHILE SOME COACHING MAY BE ABLE TO BE PASSED ON, SCOUTS NOT HAVING SOME PREVIOUS SUCCESS PERFORMING THESE SKILLS WILL FIND IT DIFFICULT, IF NOT IMPOSSIBLE, TO COMPLETE AS A PART OF THE CLASS

SKILL-BASED WILL DENOTE SKILL-BASED REQUIREMENT COMPONENT PARTS FOR THIS OPTION

REQUIREMENT 2: Working under the supervision of an experienced adult, complete ALL of the requirements the **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:



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REQUIREMENT 2a1: Explain how to make an ice rescue.

Notes:

REQUIREMENT 2a2: Discuss the parts and functions of the different types of ice skates.

Notes:



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REQUIREMENT 2a3 Describe the proper way to carry ice skates.

Notes:

REQUIREMENT 2a4 Describe how to store ice skates for long periods of time, such as seasonal storage.

Notes:



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SKILL-BASED WILL DENOTE SKILL-BASED REQUIREMENT COMPONENT PARTS FOR THIS OPTION

SKILL-BASED REQUIREMENT 2b1:	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.
SKILL-BASED REQUIREMENT 2b2:	After skating forward, glide forward on two feet, then on one foot, first right and then left.
SKILL-BASED REQUIREMENT 2b3:	Starting from a T position, stroke forward around the test area, avoiding the use of toe points if wearing figure skates.
SKILL-BASED REQUIREMENT 2c1:	Glide backward on two feet for at least two times the skater's height.
SKILL-BASED REQUIREMENT 2c2:	Skate backward for at least 20 feet on two skates.
SKILL-BASED 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.
SKILL-BASED REQUIREMENT 2d1:	Perform forward crossovers in a figure-eight pattern.
SKILL-BASED REQUIREMENT 2d2:	Explain to your counselor the safety considerations for participating in an ice skating race.
SKILL-BASED REQUIREMENT 2d3:	Perform a hockey stop.

