

SKATING MERIT BADGE WORKBOOK

This Scoutmaster Bucky Merit Badge Workbook is based off the current *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:

ICE SKATING

This workbook covers only one of the options for this merit badge. Check the Scoutmaster Bucky website for the other possibilities.

REQUIREMENT 1: Do the following:

REQUIREMENT A: 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.

Most likely hazards

Anticipate hazards

Prevent hazards

Mitigate hazards

Respond to hazards

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

Hypothermia

Frostbite

Lacerations

Abrasions

Fractures

Sprains and strains

Blisters

Heat-related reactions

Shock

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

ICE SKATING

REQUIREMENT A: Do the following:

REQUIREMENT 1: 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 2: Discuss the parts and functions of the different types of ice skates.

REQUIREMENT 3: Describe the proper way to carry ice skates.

REQUIREMENT 4: Describe how to store ice skates for long periods of time, such as seasonal storage.

REQUIREMENT B: Do the following:

REQUIREMENT 1: Skate forward at least 40 feet and come to a complete stop. Use either a twofooted snowplow stop or a one-footed snowplow stop.

Completed

REQUIREMENT 2: After skating forward, glide forward on two feet, then on one foot, first right and then left.

Completed

REQUIREMENT 3: Starting from a T position, stroke forward around the test area, avoiding the use of toe picks if wearing figure skates.

Completed

REQUIREMENT C: Do the following:

REQUIREMENT 1: Glide backward on two feet for at least two times the skater's height.

Completed

REQUIREMENT 2: Skate backward for at least 20 feet on two skates.

Completed

REQUIREMENT 3: 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.

Completed

REQUIREMENT D: Do the following:

REQUIREMENT 1: Perform forward crossovers in a figure-eight pattern.

Completed

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

REQUIREMENT 3: Perform a hockey stop.

Completed