



2024 Edition

SCOUTMASTER BUCKY

Skating Merit Badge – In-Line 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 IN-LINE 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

IN-LINE 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 **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:



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REQUIREMENT 2a3 Describe the required and recommended safety equipment.

Notes:

REQUIREMENT 2a4 Describe four essential steps to good skate care.

Notes:



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SKILL-BASED REQUIREMENT 2b1:	Skate forward with smooth, linked strokes on two feet for at least 100 feet.
SKILL-BASED REQUIREMENT 2b2:	Skate forward and glide at least 15 feet on one skate, then on the other skate.
SKILL-BASED REQUIREMENT 2b3:	Stop on command on flat pavement using the heel brake.
SKILL-BASED REQUIREMENT 2c1:	Perform the forward crossover.
SKILL-BASED REQUIREMENT 2c2:	Perform a series of forward, linked swizzles for at least 40 feet.
SKILL-BASED REQUIREMENT 2c3:	Skate backward for at least 40 feet in a series of linked, backward swizzles.
SKILL-BASED REQUIREMENT 2c4:	From a strong pace, perform a lunge turn around an object predetermined by your counselor.
SKILL-BASED REQUIREMENT 2c5:	Perform a mohawk.
SKILL-BASED 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.

Notes:



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REQUIREMENT 2d3: Describe at least three ways to avoid an unforeseen obstacle while skating.

Notes:

REQUIREMENT 2d4: Describe two ways to get on and off a curb, and demonstrate at least one of these methods.

Notes: