

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:

IN-LINE 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.

IN-LINE SKATING

REQUIREMENT A: Do the following:

REQUIREMENT 1: Give general and in-line skating safety rules and etiquette.

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

REQUIREMENT 3: Describe the required and recommended safety equipment.

REQUIREMENT 4: Describe four essential steps to good skate care.

REQUIREMENT B: Do the following:

REQUIREMENT 1: Skate forward with smooth, linked strokes on two feet for at least 100 feet.

Completed

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

Completed

REQUIREMENT 3: Stop on command on flat pavement using the heel brake.

Completed

REQUIREMENT C: Do the following:

REQUIREMENT 1: Perform the forward crossover.

Completed

REQUIREMENT 2: Perform a series of forward, linked swizzles for at least 40 feet.

Completed

REQUIREMENT 3: Skate backward for at least 40 feet in a series of linked, backward swizzles.

Completed

REQUIREMENT 4: From a strong pace, perform a lunge turn around an object predetermined by your counselor.

Completed

REQUIREMENT 5: Perform a mohawk.

Completed

REQUIREMENT D: Do the following:

REQUIREMENT 1: Perform a series of at least four one-footed downhill slaloms on pavement with a gentle slope.

Completed

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

REQUIREMENT 3: Describe at least three ways to avoid an unforeseen obstacle while skating.

REQUIREMENT 4: Describe two ways to get on and off a curb, and demonstrate at least one of these methods.