

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:

ROLLER 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.

ROLLER SKATING

REQUIREMENT A: Do the following:

REQUIREMENT 1: Give general safety and etiquette rules for roller skating.

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

REQUIREMENT 3: Describe five 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 in both directions around the rink and demonstrate proper techniques for stopping.

Completed

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

Completed

REQUIREMENT C: Do the following:

REQUIREMENT 1: Perform the crosscut.

Completed

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

Completed

REQUIREMENT 3: Skate forward in a slalom pattern for at least 40 feet on two skates, then for at least 20 feet on one skate.

Completed

REQUIREMENT 4: Skate backward in a slalom pattern for at least 15 feet on two skates.

Completed

REQUIREMENT D: Do the following:

REQUIREMENT 1: Shuttle skate once around the rink, bending twice along the way without stopping.

Completed

REQUIREMENT 2: Perform a widespread eagle.

Completed

REQUIREMENT 3: Perform a mohawk.

Completed

REQUIREMENT 4: Perform a series of two consecutive spins on skates OR hop, skip, and jump on skates for at least 10 feet.

Completed

REQUIREMENT E: Do the following:

REQUIREMENT 1: Race on a speed track, demonstrating proper technique in starting, cornering, passing, and pacing.

Completed

REQUIREMENT 2: 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.

Completed

REQUIREMENT 3: Perform the stepover.

Completed

REQUIREMENT 4: 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.

Completed