



2024 Edition

SCOUTMASTER BUCKY

Skating Merit Badge – Roller 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 ROLLER 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

ROLLER 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 **ROLLER SKATING** option.

REQUIREMENT 2a1: Give general safety and etiquette rules for roller skating.

Notes:

REQUIREMENT 2a2: Discuss the parts and functions of the roller skate.

Notes:

REQUIREMENT 2a3 Describe five 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 in both directions around the rink and demonstrate proper techniques for stopping.
SKILL-BASED REQUIREMENT 2b2:	Skate forward and glide at least 15 feet on one skate, then on the other skate.
SKILL-BASED REQUIREMENT 2c1:	Perform the forward crossover.
SKILL-BASED REQUIREMENT 2c2:	Skate backward for at least 40 feet on two skates, then for at least 15 feet on one skate.
SKILL-BASED REQUIREMENT 2c3:	Skate forward in a slalom pattern for at least 40 feet on two skates, then for at least 20 feet on one skate.
SKILL-BASED REQUIREMENT 2c4:	Skate backward in a slalom pattern for at least 15 feet on two skates.
SKILL-BASED REQUIREMENT 2d1:	Shuttle skate once around the rink, bending twice along the way without stopping.
SKILL-BASED REQUIREMENT 2d2:	Perform a series of two consecutive spins on skates, OR hop, skip, and jump on skates for at least 10 feet.
SKILL-BASED REQUIREMENT 2e1:	Race on a speed track, demonstrating proper technique in starting, cornering, passing, and pacing.
SKILL-BASED REQUIREMENT 2e2:	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.
SKILL-BASED REQUIREMENT 2e3:	Perform the stepover.
SKILL-BASED REQUIREMENT 2e4:	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.

