



# Skating

## Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).

Workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2006, Workbook updated: November 2008.

Scout's Name: \_\_\_\_\_ Unit: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_ Counselor's Ph #: \_\_\_\_\_

### 1) Show that you know first aid for injuries or illnesses that may occur while skating, including

hypothermia, \_\_\_\_\_

\_\_\_\_\_

frostbite, \_\_\_\_\_

\_\_\_\_\_

lacerations, \_\_\_\_\_

\_\_\_\_\_

abrasions, \_\_\_\_\_

\_\_\_\_\_

fractures, \_\_\_\_\_

\_\_\_\_\_

sprains and strains, \_\_\_\_\_

\_\_\_\_\_

blisters, \_\_\_\_\_

\_\_\_\_\_

heat reactions, \_\_\_\_\_

\_\_\_\_\_

shock, \_\_\_\_\_

\_\_\_\_\_

and cardiac arrest. \_\_\_\_\_

### 2) Complete ALL of the requirements for ONE of the following options,

#### **ICE SKATING**

(a) Do the following:

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. \_\_\_\_\_

2) Discuss the parts and functions of the different types of ice skates. \_\_\_\_\_

3) Describe the proper way to carry ice skates. \_\_\_\_\_

4) Describe how to store skates for long periods of time, such as seasonal storage. \_\_\_\_\_

(b) Do the following:

(1) Skate forward at least 40 feet and come to a complete stop. Use either a two-footed snowplow stop or a one-footed snowplow stop. \_\_\_\_\_

(2) After skating forward, glide forward on two feet, then on one foot, first right and then left. \_\_\_\_\_

(3) Starting from a T position, stroke forward around the test area, avoiding the use of toe picks if wearing figure skates, \_\_\_\_\_

(c) Do the following:

(1) Glide backward on two feet for at least two times the skater's height. \_\_\_\_\_

(2) Skate backward for at least 20 feet on two skates. \_\_\_\_\_

(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. \_\_\_\_\_

(d) Do the following:

(1) Perform a forward shoot-the-duck until you're nearly stopped. Rise while still on one foot. \_\_\_\_\_

(2) Perform forward crossovers in a figure eight pattern. \_\_\_\_\_

(3) Take part in a relay race. \_\_\_\_\_

(4) Perform a hockey stop. \_\_\_\_\_

**ROLLER SKATING**

(a) Do the following:

(1) Give general safety and etiquette rules for roller skating. \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_

(2) Discuss the parts and functions of the roller skate. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(3) Describe five essential steps to good skate care. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(b) Do the following:

(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.

(2) Skate forward and glide at least 15 feet on one skate, then on the other skate. \_\_\_\_\_

(c) Do the following:

(1) Perform the crosscut. \_\_\_\_\_

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

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

(4) Skate backward in a slalom pattern for at least 15 feet on two skates. \_\_\_\_\_

(d) Do the following:

(1) Shuttle skate once around the rink, bending twice along the way without stopping. \_\_\_\_\_

(2) Perform a widespread eagle. \_\_\_\_\_

(3) Perform a mohawk. \_\_\_\_\_

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

(e) Do the following:

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

(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. \_\_\_\_\_

(3) Perform the stepover. \_\_\_\_\_

(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. \_\_\_\_\_

**IN-LINE SKATING**

(a) Do the following:

(1) Give general and in-line skating safety rules and etiquette. \_\_\_\_\_  
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 \_\_\_\_\_  
 \_\_\_\_\_

(2) Describe the parts and functions of the in-line skate. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

(3) Describe the required and recommended safety equipment. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

(4) Describe four essential steps to good skate care.

(b) Do the following:

- (1) Skate forward with smooth, linked strokes on two feet for at least 100 feet. \_\_\_\_\_
- (2) Skate forward and glide at least 15 feet on one skate, then on the other skate. \_\_\_\_\_
- (3) Stop on command on flat pavement using the heel brake. \_\_\_\_\_

(c) Do the following:

- (1) Perform the forward crossover. \_\_\_\_\_
- (2) Perform a series of forward, linked swizzles for at least 40 feet. \_\_\_\_\_
- (3) Skate backward for at least 40 feet in a series of linked, backward swizzles. \_\_\_\_\_
- (4) From a strong pace, perform a lunge turn around an object predetermined by your counselor. \_\_\_\_\_
- (5) Perform a mohawk. \_\_\_\_\_

(d) Do the following:

- (1) Perform a series of at least four one-footed downhill slaloms on pavement with a gentle slope. \_\_\_\_\_
- (2) Describe how to pass a pedestrian or another skater from behind. \_\_\_\_\_  
 \_\_\_\_\_

(3) Describe at least three ways to avoid an unforeseen obstacle while skating. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

(4) Describe two ways to get on and off a curb, and demonstrate at least one of these methods. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Online Resources** (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ► [scouting.org](http://scouting.org) ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)  
► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

Boy Scout Merit Badge Workbooks: [BSA Troop 780](#) -or- [usscouts.org](http://usscouts.org) -or- [meritbadge.org](http://meritbadge.org) Merit Badge Books:  
[www.scoutstuff.org](http://www.scoutstuff.org)

► [Leave No Trace](#) ► [Outdoor Code](#) ► [Wilderness Use Policy](#) ► [Youth Protection Training](#)

### Requirement Resources

1: **First Aid:** See [http://meritbadge.org/wiki/index.php/First\\_Aid](http://meritbadge.org/wiki/index.php/First_Aid) for these links and more:

[First Aid Videos: Basics](#) - [Basics2](#) [Wilderness First Aid](#) [CPR Basics](#) [Venomous Snake Bite](#) [First Aid Kits](#)

Other First Aid Links: [Mayo Clinic First Aid Guide](#) [Class 1 Exam](#) [Class 3](#) [Warning Signs of Cancer](#) - [Heart Disease](#)

2: **Skills:**

[ExpertVillage.com Lesson Videos:](#)

► [How to Roller Skate](#)

► [How to Rollerblade](#)

► [Ice Skating Tips](#)

### General Resources

International In-Line Skating Assn: <http://www.iisa.org>

Roller Skating Association International: <http://www.rollerskating.com>

USA Roller Sports Recreation Program : <http://www.usarollersports.org>

U.S. Figure Skating Association: <http://www.usfigureskating.org>