



2024 Edition

# SCOUTMASTER BUCKY

## Sports Merit Badge

SCOUTS PARTICIPATING IN A SCOUTMASTER BUCKY MERIT BADGE OPPORTUNITY (ONLINE OR IN PERSON), PLEASE CONSIDER ALSO USING THE SPORTS MERIT BADGE CLASS PREPARATION PAGE FOR CLARIFICATIONS, INSIGHTS, AND EXPECTATIONS.

<https://scoutmasterbucky.com/merit-badges/sports/sports-cpp.pdf>

### SPORTS MERIT BADGE WORKBOOK

**REQUIREMENT 1a:** Explain to your counselor the most likely hazards you may encounter while playing sports, 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 participating in sports, including sprains, strains, contusions, abrasions, fractures, blisters, muscle cramps, injured teeth, dehydration, heat and cold reactions, and concussions or other suspected injuries to the head, neck, and back.

Note that this requirement component requires Scouts to SHOW their knowledge

**This requirement must be reviewed with your merit badge counselor.**

**BE PREPARED!**

**Sprains:**

**Strains:**

**Contusions:**



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**Abrasions:**

**Fractures:**

**Blisters:**

**Muscle Cramps:**



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**Injured Teeth:**

**Dehydration:**

**Heat and Cold Reactions:**

**Concussions or other suspected injuries to the head, neck, and back:**





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**REQUIREMENT 2a:** Explain the importance of the physical exam.

Notes:

**REQUIREMENT 2b:** Explain the importance of maintaining good health habits for life (such as exercising regularly).

Notes:



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**REQUIREMENT 2b:**

Explain how the use of tobacco products, alcohol, and other harmful substances can negatively affect your health and your performance in sports activities.

Notes:

**REQUIREMENT 2c:**

Explain the importance of maintaining a healthy diet.

Notes:



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**REQUIREMENT 3a:** Discuss the importance of warming up and cooling down.

Notes:

**REQUIREMENT 3b:** Discuss the importance of weight training.

Notes:



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**REQUIREMENT 3c:** Discuss what an amateur athlete is.

Notes:

**REQUIREMENT 3c:** Discuss the differences between an amateur and a professional athlete.

Notes:



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**REQUIREMENT 3d:** Discuss the attributes (qualities) of a good sport

Notes:

**REQUIREMENT 3d:** Discuss the importance of sportsmanship

Notes:



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**REQUIREMENT 3d:** Discuss the traits of a good team leader and player who exhibits Scout spirit on and off the playing field.

Notes:

**REQUIREMENT 4:** With guidance from your counselor, establish a personal training program suited to the activities you choose for requirement 5.

SELECTED SPORT #1: ( should match what was selected in Requirement 5)

Sport:

SELECTED SPORT #2: ( should match what was selected in Requirement 5)

Sport:

**REQUIREMENT 4a:** Create a chart and track your training, practice, and development in the sports for one season (or four months).

You can use your own tracking sheets, or you may choose to use

[Scoutmaster Bucky's - Sports Merit Badge Tracking Sheets](#)

These sheets are for one sport for 16 weeks, so you will need to print two sets for your two sports selections.

**This requirement must be reviewed with your merit badge counselor.**

**BE PREPARED!**

**REQUIREMENT 4b** Demonstrate proper technique for your two chosen sports.

**REQUIREMENT 4c** At the end of the season, share your completed chart with your counselor and discuss how your participation in the sports you chose has affected you mentally and physically.



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### REQUIREMENT 5:

Take part for one season (or four months) as a competitive individual or as a member of an organized team in TWO of the following sports: baseball, basketball, bowling, cross-country, diving, field hockey, flag football, flag team, golf, gymnastics, ice hockey, lacrosse, soccer, softball, spirit/cheerleading, swimming, tackle football, table tennis, tennis, track & field, volleyball, water polo and wrestling, and/or badminton. Your counselor may approve in advance other recognized sports.\* Then with your chosen sports do the following:

*\* The BSA has prohibited as official Scouting activities intramural, interscholastic, or club-sport competitions or activities. However, they can be acceptable for your organized school, league, or club activity, if approved by your counselor.*

- Give the rules and etiquette for the two sports you picked.
- List the equipment needed for the two sports you chose. Describe the protective equipment and appropriate clothing (if any) and explain why it is needed.
- Draw diagrams of the playing areas for your two sports.

SPORTS PARTICIPATION #1:

Which Sport did you select?

Positive Change:

Rules and Etiquette for this sport:



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Equipment / Clothing Needed and Why:

Draw Diagram of Playing Area (be sure to identify and name key items):





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**SPORTS PARTICIPATION #2:**

**Which Sport did you select?**

**Positive Change:**

**Rules and Etiquette for this sport:**

**Equipment / Clothing Needed and Why:**



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Draw Diagram of Playing Area (be sure to identify and name key items):