



Skating Merit Badge Workbook – Roller Skating Option

SCOUTMASTER BUCKY

Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Skating merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations.

<https://scoutmasterbucky.com/merit-badges/skating/skating-pamphlet.pdf>

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

REQUIREMENT 2 REQUIRES EXPERIENCED ADULT SUPERVISION.

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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HAZARD #6

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 hypothermia, frostbite, lacerations, abrasions, fractures, sprains and strains, concussions, blisters, heat-related reactions, and shock.

HYPOTHERMIA:

Prevention:

Symptoms:

Treatment:

FROSTBITE:

Prevention:

Symptoms:

Treatment:



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LACERATIONS:

Prevention:

Symptoms:

Treatment:

ABRASIONS:

Prevention:

Symptoms:

Treatment:



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FRACTURES:

Prevention:

Symptoms:

Treatment:

SPRAINS AND STRAINS:

Prevention:

Symptoms:

Treatment:



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CONCUSSIONS:

Prevention:

Symptoms:

Treatment:

BLISTERS:

Prevention:

Symptoms:

Treatment:



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HEAT-RELATED REACTIONS:

Prevention:

Symptoms:

Treatment:

SHOCK:

Prevention:

Symptoms:

Treatment:



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REQUIREMENT 2: Working under the supervision of an experienced adult, complete ALL of the requirements for the **ROLLER SKATING** option.

EXPERIENCED ADULT SUPERVISION: IS REQUIRED.

Adult's Name _____

Phone or Email _____

Adult's Signature _____

Date ☐ supervised

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

Notes:



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

Notes:

REQUIREMENT 2a3: Discuss the parts and functions of the roller skate.

Notes:



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REQUIREMENTS 2b, 2c, 2d, and 2e ARE ALL SKILL-BASED. SCOUTS WILL NEED TO DEMONSTRATE, PERFORM, AND SKATE ON THEIR ROLLER SKATES OVERSEEN AND REVIEWED BY A CERTIFIED MERIT BADGE COUNSELOR.

SCOUTS NOT ABLE TO PHYSICALLY PERFORM THESE SKILLS WILL FIND IT DIFFICULT TO COMPLETE.

Only Scouts that are mentally and physically able to perform the tasks will be considered for sign-off.
Some instructors / counselors may be able to provide some coaching, but there is no guarantee that the required skills to successfully accomplish these requirements can be developed enough for success.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

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

