



# 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: April 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**

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(a) Do the following:

1) Give general safety and courtesy rules for ice skating. \_\_\_\_\_

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\_\_\_\_\_

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. \_\_\_\_\_

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

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

(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**

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(a) Do the following:

(1) Give general and in-line skating safety rules and etiquette. \_\_\_\_\_  
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 \_\_\_\_\_  
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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:** [usscouts.org](http://usscouts.org) -or- [meritbadge.org](http://meritbadge.org) **Merit Badge Books:** [www.scoutstuff.org](http://www.scoutstuff.org)

[ExpertVillage First Aid Videos](#) 📺 [Make a First Aid Kit](#) 📺 [Basics](#) 📺 [Basics2](#) 📺 [CPR Basics](#) 📺 [Venomous Snake Bite](#)

[ExpertVillage.com Lesson Videos:](#) 📺 [How to Roller Skate](#) 📺 [How to Rollerblade](#) 📺 [Ice Skating Tips](#)

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>