

MERIT BADGE SERIES



SKATING



BOY SCOUTS OF AMERICA®

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Requirements

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.



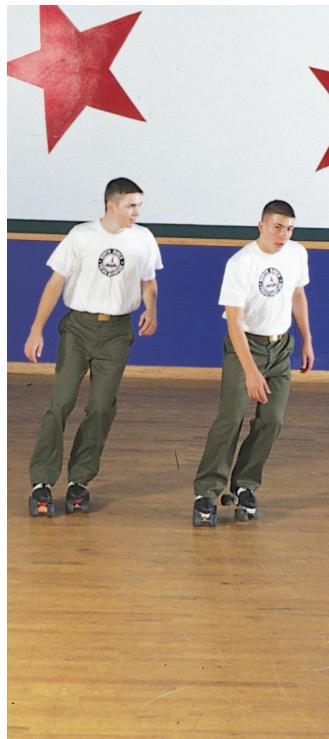
ICE SKATING

- 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 ice 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 are 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.
 - (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.
 - (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.



Skating Resources

Scouting Literature

Deck of First Aid; Emergency First Aid pocket guide; Be Prepared First Aid Book

Visit the Boy Scouts of America's official retail Web site at <http://www.scoutstuff.org> for a complete listing of all merit badge pamphlets and other helpful Scouting materials and supplies.

Books

Ice Skating

Gutman, Dan, *Ice Skating: From Axels to Zambonis*. Viking Children's Books, 1995.

Kunzle-Watson, Karin. *Ice Skating: Steps to Success*. Human Kinetics, 1995.

Morrissey, Peter, and James Young. *Figure Skating School*. Firefly Books, 1997.

Yamaguchi, Kristi, Christy Ness, et al. *Figure Skating for Dummies*. IDG Books Worldwide, 1997.

Ice Hockey

Brown, Newell, Vern Stenlund, and K. Vern Stenlund. *Hockey Drills for Scoring*. Human Kinetics, 1997.

Chambers, Dave. *Complete Hockey Instruction: Skills and Strategies for Coaches and Players*. NTC/Contemporary Publishing, 1994.

Stenlund, Vern K., and Tom Webster. *Hockey Drills for Puck Control*. Human Kinetics, 1996.

Roller Skating

Cuthbertson, Tom. *Anybody's Roller Skating Book*. Ten Speed Press, 1981.

Kulper, Eileen, *Roller Skating*. Capstone, 1991.

Sullivan, George, *Better Roller Skating for Boys and Girls*. Dodd Mead, 1980.

In-Line Skating

Chalmers, Aldie. *The Fantastic Book of In-Line Skating*. Copper Beech Books, 1997.

Edward, Chris, and Ray Moller, *The Young In-Line Skater*. DK Publishing, 1996.

Millar, Cam. *In-Line Skating Basics*. Turtleback, 1996.

Miller, Liz. *Get Rolling*. Ragged Mountain Press, 1998.

Skating Organizations

Inline Skating Resource Center

Web site: <http://www.iisa.org>

Roller Skating Association International

6905 Corporate Drive

Indianapolis, IN 46278

Telephone: 317-347-2626

Web site: <http://www.rollerskating.org>

USA Roller Sports

4730 South St.

Lincoln, NE 68506

Telephone: 402-483-7551

Web site: <http://www.usarollersports.org>

U.S. Figure Skating Association

20 First St.

Colorado Springs, CO 80906

Telephone: 719-635-5200

Web site:

<http://www.usfigureskating.org>

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Miller Sports Inc., Rancho Cordova, California, courtesy—page 21

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