

MERIT BADGE SERIES



SKATING



BOY SCOUTS OF AMERICA®

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"Enhancing our youths' competitive edge through merit badges"



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Requirements

1. Do the following:
 - a. 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.
 - b. Show that you know first aid for injuries or illnesses that could occur while skating, including hypothermia, frostbite, lacerations, abrasions, fractures, sprains and strains, blisters, heat-related reactions, and shock.
2. Complete ALL of the requirements for ONE of the following options.

ICE SKATING

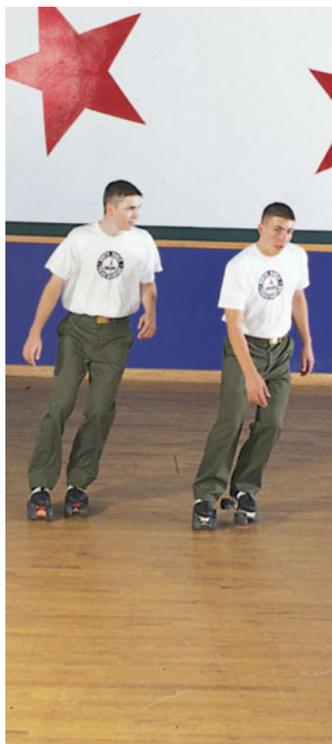


- a. Do the following:
 - (1) Give general safety and courtesy rules for ice skating. Discuss preparations that must be taken when skating outdoors on natural ice. Explain how to make an ice rescue.
 - (2) Discuss the parts and functions of the different types of ice skates.
 - (3) Describe the proper 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 forward crossovers in a figure-eight pattern.
 - (2) Explain to your counselor the safety considerations for running or participating in an ice skating race.
 - (3) 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

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

Petkevich, John Misha. *Figure Skating: Championship Techniques*. Sports Illustrated, 1988.

Poe, Carl. *Conditioning for Skating: Off-Ice Techniques for On-Ice Performance*. McGraw-Hill, 2002.

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. *The Hockey Drill Book*. Human Kinetics, 2007.

Stamm, Laura. *Laura Stamm's Power Skating*, 4th ed. Human Kinetics, 2009.

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

Walter, Ryan, and Mike Johnston. *Hockey Plays and Strategies*. Human Kinetics, 2009.

Roller Skating

Donnellan, Marty. *Teach Someone to Rollerskate—Even Yourself!* Pine Cone Press, 2013.

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

Phillips, Ann-Victoria. *The Complete Book of Roller Skating*. Workman Publishing, 1981.

In-Line Skating

Publow, Barry. *Speed on Skates: A Complete Technique, Training and Racing Guide for In-Line and Ice Skaters*. Human Kinetics, 1998.

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

Miller, Liz. *Get Rolling*. Get Rolling Books, 2003.

Skating Organizations

Inline Skating Resource Center

Website: <http://www.iisa.org>

Roller Skating Association International

Telephone: 317-347-2626

Website: <http://www.rollerskating.com>

USA Roller Sports

Telephone: 402-483-7551

Website: <http://www.teamusa.org/USA-Roller-Sports>

U.S. Figure Skating Association

20 First St.

Colorado Springs, CO 80906

Telephone: 719-635-5200

Website:

<http://www.usfigureskating.org>

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