



Multisport

Scouts BSA · Sports

Name

Started

Completed

Multisport combines swimming, biking, and running into one event, like a triathlon or duathlon. You'll learn to train smart, stay healthy, and finish a race of your own. It's a great way to build fitness and grit, one step at a time.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/merit-badges/multisport/). Tips and examples are ideas, not extra requirements.

1 Safety and first aid

Tips for this section: Learn first aid for things like blisters, scrapes, dehydration, and heat problems before you start training.

- ☐ **1a** Explain to your counselor the hazards you're most likely to face in multisport and how to anticipate, prevent, reduce, and respond to them

- ☐ **1b** Show you know first aid for multisport injuries and illnesses, including blisters, abrasions, sprains, strains, contusions, concussions, dehydration, overheating, and hypothermia

2 Health and fitness

Tips for this section: Get a checkup before you train hard, and talk about eating well and drinking enough water.

Example for this section: Talk about how you'll fuel training: a breakfast with grains and protein, water before and after workouts, fruit or a sandwich after long sessions, and enough sleep. Explain why a doctor's checkup matters before you train hard.

- ☐ **2a** Discuss why a yearly physical exam matters and why it covers medical history, allergies, medications, immunizations, and overall health. Tell your counselor when you last had one

- ☐ **2b** Explain why good health habits matter, especially while training, and how tobacco, alcohol, and other harmful substances hurt your health and athletic performance

- ☐ **2c** Define a healthy diet and explain why it's important to keep one

3 Choosing your format

Tips for this section: Think about which sports you already enjoy and what gear you have, then pick the format that fits you best.

Example for this section: If you swim well and like biking, an aquabike or triathlon might fit. If swimming isn't your thing, a duathlon (run, bike, run) works great. List the gear you have and what you'd need to borrow.

- ☐ **3a** Discuss with your counselor how familiar and experienced you are with the three sports (swim, bike, run), plus the usual order and distance of each leg in a multisport race

- ☐ **3b** Tell your counselor which of swimming, biking, or running is your strongest and which needs the most work

- ☐ **3c** Name the equipment needed for each of swimming, biking, and running

- ☐ **3d** Using your interests, experience, and talks with your counselor, pick ONE format for the rest of the badge: triathlon (swim, bike, run), duathlon (bike, run), aquathlon (swim, run), or aquabike (swim, bike)

4 Skills for your chosen format: Choose 1 of 4

Tips for this section: Practice each sport on its own first. Wear a helmet when biking and swim only where a lifeguard or trained adult is watching.

4a Triathlon

4a1 Swimming

- ☐ **4a1a** Earn the Swimming merit badge before doing requirements 5–8

- ☐ **4a1b** Explain the parts of Safe Swim Defense and how you'll make sure they're in place when you swim

- ☐ **4a1c** Explain to your counselor how a pool swim differs from an open-water swim, including the water temperature at which a wetsuit makes sense

4a2 Biking

- ☐ **4a2a** Explain to your counselor the four habits of safe cycling: be conspicuous, ride predictably, ride ready, and think ahead

- ☐ **4a2b** Discuss what to check regularly so your bike is safe to ride

- ☐ **4a2c** Explain why a correctly sized, fitted helmet and weather-appropriate clothing matter when cycling

4a3 Running

- ☐ **4a3a** Show a proper warm-up and cool-down for running, and explain to your counselor why hydration, nutrition, injury prevention, and rest matter

- ☐ **4a3b** Learn and state the basic road rules for runners

- ☐ **4a3c** Demonstrate running drills such as lunges, high knees, inchworms, butt kicks, and soldier kicks

4b Duathlon

4b1 Biking

- ☐ **4b1a** Explain to your counselor the four habits of safe cycling: be conspicuous, ride predictably, ride ready, and think ahead

- ☐ **4b1b** Discuss what to check regularly so your bike is safe to ride

- ☐ **4b1c** Explain why a correctly sized, fitted helmet and weather-appropriate clothing matter when cycling

4b2 Running

- ☐ **4b2a** Show a proper warm-up and cool-down for running, and explain to your counselor why hydration, nutrition, injury prevention, and rest matter

- ☐ **4b2b** Learn and state the basic road rules for runners

- ☐ **4b2c** Demonstrate running drills such as lunges, high knees, inchworms, butt kicks, and soldier kicks

4c Aquathlon

4c1 Swimming

- ☐ **4c1a** Earn the Swimming merit badge before doing requirements 5–8

- ☐ **4c1b** Explain the parts of Safe Swim Defense and how you'll make sure they're in place when you swim

- ☐ **4c1c** Explain to your counselor how a pool swim differs from an open-water swim, including the water temperature at which a wetsuit makes sense

4c2 Running

- ☐ **4c2a** Show a proper warm-up and cool-down for running, and explain to your counselor why hydration, nutrition, injury prevention, and rest matter

- ☐ **4c2b** Learn and state the basic road rules for runners

- ☐ **4c2c** Demonstrate running drills such as lunges, high knees, inchworms, butt kicks, and soldier kicks

4d Aquabike

4d1 Swimming

- ☐ **4d1a** Earn the Swimming merit badge before doing requirements 5–8

- ☐ **4d1b** Explain the parts of Safe Swim Defense and how you'll make sure they're in place when you swim

- ☐ **4d1c** Explain to your counselor how a pool swim differs from an open-water swim, including the water temperature at which a wetsuit makes sense

4d2 Biking

- ☐ **4d2a** Explain to your counselor the four habits of safe cycling: be conspicuous, ride predictably, ride ready, and think ahead

- ☐ **4d2b** Discuss what to check regularly so your bike is safe to ride

- ☐ **4d2c** Explain why a correctly sized, fitted helmet and weather-appropriate clothing matter when cycling

5 Four-week training plan

Tips for this section: Write your plan on a calendar and log each workout. Small steady gains add up fast.

Example for this section: A sample week: Monday swim 25 minutes, Tuesday run 25 minutes, Wednesday rest, Thursday bike 30 minutes, Friday swim 25 minutes, Saturday a bike-then-run brick workout, Sunday rest. Warm up before each session, stretch after, and log your times and how you felt.

- ☐ **5a** With your counselor's guidance, make a four-week training plan for your chosen format to build technique, confidence, and endurance. Each session lasts at least 25 minutes, with a warm-up before and stretching after

- ☐ **5b** Track your training and progress over the four weeks with a chart or other method

- ☐ **5c** Set a personal improvement goal for time, technique, or distance (one or more)

- ☐ **5d** When the four weeks are up, review your progress with your counselor and how the training changed you mentally and physically

- ☐ **6** Learn how to set up a transition area for your bike and running gear, and discuss with your counselor how to switch smoothly and safely between legs, such as getting on and off your bike or changing gear

Tip: Lay out your gear at home in the order you'll need it, then practice switching quickly from one sport to the next.

Example: Lay a towel next to your bike with your helmet on top, upside down with straps open, then shoes, sunglasses, race number, and a water bottle. Practice the swim-to-bike and bike-to-run switches at home.

7 Complete your event: Choose 1 of 4

Tips for this section: Look for a youth or beginner race nearby. Your goal is to finish safely and have fun, not to win.

Example for this section: On race day, check in early, set up your transition area, warm up, and start at a pace you can keep. Afterward, write down your times, what went well, and what you'd change next race.

- ☐ **7a** After finishing requirements 1–6, if it's the format you chose in 3d, complete your triathlon on one day, back to back, with smooth, safe transitions: swim 100 m, bike 3 km, run 1 km

- ☐ **7b** After finishing requirements 1–6, if it's the format you chose in 3d, complete your duathlon on one day, back to back, with smooth, safe transitions: run 1.5 km, bike 3 km, run 0.75 km

- ☐ **7c** After finishing requirements 1–6, if it's the format you chose in 3d, complete your aquathlon on one day, back to back, with smooth, safe transitions: swim 100 m, run 1 km

- ☐ **7d** After finishing requirements 1–6, if it's the format you chose in 3d, complete your aquabike on one day, back to back, with smooth, safe transitions: swim 100 m, bike 3 km

8 Keep going in multisport: Choose 2 of 5

Tips for this section: Volunteer at a local race or invite friends to train with you.

Example for this section: Volunteer at a local race handing out water or helping at transition, or lead a training ride for younger Scouts with adult supervision, or start a weekly run with friends.

- ☐ **8a** Find two ways to keep doing multisport after this badge, and discuss them with your counselor

- ☐ **8b** Research an Olympic, Paralympic, or pro triathlete, past or present, and tell your counselor how they got into the sport and what about them inspires you

Multisport worksheet (continued)

- ☐ **8c** Show leadership by starting a training group and teaching peers about physical activity, nutrition, and the multisport disciplines; discuss it with your counselor

- ☐ **8d** Register for and take part in a sanctioned multisport event near you, and discuss it with your counselor

- ☐ **8e** Volunteer at a local multisport event, running race, bike event, swim meet, or adaptive sports event, and discuss it with your counselor