



Skating

Scouts BSA · Sports

Name

Started

Completed

Skating is a fun way to stay active and build balance. You will learn how to skate safely and pick the style you enjoy most to work on. With steady practice, you'll be surprised how quickly your skills improve.

Requirements

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

1 Skating safety and first aid

Tips for this section: Talk about common falls and injuries, how protective gear helps, and the first aid you'd give for scrapes or sprains.

Example for this section: Make a quick chart of what could go wrong and what helps: falling backward (wear a helmet and learn to fall to the side), wrist injuries (wear wrist guards), cold on outdoor ice (dress in layers), and scrapes or sprains (clean the wound, rest, ice, and tell an adult).

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

- ☐ **1b** Show you know first aid for skating injuries and illnesses, including hypothermia, frostbite, cuts, scrapes, broken bones, sprains, strains, concussions, blisters, heat reactions, and shock

2 Skate with an experienced adult supervising: Choose 1 of 4

Tips for this section: Pick the skating style you enjoy most and practice with an adult nearby at a rink, skatepark, or safe paved area.

Example for this section: Keep a practice log for your skating option. Each session, write which skill you worked on, like stopping, skating backward, or crossovers, and one thing that improved. Bring the log when you show your counselor your skills.

2a Option A: ice skating

- ☐ **2a1** Explain the basic safety and courtesy rules for ice skating

- ☐ **2a2** Discuss how to prepare before skating outdoors on natural ice, and explain how to rescue someone who has fallen through ice

- ☐ **2a3** Discuss the parts of the different kinds of ice skates and what each part does

- ☐ **2a4** Describe how to carry ice skates properly, both at the rink and when you travel

- ☐ **2a5** Describe how to store ice skates for a long time, such as between seasons

- ☐ **2a6** Skate forward 40 feet or more and come to a full stop using a two-foot or one-foot snowplow stop

- ☐ **2a7** After skating forward, glide forward on both feet, then on just the right foot, then on just the left

- ☐ **2a8** Starting in a T position, stroke forward all the way around the test area, without using toe picks if you're on figure skates

- ☐ **2a9** Glide backward on both feet for a distance of at least twice your height

- ☐ **2a10** Skate backward on both skates for 20 feet or more

- ☐ **2a11** After building forward speed, glide on both feet through a 180-degree turn around a cone, once turning right and once turning left

- ☐ **2a12** Skate forward crossovers while tracing a figure eight

- ☐ **2a13** Explain to your counselor the safety issues to consider before entering an ice-skating race

- ☐ **2a14** Do a hockey stop

2b Option B: roller skating

- ☐ **2b1** Explain the basic safety rules and etiquette for roller skating

- ☐ **2b2** Discuss what each part of a roller skate does

- ☐ **2b3** Describe five key steps in taking good care of roller skates

- ☐ **2b4** Skate forward on both feet with smooth, connected strokes for 100 feet or more in each direction around the rink, and show correct ways to stop

- ☐ **2b5** Skate forward and glide 15 feet or more on each skate in turn

- ☐ **2b6** Do a forward crossover

- ☐ **2b7** Skate backward on both skates for 40 feet or more, then on one skate for 15 feet or more

- ☐ **2b8** Skate forward through a slalom course on both skates for 40 feet or more, then on one skate for 20 feet or more

- ☐ **2b9** Skate backward through a slalom course on both skates for 15 feet or more

- ☐ **2b10** Shuttle skate one lap around the rink without stopping, bending down twice along the way

- ☐ **2b11** On skates, do two spins back to back, or hop, skip, and jump for 10 feet or more

- ☐ **2b12** Do a stepover

- ☐ **2b13** While skating, dribble a basketball out 40 feet or more and back to your start, or use a stick to move a hockey ball out 40 feet or more and back

2c Option C: in-line skating

- ☐ **2c1** Explain the basic safety and courtesy rules for in-line skating

- ☐ **2c2** Describe what each part of an in-line skate does

- ☐ **2c3** Describe the safety gear that is required and the gear that is recommended for in-line skating

- ☐ **2c4** Explain four key steps in taking good care of in-line skates

- ☐ **2c5** Skate forward on both feet with smooth, connected strokes for 100 feet or more

- ☐ **2c6** Skate forward and glide 15 feet or more on each skate in turn

- ☐ **2c7** Stop on command using the heel brake on level pavement

- ☐ **2c8** Do a forward crossover

- ☐ **2c9** Skate a series of connected forward swizzles for 40 feet or more

- ☐ **2c10** Skate backward 40 feet or more using a series of connected backward swizzles

- ☐ **2c11** Skating at a strong pace, do a lunge turn around an object your counselor picks ahead of time

- ☐ **2c12** Do a mohawk

- ☐ **2c13** On pavement with a gentle downhill slope, do at least four one-footed slaloms in a row

- ☐ **2c14** Describe how to pass a walker or another skater from behind

- ☐ **2c15** Describe three or more ways to avoid an obstacle that appears suddenly while skating

- ☐ **2c16** Describe two ways to get up onto and down off a curb, and show at least one of them

2d Option D: skateboarding

- ☐ **2d1** Explain how skateboarding began and how it has changed over time

- ☐ **2d2** Describe how skateboarding benefits you: fitness, balance, coordination, perseverance, and creativity

- ☐ **2d3** Explain skateboarding safety and courtesy rules, including right-of-way and the signals and warnings skaters use

- ☐ **2d4** Explain the protective gear needed for safe skating (helmet, wrist guards, knee pads, and elbow pads) and show the right way to wear each

- ☐ **2d5** Describe street and vert, the two main skateboarding styles, and common skatepark features such as ramps, manual pads, rails, and spines

- ☐ **2d6** Explain the parts of a skateboard, such as the deck, trucks, wheels, and hardware

- ☐ **2d7** Build a skateboard by putting its parts together in the right order: deck, trucks, wheels, hardware, and grip tape

- ☐ **2d8** Explain how to maintain a skateboard, including cleaning it, adjusting bolts, and replacing parts

- ☐ **2d9** Explain regular versus goofy stance and show the stance you prefer

- ☐ **2d10** On flat ground, show how to push, cruise, and carve

- ☐ **2d11** Show two or more ways to brake and stop

- ☐ **2d12** Do a basic ollie plus at least one variation of it

- ☐ **2d13** Show how to drop in from the coping

- ☐ **2d14** Show three skateboarding tricks taken from the trick types below

- ☐ **2d14a** Flat ground tricks

- ☐ **2d14b** Flip and shove-it tricks

- ☐ **2d14c** Grind and slide tricks

- ☐ **2d14d** Air and grab tricks

- ☐ **2d14e** Footplant tricks