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Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org

Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: Merit.Badge@Scouting.Org

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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.

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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.

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| Hypothermia: |  |
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| Frostbite: |  |
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| Lacerations: |  |
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| Fractures: |  |
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| Sprains and strains: |  |
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| Blisters: |  |
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| Heat-related reactions: |  |
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| Shock: |  |
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2. Complete ALL of the requirements for ONE of the following options,

⬜ **Ice Skating Option**

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.

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Explain how to make an ice rescue.

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2. Discuss the parts and functions of the different types of ice skates.

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3. Describe the proper way to carry ice skates.

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4. Describe how to store skates for long periods of time, such as seasonal storage.

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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.

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⬜ 3. Perform a hockey stop.

⬜ **Roller Skating Option**

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 Option**

a. Do the following:

 1. Give general and in-line skating safety rules and etiquette.

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 2. Describe the parts and functions of the in-line skate.

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 3. Describe the required and recommended safety equipment.

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 4. Describe four 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.

⬜ 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.

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 3. Describe at least three ways to avoid an unforeseen obstacle while skating.

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 4. Describe two ways to get on and off a curb, and demonstrate at least one of these methods.

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**When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088).Important excerpts from that publication can be downloaded from** [**http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf**](http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf)**.**

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