

2010

SKATING
PROGRAM OVERVIEW
& WORKBOOK



SKATE ISLAND

MERIT BADGE UNIVERSITY

OVERLAND TRAILS COUNCIL

7/31/2010

TABLE OF CONTENTS

PROGRAM OVERVIEW

MERIT BADGE REQUIREMENTS

*(PRE-REQUISITE REQUIREMENTS IN **BOLD RED UNDERLINED ITALICS**)*

WORKBOOK PART ONE

(COMPLETE BEFORE ATTENDING MBU)

WORKBOOK PART TWO

(WILL BE COMPLETED DURING CLASS)

ADDITIONAL RESOURCES

APPLICATION for MERIT BADGE

(MUST HAVE UNIT LEADER SIGNATURE PRIOR TO CLASS)



FEBRUARY 2010

Information in this booklet was accurate at the time of publishing.
Boy Scouts Requirements 2010, Copyrighted Boy Scouts of America
Program Overview & Workbook was reviewed by
MBU Staff/Committee.

SKATING PROGRAM OVERVIEW

COUNSELOR: tba

C/O: Overland Trails Council
PO Box 1361
Grand Island, NE 68802-1361

LOCATION: Skate Island
2310 North Webb Road
Grand Island, NE 68803

TRANSPORTATION: Transportation is provided

ADDITIONAL COSTS: \$10.00

CLASS SIZE: 100

BRING TO CLASS: Skating merit badge pamphlet.
Skating merit badge workbook, part one & part two.
Signed "Application for Merit Badge", found at the end of the merit badge workbook. (This will be your only record of work completed on this merit badge.) If your Council requires the official "blue card", you must bring one with you to class.

PRE-REQUISITES: Complete Part One of the workbook before class (requirement 1).
Complete information on "Application for Merit Badge", including Scoutmasters signature and bring with you to class (this will be your only record of completing this merit badge).

CURRICULUM: Requirements 2 – Roller Skating Option will be completed during class (part two of the workbook). Pre-requisites will also be reviewed during class.

The skating requirement of this merit badge will require additional practice by novice riders. Scouts will receive credit for all work completed.



PRE-REQUISITE REQUIREMENTS ARE PRINTED IN **ITALICS &**
MUST BE COMPLETED BEFORE CLASS.

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 Option

- 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 tow points 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 Option

- 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 backward 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.
 - 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 WORKBOOK

PART ONE, PRE-REQUISITIES



Name _____
 Unit # _____ District _____
 Council _____

Part One of the workbook must be completed before class.

Bring the entire workbook (part one and part two) with you to class.

Also bring the "Application for Merit Badge" signed by your scoutmaster (included at the end of the workbook).

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.

First Aid for the following:

<i>Hypothermia</i>	
<i>Frostbite</i>	
<i>Lacerations</i>	
<i>Abrasions</i>	
<i>Fractures</i>	
<i>Sprains and strains</i>	
<i>Blisters</i>	
<i>Heat reactions</i>	
<i>Shock</i>	
<i>Cardiac arrest</i>	

Name _____

ICE SKATING OPTION continued

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

Parts of an ice skate:

Function:

<i>Parts of an ice skate:</i>	<i>Function:</i>

- 3) Describe the proper way to carry ice skates.

Proper way to carry ice skates:

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

How to store ice skates:

- 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.

Completed:

	<i>Initial:</i>	<i>date:</i>
--	-----------------	--------------

- 2) After skating forward, glide forward on two feet, then on one foot, first right and then left.

Completed:

	<i>Initial:</i>	<i>date:</i>
--	-----------------	--------------

- 3) Starting from a T position, stroke forward around the test area, avoiding the use of tow points if wearing figure skates.

Completed:

	<i>Initial:</i>	<i>date:</i>
--	-----------------	--------------

Name _____

ICE SKATING OPTION continued	
<input type="checkbox"/> c) Do the following:	
<input type="checkbox"/> 1) Glide backward on two feet for at least two times the skater's height.	
Completed:	
<div style="border: 1px solid black; padding: 5px; text-align: right;"> <i>Initial:</i> <i>date:</i> </div>	
<input type="checkbox"/> 2) Skate backward for at least 20 feet on two skates.	
Completed:	
<div style="border: 1px solid black; padding: 5px; text-align: right;"> <i>Initial:</i> <i>date:</i> </div>	
<input type="checkbox"/> 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.	
Completed:	
<div style="border: 1px solid black; padding: 5px; text-align: right;"> <i>Initial:</i> <i>date:</i> </div>	
<input type="checkbox"/> d) Do the following:	
<input type="checkbox"/> 1) Perform a forward shoot-the-duck until you are nearly stopped. Rise while still on one foot.	
Completed:	
<div style="border: 1px solid black; padding: 5px; text-align: right;"> <i>Initial:</i> <i>date:</i> </div>	
<input type="checkbox"/> 2) Perform forward crossovers in a figure-eight pattern.	
Completed:	
<div style="border: 1px solid black; padding: 5px; text-align: right;"> <i>Initial:</i> <i>date:</i> </div>	
<input type="checkbox"/> 3) Take part in a relay race.	
Completed:	
<div style="border: 1px solid black; padding: 5px; text-align: right;"> <i>Initial:</i> <i>date:</i> </div>	
<input type="checkbox"/> 4) Perform a hockey stop.	
Completed:	
<div style="border: 1px solid black; padding: 5px; text-align: right;"> <i>Initial:</i> <i>date:</i> </div>	

Name _____

ROLLER SKATING OPTION

Roller Skating Option
 a) Do the following:
 1) Give general safety and etiquette rules for roller skating.

General safety and etiquette rules:

2) Discuss the parts and functions of the roller skate.

Parts of a roller skate:

Function:

<i>Parts of a roller skate:</i>	<i>Function:</i>

3) Describe five essential steps to good skate care.

Essential steps to good skate care:

Name _____

ROLLER SKATING OPTION continued <input type="checkbox"/> b) Do the following: <input type="checkbox"/> 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.	
Completed:	
_____ <i>Initial:</i> <i>date:</i>	
<input type="checkbox"/> 2) Skate forward and glide at least 15 feet on one skate, then on the other skate.	
Completed:	
_____ <i>Initial:</i> <i>date:</i>	
<input type="checkbox"/> c) Do the following: <input type="checkbox"/> 1) Perform the crosscut.	
Completed:	
_____ <i>Initial:</i> <i>date:</i>	
<input type="checkbox"/> 2) Skate backward for at least 40 feet on two skates, then for at least 15 feet on one skate.	
Completed:	
_____ <i>Initial:</i> <i>date:</i>	
<input type="checkbox"/> 3) Skate backward in a slalom pattern for at least 40 feet on two skates, then for at least 20 feet on one skate.	
Completed:	
_____ <i>Initial:</i> <i>date:</i>	
<input type="checkbox"/> 4) Skate backward in a slalom pattern for at least 15 feet on two skates.	
Completed:	
_____ <i>Initial:</i> <i>date:</i>	

Name _____

ROLLER SKATING OPTION continued <input type="checkbox"/> d) Do the following: <input type="checkbox"/> 1) Shuttle skate once around the rink, bending twice along the way without stopping.	
Completed:	
	Initial: date:
<input type="checkbox"/> 2) Perform a widespread eagle.	
Completed:	
	Initial: date:
<input type="checkbox"/> 3) Perform a Mohawk.	
Completed:	
	Initial: date:
<input type="checkbox"/> 4) Perform a series of two consecutive spins on skates, OR hop, skip, and jump on skates for at least 10 feet.	
Completed:	
	Initial: date:
<input type="checkbox"/> e) Do the following: <input type="checkbox"/> 1) Race on a speed track, demonstrating proper technique in starting, cornering, passing, and pacing.	
Completed:	
	Initial: date:
<input type="checkbox"/> 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.	
Completed:	
	Initial: date:

Name _____

ROLLER SKATING OPTION continued				
<input type="checkbox"/> 3) Perform the stepover.				
<i>Completed:</i>				
<table border="1"><tr><td style="width: 50%;"></td><td style="width: 25%; text-align: center;"><i>Initial:</i></td><td style="width: 25%; text-align: center;"><i>date:</i></td></tr></table>			<i>Initial:</i>	<i>date:</i>
	<i>Initial:</i>	<i>date:</i>		
<input type="checkbox"/> 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.				
<i>Completed:</i>				
<table border="1"><tr><td style="width: 50%;"></td><td style="width: 25%; text-align: center;"><i>Initial:</i></td><td style="width: 25%; text-align: center;"><i>date:</i></td></tr></table>			<i>Initial:</i>	<i>date:</i>
	<i>Initial:</i>	<i>date:</i>		

Name _____

IN-LINE SKATING OPTION

In-Line Skating Option
 a) Do the following:
 1) Give general and in-line skating safety rules and etiquette.

General safety and etiquette rules:

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

Parts of a roller skate:

Function:

3) Describe the required and recommended safety equipment.

Required Safety Equipment

Recommended Safety Equipment

4) Describe four essential steps to good skate care.

Essential steps to good skate care:

Name _____

IN-LINE SKATING OPTION continued	
<input type="checkbox"/> b) Do the following:	
<input type="checkbox"/> 1) Skate forward with smooth, linked strokes on two feet for at least 100 feet.	
Completed:	
<div style="border: 1px solid black; padding: 5px; display: flex; justify-content: space-between;"> Initial: date: </div>	
<input type="checkbox"/> 2) Skate forward and glide at least 15 feet on one skate, then on the other skate.	
Completed:	
<div style="border: 1px solid black; padding: 5px; display: flex; justify-content: space-between;"> Initial: date: </div>	
<input type="checkbox"/> 3) Stop on command on flat pavement using the heel brake.	
Completed:	
<div style="border: 1px solid black; padding: 5px; display: flex; justify-content: space-between;"> Initial: date: </div>	
<input type="checkbox"/> c) Do the following:	
<input type="checkbox"/> 1) Perform the forward crossover.	
Completed:	
<div style="border: 1px solid black; padding: 5px; display: flex; justify-content: space-between;"> Initial: date: </div>	
<input type="checkbox"/> 2) Perform a series of forward, linked swizzles for at least 40 feet.	
Completed:	
<div style="border: 1px solid black; padding: 5px; display: flex; justify-content: space-between;"> Initial: date: </div>	
<input type="checkbox"/> 3) Skate backward for at least 40 feet in a series of linked, backward swizzles.	
Completed:	
<div style="border: 1px solid black; padding: 5px; display: flex; justify-content: space-between;"> Initial: date: </div>	
<input type="checkbox"/> 4) From a strong pace, perform a lunge turn around an object predetermined by your counselor.	
Completed:	
<div style="border: 1px solid black; padding: 5px; display: flex; justify-content: space-between;"> Initial: date: </div>	

Name _____

IN-LINE SKATING OPTION continued <input type="checkbox"/> 5) Perform a mohawk.			
Completed: <table border="1" style="width: 100%; margin-top: 5px;"> <tr> <td style="width: 60%;"></td> <td style="width: 20%; text-align: center;"><i>Initial:</i></td> <td style="width: 20%; text-align: center;"><i>date:</i></td> </tr> </table>		<i>Initial:</i>	<i>date:</i>
	<i>Initial:</i>	<i>date:</i>	
<input type="checkbox"/> d) Do the following: <input type="checkbox"/> 1) Perform a series of at least four one-footed downhill slaloms on pavement with a gentle slope.			
Completed: <table border="1" style="width: 100%; margin-top: 5px;"> <tr> <td style="width: 60%;"></td> <td style="width: 20%; text-align: center;"><i>Initial:</i></td> <td style="width: 20%; text-align: center;"><i>date:</i></td> </tr> </table>		<i>Initial:</i>	<i>date:</i>
	<i>Initial:</i>	<i>date:</i>	
<input type="checkbox"/> 2) Describe how to pass a pedestrian or another skater from behind.			
Describe how to pass: <table border="1" style="width: 100%; margin-top: 5px;"> <tr><td style="height: 20px;"></td></tr> <tr><td style="height: 20px;"></td></tr> <tr><td style="height: 20px;"></td></tr> </table>			
<input type="checkbox"/> 3) Describe at least three ways to avoid an unforeseen obstacle while skating.			
Describe how to avoid unforeseen obstacles: <table border="1" style="width: 100%; margin-top: 5px;"> <tr><td style="height: 20px;">1</td></tr> <tr><td style="height: 20px;">2</td></tr> <tr><td style="height: 20px;">3</td></tr> </table>	1	2	3
1			
2			
3			
<input type="checkbox"/> 4) Describe two ways to get on and off a curb, and demonstrate at least one of these methods.			
Describe how to get on and off a curb: <table border="1" style="width: 100%; margin-top: 5px;"> <tr><td style="height: 20px;">1</td></tr> <tr><td style="height: 20px;">2</td></tr> </table>	1	2	
1			
2			
Demonstrate at least one of these methods: <table border="1" style="width: 100%; margin-top: 5px;"> <tr> <td style="width: 60%;"></td> <td style="width: 20%; text-align: center;"><i>Initial:</i></td> <td style="width: 20%; text-align: center;"><i>date:</i></td> </tr> </table>		<i>Initial:</i>	<i>date:</i>
	<i>Initial:</i>	<i>date:</i>	

ORGANIZATIONS and WEB SITES

(Whenever you go online, be sure you have your parent's permission first.)

Inline Skating Resource Center

<http://www.iisa.org>

Roller Skating Association International

<http://www.rollerskating.org>

USA Roller Sports

<http://www.usarollersports.org>

U.S. Figure Skating Association

<http://www.usfigureskating.org>

SKATING WORKBOOK

Notes



APPLICATION FOR MERIT BADGE

Name: _____

Address: _____

City: _____

State: _____

Is a registered _____ Boy Scout,
 _____ Varsity Scout,
 _____ Venturer,

of _____ No. _____
Troop, team, crew, ship

District: _____

Council: _____

MERIT BADGE UNIVERISTY

Merit Badge: **Skating**

Counselor: _____

Address: Overland Trails Council

PO Box 1361

2808 O'Flannagan

Grand Island, NE 68802-1361

Phone: 308-382-3717

email: mbuotc@yahoo.com

and is qualified to begin working for this merit badge and has completed the following pre-requisite requirements:

SECTION A PRE-REQUISITE REQUIREMENTS

Requirement No. and letter	Date of Approval	Counselor Initial	Requirement No. and letter	Date of Approval	Counselor Initial
1					

The applicant has personally appeared before me and demonstrated to my satisfaction that he has met all pre-requisites requirements for the above stated merit badge and is ready to attend his assigned MBU class.

Signature of Unit Leader _____ Date _____

SECTION B APPLICANTS RECORD

Requirement No. and letter	Date of Approval	Counselor Initial	Requirement No. and letter	Date of Approval	Counselor Initial
R S Option a)					
R S Option b)					
R S Option c)					
R S Option d)					
R S Option e)					

The applicant has personally appeared before me and demonstrated to my satisfaction that he has completed all requirements in **SECTION B** above for the

Merit Badge: **Skating**

Name of Counselor: _____

Signature of Counselor _____ Date _____

SCOUT INSTRUCTIONS

- Complete your name, address, city, unit type & number, district, & council on the Application for Merit Badge.
- Your unit leader must sign the Application for Merit Badge before attending class.
- All other information is already printed on the Application for Merit Badge; please make sure all information is correct.
- The merit badge counselor is registered & approved for this merit badge and is on the MBU Counselor's List.
- Read the merit badge pamphlet.
- Attend the merit badge class.
- Always meet with your counselor along with a buddy (a Scout, friend, or parent)
- Have your merit badge worksheet with you when you attend class.
- **If the merit badge pre-requisites are not completed before class, you will not be able to complete the merit badge during this weekend event, you will have to follow up with your Unit's Advancement Chair when you return home**
- **PLEASE BE AWARE THAT SOME COUNSELORS WILL NOT ALLOW YOU TO ATTEND THEIR CLASS WITHOUT PRE-REQUISITES COMPLETED—CLASS CURRICULUM IS DEPENDENT ON PRE-REQUISITE WORK BEING COMPLETED!**

COUNSELOR INSTRUCTIONS

- Never meet alone with a Scout.
- Verify all information & merit badge name on Application for Merit Badge is correct.
- Sign your name on the line at the bottom of **"SECTION B APPLICANTS RECORD"**.