

Multisport

Merit Badge Workbook



Merit badges are earned by doing: reading the pamphlet, practicing the skills, and showing your counselor what you have learned.
This workbook gives you a place to organize your notes and track your progress along the way.
Merit badge counselors may not require the use of this or any similar workbook.
You still must satisfy your counselor that you can demonstrate each skill and have learned the information.
Use the space under each requirement to note what you have done and what you want to talk about, not to write out full answers.
When a requirement says discuss, show, tell, explain, or demonstrate, that is what you must do.
No one may add to or subtract from the official requirements found on scouting.org (Guide to Advancement 7.0.4.8).
Scouting America last updated this badge's requirements page on January 26, 2026.
Requirements change from time to time. Double-check scouting.org before you start.

Scout's name: _____ Unit: _____ Date started: _____

Counselor's name: _____ Phone no.: _____ Email: _____

Links marked "Scouting America resources" are the ones Scouting America shares on its official badge page.
This workbook is unofficial and not endorsed by Scouting America.

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1. Do the following:

(a) Explain to your counselor the most likely hazards you may encounter during multisport activities and what you should do to anticipate, prevent, mitigate, and respond to these hazards.
Scouting America resources: How To Avoid Injury When Triathlon Training (video)

Multisport hazards

Hazard	Anticipate and prevent	Mitigate and respond

(b) Show that you know first aid for injuries or illnesses that could occur while participating in multisport events, including abrasions, blisters, concussions, contusions, dehydration, hypothermia, overheating, sprains, and strains.
Scouting America resources: RICE Treatment for Sprains and Strains (video) · Treating Heat Exhaustion and Heat Stroke (video)
How To Avoid and Treat Foot Blisters (video)

First aid for multisport injuries and illnesses

Injury or illness	First aid I would give
Abrasions	
Blisters	
Concussions	
Contusions	
Dehydration	

First aid for multisport injuries and illnesses (continued)

Injury or illness	First aid I would give
Hypothermia	
Overheating	
Sprains	
Strains	

Requirement 1 completed on _____ counselor initials _____

2. Do the following:

(a) Discuss the importance of having a physical examination each year. Discuss why overall health, immunizations, medications, allergies, and medical history are covered during an examination. Tell your counselor when you last underwent a physical examination.

Scouting America resources: Scouting America Annual Health and Medical Record (website)

Why a physical exam each year matters

What an exam covers, and why

Topic	Why it is covered
Overall health	
Immunizations	
Medications	
Allergies	
Medical history	

My last physical exam was on _____

(b) Explain the importance of maintaining good health habits, especially during training, and how the use of tobacco products, alcohol, and other harmful substances can negatively affect your health and your performance in athletic activities.

Scouting America resources: 7 Reasons To Be Smoke-Free (video) · Vaping Impacts Your Athletic Ability (video) 3 Things To Know About Drinking Alcohol (video)

Good health habits during training, and why they matter

How harmful substances affect health and athletic performance

Substance	Effect on my health	Effect on my performance
Tobacco products		
Alcohol		
Other harmful substances		

(c) Define a healthy diet and explain the importance of maintaining a healthy diet.

Scouting America resources: Nutrition Fuels Training! (video)

A healthy diet is

Why keeping a healthy diet matters

Requirement 2 completed on _____ counselor initials _____

3. Do the following:

(a) Discuss with your counselor your level of familiarity and experience with the multisport events (swimming, biking, and running) and the order and distance of each sports segment.

Scouting America resources: Empowering Youth Through Multisport (video)

My multisport experience

Event	My familiarity and experience	Order and distance of the segment
Swimming		
Biking		
Running		

(b) Explain to your counselor which multisport event (swimming, biking, or running) you feel is your strongest and which you could improve upon the most.

Scouting America resources: Multisport Disciplines (website)

My strongest event _____ Where I could improve most _____

Why

(c) Identify the required equipment for each of the three common multisport events (swimming, biking, and running).

Scouting America resources: USA Triathlon Youth Guide (PDF) · Triathlon Equipment You Really Need (video)

Required equipment

Event	Equipment I need
Swimming	
Biking	
Running	

(d) Based on your interests, experience, and discussion with your counselor, select ONE of the following multisport formats to concentrate on for the remaining requirements: triathlon (swimming, biking, and running), duathlon (biking and running), aquathlon (swimming and running), or aquabike (swimming and biking).

Scouting America resources: Multisport Race Options (PDF)

- ☐ Triathlon (swimming, biking, and running)
- ☐ Duathlon (biking and running)
- ☐ Aquathlon (swimming and running)
- ☐ Aquabike (swimming and biking)

Requirement 3 completed on _____ counselor initials _____

4. Complete ALL of the following for the multisport format option you selected in requirement 3(d):

Option A—Triathlon.

(1) Swimming

(a) Before doing requirements 5 through 8, earn the Swimming merit badge.

Scouting America resources: Swimming Merit Badge (website)

Date I earned the Swimming merit badge _____

(b) ..Explain the components of the Scouting America Safe Swim Defense guidelines and how you will ensure they are in place when you swim.

Scouting America resources: Safe Swim Defense (PDF)

The components of Safe Swim Defense

How I will make sure they are in place when I swim

(c) Explain to your counselor the difference between a pool swim and an open water swim, including at what water temperature it is appropriate to wear a wet suit.

Scouting America resources: 4 Things To Know Before Your First Open Water Swim (video)
The Dangers of Cold Water Immersion (video) · How Do Wetsuits Keep You Warm? (video)

Pool swim and open water swim

Swim	What it is like
Pool swim	
Open water swim	

Water temperature when a wet suit is appropriate _____

(2) Biking

(a) Explain to your counselor how to ride predictably, be conspicuous, think ahead, and ride ready.

Scouting America resources: Bike Safety | Hand Signals (video)

Riding safely

Skill	What it means and how I do it
Ride predictably	
Be conspicuous	
Think ahead	
Ride ready	

(b) Discuss what should be checked regularly to make sure the bicycle is safe to ride.

Scouting America resources: Bike Tips: Preflight Checklist for a Safe Ride (video)

What I check regularly to make sure my bicycle is safe to ride

(c) Explain the importance of wearing a properly sized and fitted helmet while cycling and of wearing the right clothing for the weather.

Scouting America resources: Fitting a Bike Helmet (video)

Helmet and clothing

Item	Why it matters
A properly sized and fitted helmet	
The right clothing for the weather	

(3) Running

(a) Demonstrate a proper run warmup and cool-down. Explain to your counselor the importance of maintaining healthy habits, including hydration, nutrition, injury prevention, and rest.

Scouting America resources: Warm-Up for Running (video) · Hydration for Running (video)

Date I demonstrated a warmup and cool-down

Healthy habits

Habit	Why it matters
Hydration	
Nutrition	
Injury prevention	
Rest	

(b) Learn and state the basic rules of the road for runners.

Scouting America resources: Safety Tips for Running (video)

Basic rules of the road for runners

(c) Demonstrate important running drills, including high knees, butt kicks, lunges, inchworms, and soldier kicks.

Scouting America resources: High Knees and Butt Kicks (video) · Lunges (video) · Inchworms (video) · Soldier Kicks (video)

Date Where

- ☐ High knees
- ☐ Butt kicks
- ☐ Lunges
- ☐ Inchworms
- ☐ Soldier kicks

Option B—Duathlon.

(1) Biking

(a) Explain to your counselor how to ride predictably, be conspicuous, think ahead, and ride ready.
Scouting America resources: Bike Safety | Hand Signals (video)

Riding safely

Skill	What it means and how I do it
Ride predictably	
Be conspicuous	
Think ahead	
Ride ready	

(b) Discuss what should be checked regularly to make sure the bicycle is safe to ride.
Scouting America resources: Bike Tips: Preflight Checklist for a Safe Ride (video)

What I check regularly to make sure my bicycle is safe to ride

(c) Explain the importance of wearing a properly sized and fitted helmet while cycling and of wearing the right clothing for the weather.
Scouting America resources: Fitting a Bike Helmet (video)

Helmet and clothing

Item	Why it matters
A properly sized and fitted helmet	
The right clothing for the weather	

(2) Running

(a) Demonstrate a proper run warmup and cool-down. Explain to your counselor the importance of maintaining healthy habits, including hydration, nutrition, injury prevention, and rest.
Scouting America resources: Warm-Up for Running (video) · Hydration for Running (video)

Date I demonstrated a warmup and cool-down	

Healthy habits

Habit	Why it matters
Hydration	
Nutrition	
Injury prevention	
Rest	

(b) Learn and state the basic rules of the road for runners.
Scouting America resources: Safety Tips for Running (video)

Basic rules of the road for runners

(c) Demonstrate important running drills, including high knees, butt kicks, lunges, inchworms, and soldier kicks.
Scouting America resources: High Knees and Butt Kicks (video) · Lunges (video) · Inchworms (video) · Soldier Kicks (video)

Date _____ Where _____

- ☐ High knees
- ☐ Butt kicks
- ☐ Lunges
- ☐ Inchworms
- ☐ Soldier kicks

Option C—Aquathlon.

(1) Swimming

(a) Before doing requirements 5 through 8, earn the Swimming merit badge.
Scouting America resources: Swimming Merit Badge (website)

Date I earned the Swimming merit badge _____

(b) Explain the components of the Scouting America Safe Swim Defense guidelines and how you will ensure they are in place when you swim.

The components of Safe Swim Defense

How I will make sure they are in place when I swim

(c) Explain to your counselor the difference between a pool swim and an open water swim, including at what water temperature it is appropriate to wear a wet suit.
Scouting America resources: 4 Things To Know Before Your First Open Water Swim (video)
The Dangers of Cold Water Immersion (video) · How Do Wetsuits Keep You Warm? (video)

Pool swim and open water swim

Swim	What it is like
Pool swim	
Open water swim	

Water temperature when a wet suit is appropriate _____

(2) Running

(a) Demonstrate a proper run warmup and cool-down. Explain to your counselor the importance of maintaining healthy habits, including hydration, nutrition, injury prevention, and rest.
Scouting America resources: Warm-Up for Running (video) · Hydration for Running (video)

Date I demonstrated a warmup and cool-down _____

Healthy habits

Habit	Why it matters
Hydration	
Nutrition	
Injury prevention	
Rest	

(b) Learn and state the basic rules of the road for runners.

Scouting America resources: Safety Tips for Running (video)

Basic rules of the road for runners

(c) Demonstrate important running drills, including high knees, butt kicks, lunges, inchworms, and soldier kicks.

Scouting America resources: High Knees and Butt Kicks (video) · Lunges (video) · Inchworms (video) · Soldier Kicks (video)

Date _____ Where _____

- ☐ High knees
- ☐ Butt kicks
- ☐ Lunges
- ☐ Inchworms
- ☐ Soldier kicks

Option D—Aquabike.

(1) Swimming

(a) Before doing requirements 5 through 8, earn the Swimming merit badge.

Scouting America resources: Swimming Merit Badge (website)

Date I earned the Swimming merit badge _____

(b) Explain the components of the Scouting America Safe Swim Defense guidelines and how you will ensure they are in place when you swim.

The components of Safe Swim Defense

How I will make sure they are in place when I swim

(c) Explain to your counselor the difference between a pool swim and an open water swim, including at what water temperature it is appropriate to wear a wet suit.

Scouting America resources: 4 Things To Know Before Your First Open Water Swim (video)
The Dangers of Cold Water Immersion (video) · How Do Wetsuits Keep You Warm? (video)

Pool swim and open water swim

Swim	What it is like
Pool swim	
Open water swim	

Water temperature when a wet suit is appropriate _____

(2) Biking

(a) Explain to your counselor how to ride predictably, be conspicuous, think ahead, and ride ready.

Scouting America resources: Bike Safety | Hand Signals (video)

Riding safely

Skill	What it means and how I do it
Ride predictably	
Be conspicuous	
Think ahead	
Ride ready	

(b) Discuss what should be checked regularly to make sure the bicycle is safe to ride.

Scouting America resources: Bike Tips: Preflight Checklist for a Safe Ride (video)

What I check regularly to make sure my bicycle is safe to ride

(c) Explain the importance of wearing a properly sized and fitted helmet while cycling and of wearing the right clothing for the weather.

Scouting America resources: Fitting a Bike Helmet (video)

Helmet and clothing

Item	Why it matters
A properly sized and fitted helmet	
The right clothing for the weather	

Requirement 4 completed on _____ counselor initials _____

5. Do the following:

(a) With guidance from your counselor, establish a four-week training plan that combines your chosen multisport format to develop proper techniques, gain self-confidence, and increase endurance. Each session should last at least 25 minutes and include a proper warmup before the session and stretching afterward.

Scouting America resources: Advice for Younger Athletes | Our Trips for Junior and Youth Triathletes (video)
How To Start Swim Training (video) · Is There a Perfect Swimming Technique for Triathlon? (video)
How To Start Running Training (video)

My four-week training plan (each session 25 minutes or more, warmup before and stretching after)

Week	Day	Event and what I will work on	Minutes	Warmup	Stretching

My four-week training plan (each session 25 minutes or more, warmup before and stretching after) (continued)

Week	Day	Event and what I will work on	Minutes	Warmup	Stretching

(b) Use a chart or other tracking method to monitor your training and development during this period.

My training tracker

Date	What I did	Minutes	Distance or time	How it went

(c) Set a personal goal for improvement based on one or more of the following criteria: time, technique, or distance.

- ☐ Time
- ☐ Technique
- ☐ Distance

My personal goal for improvement

(d) At the end of four weeks, discuss your progress with your counselor and tell how your development has affected you mentally and physically.

Date discussed

My progress after four weeks

How my development affected me mentally and physically

Requirement 5 completed on _____ counselor initials _____

6. Learn the methods of setting up your transition area, which is where your bike equipment and/or running gear will be. Discuss with your counselor how to smoothly and safely transition from one element to the next, such as mounting and dismounting your bike or adjusting your gear.

Scouting America resources: Setting Up Your Transition Area (video)

How I will set up my transition area

How to transition smoothly and safely (mounting, dismounting, adjusting gear)

Requirement 6 completed on _____ counselor initials _____

7. After completing requirements 1-6, do ONE of the following (complete all of the activities on the same day and consecutively) for the multisport focus area you selected in requirement 3(d), including demonstrating a smooth and safe transition between each:

☐ **(a)** Triathlon (swim 100 m, bike 3 km, and run 1 km)

Date _____ Where _____

Triathlon

Segment	My time	How it went
Swim 100 m		
Transition		
Bike 3 km		
Transition		
Run 1 km		

☐ **(b)** Duathlon (run 1.5 km, bike 3 km, and run 0.75 km)

Date _____ Where _____

Duathlon

Segment	My time	How it went
Run 1.5 km		
Transition		
Bike 3 km		
Transition		
Run 0.75 km		

☐ **(c)** Aquathlon (swim 100 m and run 1 km)

Date _____ Where _____

Aquathlon

Segment	My time	How it went
Swim 100 m		
Transition		
Run 1 km		

☐ **(d)** Aquabike (swim 100 m and bike 3 km)

Date _____ Where _____

Aquabike

Segment	My time	How it went
Swim 100 m		
Transition		
Bike 3 km		

Requirement 7 completed on _____ counselor initials _____

8. Do TWO of the following and discuss with your counselor:

Scouting America resources: Example of a Multisport Event (video)

☐ **(a)** Research and identify two ways you can continue participating in multisport after completing this merit badge.

Scouting America resources: Participating in Multisport (video)

Ways to keep participating in multisport

Way	What I found out

☐ **(b)** Research an Olympic, Paralympic, or professional triathlete (past or current). Share information on their background in the sport and what inspires you most about this individual.

Scouting America resources: Paralympic Triathlon (video) · Olympic Triathlon (video)

Triathlete I researched

Their background in the sport

What inspires me most about them

☐ **(c)** Demonstrate leadership by starting a training group and educating your peers on the importance of physical activity, nutrition, and the disciplines of multisport.

Scouting America resources: Training With a Club (video)

Date started | Group members

What I taught about physical activity, nutrition, and the disciplines of multisport

☐ **(d)** Sign up for and participate in a sanctioned multisport event in your area.

Event | Date | Where

How it went

☐ **(e)** Volunteer at a local multisport event, running race, biking event, swim meet, or adaptive sporting event.

Event | Date | Where

What I did as a volunteer

Requirement 8 completed on | counselor initials

Counselor sign-off

Your counselor signs your blue card or approves the badge in Scoutbook, and your unit records it. This line is for your own records.

Counselor's signature | Date completed

Official Scouting America resources

Scouting America resources: Multisport merit badge page (requirements and resources) · Multisport merit badge pamphlet (free PDF)
All merit badges

Made by Cole at ScoutSmarts.com, an Eagle Scout who loves helping Scouts.
Spot an error or a requirement change? Tell me at scoutsmarts.com/contact.
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