

Skating

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 December 31, 2025.
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 associated with skating and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

Scouting America resources: Skateboard Safety (website)

Skating hazards

Hazard	How I anticipate and help prevent it	How I mitigate and respond to it

(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, concussions, blisters, heat-related reactions, and shock.

Scouting America resources: Skating Injuries - Types and Prevention (website)

First aid for skating injuries and illnesses

Injury or illness	First aid I can show
hypothermia	
frostbite	
lacerations	
abrasions	
fractures	
sprains and strains	
concussions	
blisters	
heat-related reactions	
shock	

Requirement 1 completed on _____ counselor initials _____

2. Working under the supervision of an experienced adult, do ONE of the following options:

Experienced adult supervising me _____

☐ **Option A—Ice Skating. Do ALL of the following:**

Scouting America resources: How To Figure Skate (video) · How To Ice Skate (video)

(1) Explain the general safety and courtesy guidelines for ice skating.

Scouting America resources: Safe Skating Rules (website)

Safety guidelines for ice skating

Courtesy guidelines for ice skating

(2) Discuss preparations that must be taken when skating outdoors on natural ice. Explain how to make an ice rescue.

Scouting America resources: How To Know if Ice Is Safe To Walk On (video) · Ice Safety (website) · Test Ice Thickness (video) How To Save Someone Who Falls Through Ice (video)

Preparations for skating outdoors on natural ice

How to make an ice rescue

(3) Discuss the parts and functions of the different types of ice skates.

Scouting America resources: Figure Skates vs. Hockey Skates (video)

Types of ice skates

Type of ice skate	Parts	What the parts do

(4) Describe the proper way to carry ice skates at the rink and for travel.

Scouting America resources: How To Carry Ice Skates (PDF)

Carrying ice skates

Where	How to carry my skates
At the rink	
For travel	

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

Scouting America resources: Care for Your Ice Skates (website)

How to store ice skates for long periods

(6) Skate forward at least 40 feet and come to a complete stop. Use either a two-foot snowplow stop or a one-foot snowplow stop.

Scouting America resources: Snowplow Stop (video)

Date _____ Stop I used _____

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

Scouting America resources: Forward Stroking (video)

Date _____ Where _____

(8) Starting from a T position, stroke forward around the test area, avoiding the use of toe picks if wearing figure skates.

Scouting America resources: Forward From a T Position (video)

Date _____ Where _____

(9) Glide backward on two feet for at least two times the skater's height.

Scouting America resources: Skate Backward (video)

Date _____ Where _____

(10) Skate backward for at least 20 feet on two skates.

Date _____ Where _____

(11) 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.

Scouting America resources: Turns Around a Cone (video)

Date | Where

(12) Perform forward crossovers in a figure-eight pattern.

Scouting America resources: How To Do Front Crossovers in a Figure 8 (video) · How To Do Back Crossovers in a Figure 8 (video)

Date | Where

(13) Explain to your counselor the safety considerations for participating in an ice-skating race.

Scouting America resources: How Speed Skaters Stay Safe on the Ice (website) · Safety Tips: Ice Skating (website)

Safety considerations for an ice-skating race

(14) Perform a hockey stop.

Scouting America resources: Perform a Hockey Stop (video)

Date | Where

☐ **Option B—Roller Skating. Do ALL of the following:**

(1) Explain the general safety rules and etiquette guidelines for roller skating.

Scouting America resources: Getting Started with Roller Skating (video)

Safety rules for roller skating

Etiquette guidelines for roller skating

(2) Discuss the parts of a roller skate and their functions.

Parts of a roller skate

Part	What it does

(3) Describe five essential steps to good roller skate care.

Five steps to good roller skate care

Step	What to do
1	
2	
3	
4	
5	

(4) 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.

Scouting America resources: Skating Forward (video)

Date _____ Where _____

Stopping techniques I showed _____

(5) Skate forward and glide at least 15 feet on one skate, then on the other skate.

Date _____ Where _____

(6) Perform a forward crossover.

Scouting America resources: Skating Crossovers (video)

Date _____ Where _____

(7) Skate backward for at least 40 feet on two skates, then for at least 15 feet on one skate.

Scouting America resources: Roller Skating Backwards (video)

Date _____ Where _____

(8) Skate forward in a slalom pattern for at least 40 feet on two skates, then for at least 20 feet on one skate.

Date _____ Where _____

(9) Skate backward in a slalom pattern for at least 15 feet on two skates.

Date _____ Where _____

(10) Shuttle skate once around the rink, bending twice along the way, without stopping.

Date _____ Where _____

(11) Perform a series of two consecutive spins on skates, OR hop, skip, and jump on skates for at least 10 feet.

Scouting America resources: Roller Skating Two-Foot Spins (video)

- ☐ Two consecutive spins
- ☐ Hop, skip, and jump for at least 10 feet

Date _____ Where _____

(12) Perform a stepover.

Date _____ Where _____

(13) While skating, dribble a basketball at least 40 feet, then back to your starting position, OR push a hockey ball with a stick at least 40 feet, then back to your starting position.

- ☐ Dribbled a basketball
- ☐ Pushed a hockey ball with a stick

Date | Where

☐ **Option C—In-Line Skating. Do ALL of the following:**

(1) Explain the general safety rules and courtesy guidelines for in-line skating.

Scouting America resources: In-Line Skating Safety Rules and Etiquette (PDF)

Safety rules for in-line skating

Courtesy guidelines for in-line skating

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

Scouting America resources: Types and Parts of Inline Skates (video)

Parts of an in-line skate

Part	What it does

(3) Describe the required and recommended safety equipment for in-line skating.

Scouting America resources: Safety Gear for In-Line Skating (video) · Putting on Your Protective Gear (video)

Safety equipment for in-line skating

Kind	Safety equipment
Required	
Recommended	

(4) Explain four essential steps to good in-line skate care.

Scouting America resources: Maintaining and Caring for Your In-Line Skates (video) · Cleaning Your In-Line Skates (video)

Four steps to good in-line skate care

Step	What to do
1	
2	
3	
4	

(5) Skate forward with smooth, linked strokes on two feet for at least 100 feet.

Scouting America resources: Skating Forward (video)

Date | Where

(6) Skate forward and glide at least 15 feet on one skate, then on the other skate.

Scouting America resources: Gliding on One Skate (video)

Date | Where

(7) Stop on command on flat pavement using the heel brake.

Scouting America resources: Braking with In-Line Skates (video)

Date | Where

(8) Perform a forward crossover.

Scouting America resources: How To Turn on In-Line Skates (video) · 5 Steps to the Perfect Crossover (video)

Date | Where

(9) Perform a series of forward, linked swizzles for at least 40 feet.

Scouting America resources: Forward Swizzles (video)

Date | Where

(10) Skate backward for at least 40 feet in a series of linked, backward swizzles.

Scouting America resources: Backward Swizzles (video)

Date | Where

(11) From a strong pace, perform a lunge turn around an object predetermined by your counselor.

Scouting America resources: Maneuvering Around Objects (video)

Date | Object my counselor picked

(12) Perform a mohawk.

Scouting America resources: Perform a Mohawk (video)

Date | Where

(13) Perform a series of at least four one-footed downhill slaloms on pavement with a gentle slope.

Scouting America resources: One-Footed Slalom (video)

Date | Where

(14) Describe how to pass a pedestrian or another skater from behind.

Scouting America resources: Passing Another Skater (PDF)

How to pass a pedestrian or another skater from behind

(15) Describe at least three ways to avoid an unforeseen obstacle while skating.

Scouting America resources: In-Line Skating Safety (video)

Ways to avoid an unforeseen obstacle

Way	How I would do it
1	
2	
3	

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

Scouting America resources: Maneuvering Curbs (video)

Two ways to get on and off a curb

Way	How to do it
1	
2	

Date _____ The method I demonstrated _____

☐ **Option D—Skateboarding. Do ALL of the following:**

Scouting America resources: Jamboree - The Park (video)

(1) Explain the history and evolution of skateboarding.

Scouting America resources: How Has Skateboarding Changed Over the Years (video) · The Wild History of Skateboarding (video) The Evolution of Skateboard Tricks! (video)

History and evolution of skateboarding

(2) Describe the benefits of skateboarding (physical fitness, balance, coordination, perseverance, and creativity).

Scouting America resources: Benefits of Skateboarding (video) · Physics of Skateboarding (video)

Benefits of skateboarding

Benefit	How skateboarding helps
Physical fitness	
Balance	
Coordination	
Perseverance	
Creativity	

(3) Explain the safety rules and courtesy guidelines for skateboarding, including right-of-way and communication signals and warnings.

Scouting America resources: Skate Park Safety Rules (video) · How To Ride Skateparks for Beginners (video) Skatepark Terrain (video) · How To Ride Safely on a Skateboard (video) · Passing Another Skateboarder (PDF)

Skateboarding safety and courtesy

Topic	What I explained
Safety rules	
Courtesy guidelines	
Right-of-way	
Communication signals and warnings	

(4) Explain the protective gear needed to skate safely, including helmet, knee pads, elbow pads, and wrist guards, and show how to wear them correctly.

Scouting America resources: Skateboarding Safety (website)

Protective gear

Gear	Why I need it	How to wear it correctly
Helmet		
Knee pads		
Elbow pads		
Wrist guards		

Date I showed how to wear them

(5) Describe the two main styles of skateboarding (street and vert), and describe common skatepark features (ramps, manual pad, rails, spine, etc.).

Two main styles of skateboarding

Style	What it is
Street	
Vert	

Common skatepark features

Feature	What it is
Ramps	
Manual pad	
Rails	
Spine	

(6) Explain skateboard anatomy (deck, trucks, wheels, hardware, etc.).

Scouting America resources: How To Select a Skateboard (video)

Skateboard anatomy

Part	What it is and what it does
Deck	
Trucks	
Wheels	
Hardware	

(7) Build a board by assembling all pieces (deck, wheels, trucks, hardware, and grip tape) in the proper order.
Scouting America resources: How To Assemble a Skateboard (video) · Parts of a Skateboard (video)

- ☐ Deck
- ☐ Wheels
- ☐ Trucks
- ☐ Hardware
- ☐ Grip tape

Date I built my board _____

(8) Explain skateboard maintenance (cleaning, adjusting bolts, and replacing parts).
Scouting America resources: How To Maintain Your Skateboard (website)

Skateboard maintenance

Task	How to do it
Cleaning	
Adjusting bolts	
Replacing parts	

(9) Explain the difference between regular and goofy stance, and demonstrate your preferred stance.
Scouting America resources: Goofy vs. Regular Stance (video)

Skateboard stances

Stance	What it means
Regular	
Goofy	

My preferred stance _____ Date shown _____

(10) Demonstrate how to push, cruise, and carve on flat ground.
Scouting America resources: How To Push on a Skateboard (video) · How To Turn on a Skateboard (video)

- ☐ Push
- ☐ Cruise
- ☐ Carve

Date _____ Where _____

(11) Show at least two braking and stopping techniques.
Scouting America resources: How To Stop a Skateboard (video)

Braking and stopping techniques I showed

#	Technique	Date
1		
2		

(12) Do a basic ollie and at least one variation.
Scouting America resources: How To Ollie on Skateboard (video)

Date _____ Ollie variation I did _____

(13) Show how to drop-in from coping.

Date _____ Where _____

(14) Demonstrate THREE skateboarding tricks from the following types:

Three tricks I demonstrated

#	Trick	Type of trick	Date
1			
2			
3			

☐ **(a)** Flat ground tricks
Scouting America resources: Flatland Tricks (video) · How To Manual on Skateboard (video) How To Throwdown on Skateboard (video) · How To 180 on a Skateboard (video)

☐ **(b)** Flip and shove-it tricks
Scouting America resources: Flip a Skateboard (video) · Shove-It (video)

☐ **(c)** Grind and slide tricks
Scouting America resources: Grind Tricks (video) · Doing a Slide (video)

☐ **(d)** Air and grab tricks
Scouting America resources: Frontside Air (video) · Grab Tricks (video)

☐ **(e)** Footplant tricks
Scouting America resources: How To Boneless (video)

Requirement 2 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: Skating merit badge page (requirements and resources) · Skating merit badge pamphlet (free PDF)
All merit badges

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