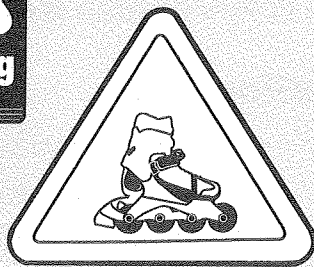


Cub Scout Sports: Roller Skating



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain ways to protect yourself while roller skating or in-line skating, and the need for proper safety equipment.
- _____ 2. Spend at least 30 minutes practicing the skills of roller skating or in-line skating.
- _____ 3. Go skating with a family member or den for at least three hours. Chart your time.

Sports Pin

Earn the Skating belt loop and complete five of the following requirements:

- _____ 1. Participate in a pack or community skating event.
- _____ 2. Demonstrate how to disassemble and reassemble skates.
- _____ 3. Explain the proper clothing for roller or in-line skating.

- _____ 4. Spend at least 15 minutes, on two occasions, practicing warm up exercises before skating.
- _____ 5. Play a game of roller hockey.
- _____ 6. Learn and demonstrate two new roller skating skills: forward scissors, forward stroking, crossover, or squat skate.
- _____ 7. Participate in a roller or in-line skating skill development clinic.
- _____ 8. Demonstrate how to stop quickly and safely.
- _____ 9. Demonstrate how to skate backward. Skate backward for five feet.
- _____ 10. Play a game on roller skates, roller blades, or in-line skates.

The Roller Skating belt loop and pin include roller blading and in-line skating. See Ice Skating for information on hockey, speedskating, and figure skating.

Resources

Roller Skating Associations

6905 Corporate Drive

Indianapolis, IN 46278

Phone: 317-347-2626; Fax: 317-347-2636

Web site: <http://www.rollerskating.org>

Your local library is an excellent source of information about skating. You can check with any skating centers in your area. There might also be a local skating club where you can obtain more information.

This Cub Scout sports program was developed in cooperation with the Roller Skating Associations.

Skating Rules

- Make sure your skates are laced firmly.
- Always watch where you are going.
- Skate in the same direction as everyone else.
- Do not skate too fast.
- Do not skate behind people and surprise them.
- Do not tease others who are learning to skate.

Skating Tips

1. Warm up before you skate to prevent injuries.
2. Practice the striding and stopping skills. Skate and stop, over and over, until stopping starts to become an automatic reflex.
3. Bend your knees when you skate so you will be more stable and less likely to fall. Bending your knees also adds power to your stride.
4. Learn to fall by keeping your weight forward on the balls of your feet. Remember not to fall backward onto your unprotected back or tailbone. Fall forward onto your wrist guards and knee pads.
5. Skate often, so your skills will develop quickly.
6. Practice balancing on one foot at a time while you're skating to develop your balancing skills.
7. Skate with friends, skate to music, play games, and *have fun!*

Types of Skates: rink or roller skate, sidewalk skate, and in-line skate or rollerblade.

Roller Skating Games

Noncompetitive: Flag Tag, Freeze Tag, Stick Tag, Two-Step, Balloon Soccer Race, Balloon Hockey Race, and Bunny Hop.

Competitive: Slalom Skate, Race the Track, Pushcarts, Siamese Race, Boat Race, Choo-Choo Race, and Relay Race.

Things to Bring When You Skate

- Skates and socks
- Helmet, wrist guards, knee pads, elbow pads
- All-purpose skate tool
- Water to drink
- Adhesive bandages, moleskin, blister kit, athletic tape

Your Very First Practice Sessions:

- Walk around on a flat, grassy surface before skating on pavement.
- When you feel you're ready, carefully move to the pavement and just *balance* on your skates, without trying to move.
- When you're ready to roll, begin to skate gradually. Practice moving forward but don't get going too fast.
- Don't push yourself too hard and don't try to skate beyond your abilities.