

Ice Skating Merit Badges – Boy and Girl Scouts

Have you wondered how to tap into hundreds of kids in your local area just looking for something to do? With a little planning and creativity, you will have one of the biggest membership drives in the palm of your hand just by providing some good old fashioned community service. So, what is this program called? Scouts.

The Boy and Girl Scouts of America collectively serve over 6½ million active kids and each group within Scouts (Brownies, Girl Scouts Healthy Living, Cub and Boy Scouts) have developed its own ice skating curriculums that reward the participants a variety of patches, pins, charms, belt loops and merit badges. Scouting offers innovative programs for kids to try different sports and activities in a safe structured environment to promote overall health and well being. The learning objectives emphasize safety and basic skill proficiency and a good effort is recognized and rewarded.

The basics you will need to get started is a meeting space, at least an hour of ice time, trained skating instructors to supervise who are over the age of 21 and contact information for Troop leaders within your community. Check www.girlscouts.org and www.scouting.org for local contact information. Skating is allowed only with proper supervision and in compliance within the safety guidelines set forth by the Scouting organizations.

Please remember that these curriculums have been developed by each Scouting organization and must be adhered to in order for the participants to receive their awards. Your instructors must familiarize themselves with the specific ice skating requirements of each group before working with the Scouts. You are always encouraged to offer more information and cover more skills within your presentations. All participants should learn about your local programs and the ways to get more involved in the future. The main thing to remember is to make the whole experience easy and fun. This is a sampling program and for many it will be their first experience with ice skating. We want to introduce them to a sport they can love for years to come.

Okay here is how you do it...

'Boy/Girl Scouts Day at the Rink'

Step 1- Pick a day and time to invite local Troops into the rink, decide how many you can accommodate, and secure the ice and instructors (you can use public skating if necessary).

Step 2- Make flyers to invite the Scouts for a day at the rink to achieve their skating award. Either call the local Scouting office to get contact information for all local Troop leaders or ask within your club if any of your members are involved with Scouts. I guarantee you the answer will be yes. Troop leaders are always searching for ways for their Scouts to earn their merit awards and they might not always know how or what is available. Discuss with the Troop leader what is expected of the Scouts, the basic requirements, what to wear, equipment needs and if there are any costs involved.

Step 3- When the Scouts arrive at the rink, start with the off ice requirements if possible and then go skating working through each one of the prescribed elements. Make sure you have all of the necessary supplies to work them through their curriculum. The fun-filled session should include off-ice orientation with show and tell, video, group discussion, on-ice skating lessons and practice time. For an added bonus, ask the rink attendant or manager if they can teach the Scouts about the Zamboni, how it works and give them a quick tour of the back room with the compressors.

Some additional items you will need:

- ✓ Figure skates, guards/soakers, bag, costumes
- ✓ Hockey skates, helmet, equipment, stick and pucks
- ✓ Speed skates, helmets, towel, guards, proper speedskating attire
- ✓ Set up an informational table with general information about skating, skating books, magazines, brochures, pictures, display



- awards won by your competitive skaters and teams
- ✓ How-to videos, performances, competitions, hockey game, or a race
- ✓ Writing paper, pens and Crayons

Step 4- Check off the requirements as you work through them to record their progress. For the average skaters, this may be accomplished in one or two sessions. For others that may need more practice, discuss signing up for group lessons or coming to practice at public sessions.

Step 5 - Have the instructor sign off when each child has completed all of the necessary requirements and give to the Troop leader. It is up to the Troop leader to turn in their completed sheets so the kids can earn their award and be recognized. The Troop will pass out their awards at the next Award Night or Court of Honor in front of all Scouts and their families. Expect a peaked interest from others in the Troop and get ready for the next group to sign up.

On Ice Try-It Brownie Girl Scout Badge

Do four of the below activities to complete the skating requirements:

Explore the sport of ice skating- What are some ice skating sports? What are some ice skating organizations that help promote these sports? Ask a representative from your local ice skating rink to tell you about these sports and organizations. Borrow books from your school or local library about ice skating. Look in magazines for pictures of ice skating sports. Share them with your troop.



Ice skating safety- What do you wear for ice skating indoors or outdoors? What safety equipment should be worn for recreational skating? Know how to wear and take care of a pair of ice skates. Make a list of rules for safe skating indoors and outdoors. What are the rules at your local ice rink?

Learn the basics of ice skating- Practice how to fall and get up, how to stop, skate forward, backward and turn.

Ice skating games- Play some games to either help you become more comfortable on ice or to help you understand the rules of a particular ice skating sport better. If you aren't ready for the ice yet, these may be done in a large room with a linoleum or hardwood floor by putting a paper plate under each shoe. Then let the fun begin! Make the games up with your Troop or work with a skating instructor to learn the games. If possible, try the games on ice.

Skaters Away!- Go ice skating. Go to an ice rink and skate with your Brownie Girl Scout friends.

Ice skating performance- Ice skating performances are fun to watch on television, on tapes or at your local ice rink. Watch a video of figure skating, ice hockey or an ice dancing show. If you can, go to see a local hockey game, a figure skating exhibition or ice show. Talk with your Girl Scout Brownie friends about your favorite parts of the performance.

Ice skating art- Make a skating mural to decorate your local library, nursing home, pre-school, or school or other venue. Use a large piece of bulletin board paper, a large window or playground to draw a winter scene in pencil, paint, crayons, markers, sidewalk chalk, etc. Then paste or draw pictures of skaters onto your mural.

Ice skating poetry- Create an acrostic poem about ice skating - use each letter of the words "ice skate" to begin each line of the poem. Try another form of poetry to create more poems about skating.

Real World example of how to apply the Try-It Skating curriculum to a Daisy Group:

Local Colorado Springs Daisy Girl Scouts, in coordination with U.S. Figure Skating, participated in an informative and enjoyable figure skating lesson at the Honnen

Ice Arena. Approximately 20 Kindergarten and first grade girls enjoyed a day filled with both off-ice and on-ice instruction. Girls had the opportunity to watch figure skating programs from the 2010 U.S. Championships, color figure skating artwork and learn about figure skating equipment and safety. After a massive skate tying session, girls took the ice to learn the basics of getting up after falling, skating forward and stopping. Members of Team USA, Rachael Flatt and John Coughlin, joined in on the fun while teaching the girls how to play on-ice games such as red light/green light and performing elements to showcase their high level abilities. The lesson was capped off by an autograph session and girls left with several items to commemorate the day including souvenirs and new patches to be sewn onto their activity vests.



Our Agenda: 10:30a.m.-12:30p.m.

- 10:30-10:35 Meet at rink, introductions and sort by ability
- 10:35-11:05 Divide into two stations (12 min. each and rotate):
 Station 1: Watching Skating (John & Rachael)
 Station 2: Skating Art Project (Jessica)
- 11:05-11:20 Station 3: All - Skating Rules and Equipment (Susi)
 Safety topics:
 - Blades are sharp
 - Proper fit and tying skates
 - How to fall and get up
 - Traffic on the ice
 - General safety rules
 Skating equipment topics:
 - Skate types - figure, hockey, speed
 - What to wear – it's cold!
 - How to hold, store and carry skates properly
 - Gloves and mittens a must
 - Proper fit of helmets
 - Extras: Guards, soakers, towel
- 11:20-11:30 Skate fitting and off ice orientation
- 11:30-11:50 20-minute lesson; divided by ability
- 11:50-12:05 Giant game of red light/green light
- 12:05-12:10 Skating demos
- 12:10-12:30 Open skate
- 12:25-12:30 Autograph Station - goodies, participation patch and lesson information
 Fee - \$5 each

List of Supplies:

Off Ice:

- Three station leaders
- Camera
- Nametags- red & green sharpies
- Signed waivers
- Station signs
- Copies for art project
 - Snowplow Sam coloring page
 - Female ice skater
 - Poem
- Crayons and colored pencils
- TV with DVD player
- CD of skating performances
- Equipment for safety discussion: Figure, hockey, and speed skates, helmets, guards, soakers, etc.
- Autograph photos and sharpies
- U.S. Figure Skating badges, Scout skating activity patch, fun souvenirs & lesson info

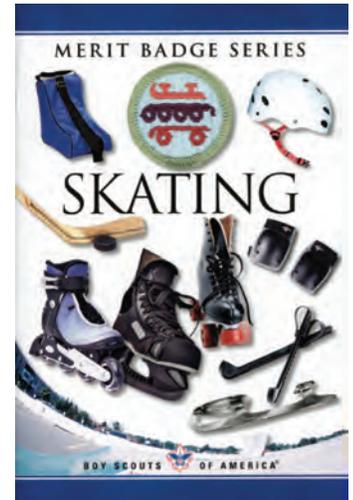
On Ice:

- Three experienced instructors

- Four assistant instructors
- One hour of ice time
- I-Pod with playlist
- Rental skates
- Helmets***
- Extra gloves!!!***

Boy Scouts Skating Merit Badge Requirements

All merit badge programs must follow strict BSA guidelines. First, a registered merit badge counselor must be on file with the associated Troop and blue cards ready for signatures to submit back to the Troop. Which means that a non-skating parent volunteer in the Troop must sign up to be the skating merit badge counselor before the merit badge can be conducted. The counselor will help supervise the activity, work with your instructors or club officials, and sign off on the requirements after the instructor tests them in order for the boys to achieve their merit badge. A Skating merit badge booklet can be purchased from your local Scout shop or online to use as a reference.



Off-ice requirements:

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. 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.
3. Discuss the parts and functions of the different types of ice skates.
4. Describe the proper way to carry skates.
5. Describe how to store ice skates for long periods of time, such as seasonal storage.



Ice skating skills:

1. Skate forward at least 40 feet and come to a complete stop using either a one foot or two foot snowplow stop.
2. With speed, demonstrate a two foot glide then a one foot glide on each foot.
3. Starting from a T position, stroke forward around the test area, avoiding the use of toe picks if wearing figure skates.
4. Glide backward on two feet for at least two times the skater's height
5. Skate backward for at least 20 feet
6. After gaining forward momentum, glide forward on two feet making a 180 degree turn around a cone in both directions (glide turns)
7. Perform a shoot-the-duck
8. Perform forward crossovers in a figure eight pattern
9. Perform a hockey stop
10. Take part in a relay race

For more information, please contact Susi Wehrli-McLaughlin at swehrli@usfigureskating.org