



## INLINE SKATING WORKSHOP

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The *Inline Skating Merit Badge Workshop* is intended for experienced skaters.

- Scouts should be proficient and comfortable with forward and backward skating on a paved surface, as well as related turns (crossovers) and transitions (forward – backward).
- The workshop will verify that participating Scouts' abilities satisfy the BSA merit badge requirements.
- The workshop will not provide Scouts with skating instruction of any kind.

Participant pre-requisites (**to be completed before the workshop**).

- Print this work book.
- Read the information in this work book thoroughly.
- Complete the first aid definitions on pages 2 and 3. Note this is a standard merit badge requirement. The answers can be found in your Scout handbook, multiple merit badge books and online. Answers can be brief, but must demonstrate the Scout understands the topic. Answers must be legible and understandable to the reader (me!). For each "First Aid Situation," the Scout must provide an appropriate:
  - Definition of the condition or injury, including the most common causes.
  - Key warning signs and symptoms of the condition or injury and
  - Appropriate First Aid Actions the Scout would take to treat the condition or injury.
- Practice your skating.

What to bring to the workshop.

- Completed First Aid definitions (described above).
- Inline skates.
- Safety equipment: Helmet, elbow pads and knee pads. Wrist guards are optional.

Note: **Scouts that do not bring everything listed above will not be allowed to participate.** Due to time constraints, equipment sharing will not be accommodated.

First Aid Situation	Definition / Cause	Signs / Symptoms	First Aid Actions
Hypothermia			
Frostbite			
Lacerations & Abrasions			
Fractures			
Sprains & Strains			

First Aid Situation	Definition / Cause	Signs / Symptoms	First Aid Actions
Blisters			
Heat Reactions			
Shock			
Cardiac Arrest			

## A1. Safety Rules & Etiquette

- Always be in control of your skates; don't show off.
- Stay on the right side of the path and always pass on the left. Call out a warning when passing – “passing on your left.”
- Do not wear headphones.
- Learn and observe all traffic regulations.
- Yield to pedestrians.
- Stay away from foreign objects on the road surface, including rocks, water and oil.
- Avoid heavy traffic.
- Avoid skating alone in isolated or run-down areas.
- Wear reflective materials when skating after dark.
- Skate only where you know you are welcome.
- When you skate in groups:
  - Do not give in to peer pressure to skate beyond your level of expertise.
  - Look out for each other.
  - Give each other plenty of room to maneuver.
  - Let an experienced skater bring up the rear.

## A3. Protective Gear

Required: Helmet.

Recommended:

- Wrist / hand guards,
- Elbow pads and
- Knee pads.

## A2. Inline Skate Components

- Boot shell,
- Boot liner,
- Truck (chassis),
- Wheels (polyurethane),
- Bearings and
- Brake.

## A4. Caring for Your Inline Skates

- Put the boot liner tongue back to its original position when you are done skating.
- If it is wet, remove the liner from the plastic boot.
- Replace the heel brake when it wears to ½ inch or less.
- Rotate and replace the wheels regularly.
- Read the booklet that came with your skates.

B. Do the following:

- Skate forward with smooth, linked strokes on two feet for at least 100 feet.
- Skate forward and glide at least 15 feet on one skate, then on the other skate.
- Stop on command on flat pavement using the heel brake.

C. Do the following:

- Perform the forward crossover.
- Perform a series of forward, linked swizzles for at least 40 feet.
- Skate backward for at least 40 feet in a series of linked, backward swizzles.
- From a strong pace, perform a lunge turn around an object.
- Perform a Mohawk (transition).

D. Do the following:

- Perform a series of at least four one-footed downhill slaloms on pavement with a gentle slope.
- Describe how to pass a pedestrian or another skater behind.
  - Left side.
  - Announce loudly “passing on your left.”
- Describe at least three ways to avoid an unforeseen obstacle while skating.
  - Stop before the obstacle.
  - Turn to avoid the obstacle.
  - Hop over the obstacle.
- Describe two ways to get on and off a curb, and demonstrate at least one of these methods.
  - Step (stopped).
  - Step (moving).
  - Hop.