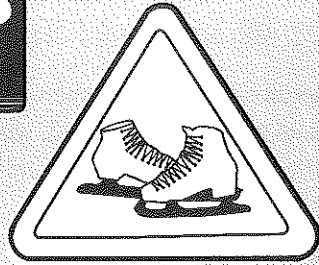
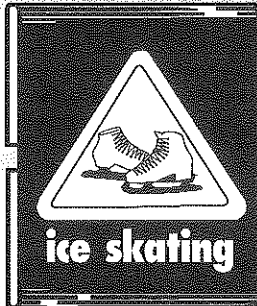


Cub Scout Sports: Ice Skating



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 ice skating, and the need for proper safety equipment.
- _____ 2. Spend at least 30 minutes practicing the skills of skating.
- _____ 3. Go ice skating with a family member or den for at least three hours, in up to three one-hour outings. Chart your time.

Sports Pin

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

- _____ 1. Participate in a pack or community ice skating event.
- _____ 2. Demonstrate how to sharpen your skates correctly.
- _____ 3. Demonstrate how to lace, assemble, and disassemble your skates correctly.
- _____ 4. On two different occasions, spend at least 15 minutes practicing warm-up exercises before 30 minutes of skating.

- _____ 5. Play a skating game on the ice.
- _____ 6. Learn and demonstrate two new figure-skating skills: forward swizzles, glides, backward swizzles, and backward wiggle.
- _____ 7. Demonstrate how to "start" in a speed skating race.
- _____ 8. Explain the difference between long-track and short-track speed skating.
- _____ 9. Participate in a skating skill development clinic.
- _____ 10. Tell about an Olympian athlete in figure skating or speed skating. What were some of his or her best traits?
- _____ 11. Play a game of ice hockey.
- _____ 12. Participate in a hockey skill development clinic.

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