

# 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. 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.
- \_\_\_ 3. Demonstrate how to sharpen your skates correctly.
- \_\_\_ 3. Demonstrate how to lace, assemble, and disassemble your skates correctly.
- \_\_\_ 4. On two occasions, spend at least 30 minutes practicing warm-up exercises before skating.

- \_\_\_ 5. Play a skating game on the ice.
- \_\_\_ 6. Learn 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.