

Resources

Roller Skating Associations

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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.

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.

This Cub Scout sports program is 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 backwards 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!*