



Skating Sports

Name _____

- ____1. Do the following to learn about skating sports:
 - ____a. List the safety and courtesy rules at your ice or roller rink.
 - ____b. Explain the proper clothing, required safety equipment, and parts of the skate for one ice-skating sport (figure skating, speed skating, or ice hockey) or one roller skating sport (artistic skating, speed skating, or roller hockey).
 - ____c. Draw a diagram of the typical rink or one race route used in your sport. As applicable, show measurements, markings (lines, creases, circles, etc.), major race route features and distance markers, etc.
 - ____d. Explain your skating sport including as applicable: your events, how to play, strategy, scoring, and rules.
 - ____e. Show the proper way to fall and to get up after a fall.
- ____2. Do one of the following:
 - ____a. Define seven skating terms relevant to your sport. Examples include one and two foot glides, crossovers, pumps, swizzles/fishtails, t-stops, shoot the duck, stroking, and scissors.
 - ____b. Demonstrate at least ten referee signals for hockey and explain what they mean.
 - ____c. Attend or watch a skating competition or hockey game.
 - ____d. Read the biography of a famous skater or hockey player.
- ____3. Demonstrate basic skills for your level by doing one of the following:

- _____a. Demonstrate proficiency in the skills for your level in the US Figure Skating Basic Skills Curriculum Chart for your chosen sport (e.g. Basic Skills, Speed, Hockey).
- _____b. Pass the next level in US Figure Skating (USFS), Ice Skating Institute (ISI), or Roller Skating Association (RSA) testing.
- _____c. Successfully try out for a competitive team.
- _____4. Over a period of at least six weeks, participate in at least eighteen practice sessions on different days where a session can be any of the following:
- Team practice or tryout for an organized skating or hockey team
 - A professionally coached skills session, lesson, or class for skating or hockey skills
 - Individual skating or hockey skills practice of at least one hour in duration
 - Ice or roller hockey game in organized league
- _____5. Participate in at least two competitions of any of the following types:
- Figure skating
 - Artistic roller skating
 - Speed skating (ice or roller skates)
 - Ice or roller hockey game in organized league

Trail Badge Mentor Signature

Date

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