



# Cub Scout Sports: Rollerskating

Cub Scout Pack 49

Denison, Iowa

Name of Scout: \_\_\_\_\_ Den: \_\_\_\_\_ Date: \_\_\_\_\_

**Please check what you have completed for either the loop or the pin:**

## **REQUIREMENTS FOR THE ROLLERSKATING SPORTS BELT LOOP**

Complete these three requirements:

- \_\_\_ Explain ways to protect yourself while roller skating or inline skating, and the need for proper safety equipment.
- \_\_\_ Spend at least 30 minutes practicing the skills of roller skating or inline skating.
- \_\_\_ Go skating with a family member or den for at least three hours. Chart your time.

## **REQUIREMENTS FOR THE ROLLERSKATING SPORTS PIN**

- \_\_\_ Required: Belt loop previously earned (or all three of the above requirements checked).

Complete five of the following requirements:

- \_\_\_ Participate in a pack or community skating event.
- \_\_\_ Demonstrate how to disassemble and reassemble skates.
- \_\_\_ Explain the proper clothing for roller or inline skating.
- \_\_\_ Spend at least 30 minutes, on two occasions, practicing warm up exercises before skating.
- \_\_\_ Play a game of roller hockey.
- \_\_\_ Learn two new roller skating skills: Forward Scissors, Forward Stroking, Crossover, or Squat Skate.
- \_\_\_ Participate in a roller or inline skating skill development clinic.
- \_\_\_ Demonstrate how to stop quickly and safely.
- \_\_\_ Demonstrate how to skate backwards. Skate backwards for five feet.
- \_\_\_ Play a game on roller skates, roller blades, or inline skates.

I certify that this Cub Scout has completed the above marked requirements to the best of his ability.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_