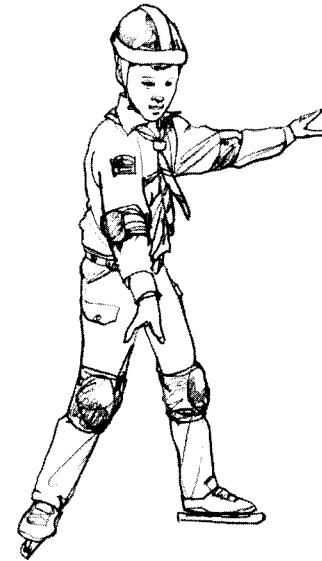


Cub Scout Sports: Ice Skating



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.

Resources

Ice Skating Institute Office

17120 North Dallas Parkway, Suite 140
Dallas, TX 75248-1187
Phone: 972-735-8800
Fax: 972-735-8815

ASU National Office

0 S 651 Forest
Winfield, IL 60190
Phone: 630-784-8662
FAX: 630-784-8667

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.

In addition to metric racing, the United States and Canada also skate pack-style long track, with up to eight skaters on the track.

Short Track

- Is skated on standard (200-by-85-meter) or Olympic size (200-by-100-meter) hockey rinks.
- Is skated on a track of 111 meters.

Four to six skaters start on the line, with the first skater across the finish line declared the winner.

Races are skated from 500 meters to 3,000 meters for adults, with shorter races for children.

Long- and short-track skaters can begin their ice experience as early as five years old, while many adult skaters continue through their 60s and 70s.

Types of Ice Skates

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.

Ice Skating Games

Noncompetitive: Racing on Ice, Relay Races, Sprint Races, and Lap Races.

Competitive: Skill Competitions, and Obstacle Course Skills Competition.

Speed Skating on Ice:

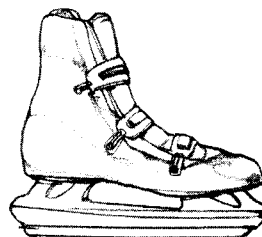
The World's Fastest Self-Propelled Sport

Ice speed skating is composed of two styles: **long-track** (metric) and **short-track** speed skating.

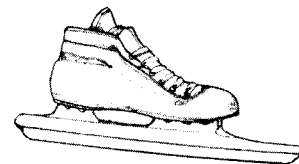
Long Track

- Is skated on a 400-meter oval.
- Is a competition against the clock.

Two skaters on the track compete for time in distances from 500 to 10,000 meters.



Rink skate



Speed skate

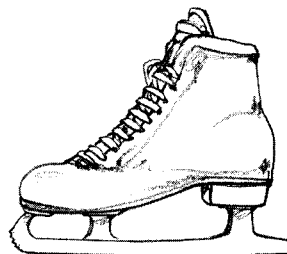


Figure skate



Hockey skate

This Cub Scout sports program is developed in cooperation with the Ice Skating Institute of America.