



# Skater

**Originated in: GC**

## **Requirements**

1. Describe where and when it is safe to skate.
2. Demonstrate care of a pair of skates.
3. Demonstrate the ability to skate forward, backward, to the right, to the left, and know how to change direction.
4. Skate through a curve, coast, and then come to a full stop.
5. Skate a slalom course with at least six obstacles.
6. Describe or participate in one game played on skates.
7. Tell what protective gear should be worn when skating.

## Supporting Answers

NOTE: Adventurers may receive a Skater Award for Ice or Roller Skating.

1. If ice skating, be certain an adult has told you the ice is safe. Never skate alone. Roller skating can be done at a gym, a rink, or on a sidewalk, depending on the type of skates you have.
2. Dry and clean ice skates after each use. Wipe roller skates clean and check for loose wheels. Replace skate laces whenever needed. Depending on type of roller skates, wheel bearings may need to be oiled.
3. Practice skating so that the young people get a good feel for skating. Stress safety and caution to prevent injuries.
4. Encourage the Adventurers to skate carefully and watch for other skaters at all times.
5. Use soft obstacles for your slalom course so if a child falls he or she will not be injured.
6. Select a game that is suitable for the Adventurer age group.
7. Knee pads, elbow pads, and protective helmets are examples of protective gear. When ice skating outdoors, warm clothing is also protective gear.

Updated in: Unknown / Grade 4