

## Ice Skating

These are basically a rewrite of the former Skating Belt Loop and Pin specifically for ICE skating.

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### 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 your den for a total of 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 skating event.
2. 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?

The Cub Scout Sports Ice Skating belt loop and pin are for speed and figure skating on ice (and apparently can also be earned by participating in ice hockey). See [Roller Skating](#) for information on roller skating and in-line skating (roller blading) requirements.