



# Cub Scout Skateboarding

## Cub Scout Academics and Sports Workbook

This workbook is not required but can help you with this award. Belt Loops and Pins may be earned more than once.

Workbook updated: March, 2011.

Cub Scout's Name: \_\_\_\_\_

Pack: \_\_\_\_\_

### **Cub Scout Skateboarding Belt Loop** (See the [Pin Requirements](#) below.)

**Complete these three requirements:**

- 1. Demonstrate to an adult the general rules for safe skateboarding by showing that you know how to wear the proper safety gear. \_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

- 2. Carefully demonstrate how to fall to help minimize injuries. \_\_\_\_\_

---

- 3. Practice skateboarding for 30 minutes. This practice may be done in several periods. \_\_\_\_\_

---

---

---

## **Cub Scout Skateboarding Pin**

**Earn the Cub Scout Skateboarding belt loop, and complete five of the following requirements:**

- 1. Figure out your skateboard stance—whether you are regular or goofy footed. \_\_\_\_\_  
\_\_\_\_\_
- 2. Demonstrate proper stance, feet positions, knee bending, pushing off, turning, and stopping on flat ground. \_\_\_\_\_  
\_\_\_\_\_
- 3. Using pictures, explain to your den or family the difference between street, skate park, and vertical skateboarding. \_\_\_\_\_  
\_\_\_\_\_
- 4. List five ways skateboarders should be considerate and respectful of other people and their property when they are skateboarding. \_\_\_\_\_  
\_\_\_\_\_
- 5. View a skateboarding video. \_\_\_\_\_  
\_\_\_\_\_
- 6. Attend a pro skateboarder demonstration. \_\_\_\_\_  
\_\_\_\_\_
- 7. Show that you know how to lubricate the bearings and keep your skateboard clean. \_\_\_\_\_  
\_\_\_\_\_
- 8. Apply grip tape to your skateboard. \_\_\_\_\_  
\_\_\_\_\_
- 9. Skateboard at a skate park for 30 minutes. \_\_\_\_\_  
\_\_\_\_\_
- 10. Demonstrate three of the following maneuvers: ollie, nollie, frontside, grab, kickturn, carving. \_\_\_\_\_  
\_\_\_\_\_
- 11. Describe how to determine a safe area to skateboard. \_\_\_\_\_  
\_\_\_\_\_