

SPORTS — LEADER KEY

SAINTS GLOBAL MEMBER

NAME:

BATTALION:

TROOP:

SKILL BADGE ADVISOR

NAME:

EMAIL:

PHONE:

LEADER KEY

WITH EVALUATION HINTS

Gold boxes contain leader hints for evaluating each requirement

STEP 1 | DISCOVER

INITIALS

- a) Explain common risks encountered in sports participation and how to anticipate, prevent, mitigate, and respond to them. _____
- b) Demonstrate knowledge of first aid or treatment for common sports injuries, including sprains, strains, contusions, abrasions, dehydration, heat illness, fractures, dental injuries, and concussions. _____

STEP 2 | PLAN

INITIALS

- a) Explain the importance of physical exams, healthy habits, avoiding harmful substances, and proper nutrition for long-term sports performance. _____
- b) Select two sports and outline how you will train, practice, and participate safely and responsibly in each. _____

STEP 3 | ACT

INITIALS

- a) Participate in two organized sports for a defined season or competitive period, demonstrating regular practice and active participation. _____



LEADER KEY

Participation must be active and sustained, not a single event or casual play.

- b) Demonstrate proper techniques for your selected sports that reduce injury risk and improve performance. _____
- c) Identify required equipment and protective gear for each sport and demonstrate correct use. _____

- d) Demonstrate sportsmanship during competition, including respect for officials, teammates, opponents, and rules. _____

**LEADER KEY**

Leader should observe behavior during competition or confirm through team context.

- e) Serve in a leadership or support role (captain, organizer, encourager, or official helper) for at least one sports activity. _____

**LEADER KEY**

Leadership role must involve real responsibility or encouragement, not title only.

STEP 4 | REFLECT

INITIALS

- a) Explain how participating in sports affected your physical fitness, discipline, and teamwork skills. _____
- b) Describe a moment of challenge or conflict in sports and how you responded with good sportsmanship. _____

END OF REQUIREMENTS

**BY SIGNING BELOW, I CERTIFY TO THE BEST OF MY KNOWLEDGE THAT ALL
REQUIREMENTS WERE MET AT OR ABOVE THE REQUIRED STANDARDS AS OUTLINED
IN THE BADGE REQUIREMENTS CHECKLIST.**

SKILL BADGE ADVISOR_____
DATE (YYYY-MM-DD)