

SAINTS GLOBAL MEMBER

NAME: \_\_\_\_\_ BATTALION: \_\_\_\_\_ TROOP: \_\_\_\_\_

SKILL BADGE ADVISOR

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

**STEP 1 | DISCOVER**

INITIALS

- a) Explain common risks encountered in sports participation and how to anticipate, prevent, mitigate, and respond to them. (TLX: 1.0) \_\_\_\_\_
- 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. (TLX: 1.3) \_\_\_\_\_

**STEP 2 | PLAN**

INITIALS

- a) Explain the importance of physical exams, healthy habits, avoiding harmful substances, and proper nutrition for long-term sports performance. (TLX: 1.2) \_\_\_\_\_
- b) Select two sports and outline how you will train, practice, and participate safely and responsibly in each. (TLX: 1.4) \_\_\_\_\_

**STEP 3 | ACT**

INITIALS

- a) Participate in two organized sports for a defined season or competitive period, demonstrating regular practice and active participation. (TLX: 2.0) \_\_\_\_\_
- b) Demonstrate proper techniques for your selected sports that reduce injury risk and improve performance. (TLX: 1.8) \_\_\_\_\_
- c) Identify required equipment and protective gear for each sport and demonstrate correct use. (TLX: 1.7) \_\_\_\_\_

- d) Demonstrate sportsmanship during competition, including respect for officials, teammates, opponents, and rules. (TLX: 1.8) \_\_\_\_\_
- e) Serve in a leadership or support role (captain, organizer, encourager, or official helper) for at least one sports activity. (TLX: 1.9) \_\_\_\_\_

**STEP 4 | REFLECT**

INITIALS

- a) Explain how participating in sports affected your physical fitness, discipline, and teamwork skills. (TLX: 1.2) \_\_\_\_\_
- b) Describe a moment of challenge or conflict in sports and how you responded with good sportsmanship. (TLX: 1.2) \_\_\_\_\_

**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)