# **Council Boy Scout Roundtable Planning**











# June 20, 2013 Aquatics

Merit Badges: Canoeing, First Aid, Kayaking, Lifesaving, Motorboating, Rowing, Small-Boat Sailing, Swimming, Water Sports, Whitewater













Got a Question? Got an idea? Send us an email

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**Council Roundtable Website:** http://www.gslc-bsa.org/council/council-boy-scout-roundtable-handouts/51112 Scouting Magazine Blog on New Merit Badges - <a href="http://blog.scoutingmagazine.org/merit-badge-calendar/">http://blog.scoutingmagazine.org/merit-badge-calendar/</a>

Them	Council	Scouting Magazine	Boys' Life
	Roundtable		
	Planning	District Roundtable	Troop Meeting
Physical Fitness	January 2013	February 2013	March 2013
Forestry	February 2013	March 2013	April 2013
Leadership	March 2013	April 2013	May 2013
Special Cooking	April 2013	May 2013	June 2013
Backpacking	May 2013	June 2013	July 2013
Aquatics	June 2013	July 2013	August 2013
Fishing	July 2013	August 2013	September 2013
Athletics	August 2013	September 2013	October 2013
Science	September 2013	October 2013	November 2013
Cooking	October 2013	November 2013	December 2013
Wilderness Survival	November 2013	December 2013	January 2014
Communications	December 2013	January 2014	February 2014

# **Boy Scout Roundtable Planning Work Sheet**

For Use at July Roundtable

# Aquatics

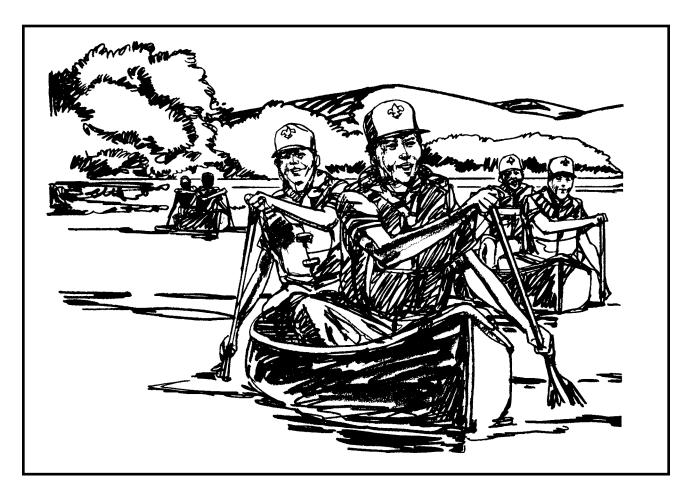
August

Activity	Description
Preopening—30 min.	
Led by:	
Start time:	
Exhibits	<ul> <li>Display from Sea Exploring or Venturing unit</li> <li>Sailing Club display</li> <li>Coast Guard display</li> <li>Display for all water-related merit badges</li> </ul>
Hands-on demonstrations	
Trading post	
Registration	
Opening – 7 min.	
Led by:	
Start time:	
Welcome-1 min.	
Flag ceremony—2 min.	Simple and quick ceremony used for troop meeting.
Introductions—2 min.	Recognize first-time attendees.
Recognitions—2 min.	Present training awards, Centennial Quality Unit Awards, Scoutmaster Award of Merit, etc.
Program Features – 44 min.	
Led by:	
Start time:	
Introduction—1 min.	Provide handout with the four items to be covered for each of the three Scout experience levels so participants can identify which level to attend.

Activity	Description
Resources—3 min.	Identify appropriate resources: Merit badge pamphlets  • Canoeing, No. 35867  • First Aid, No. 35897  • Lifesaving, No. 35915  • Motorboating, No. 35920  • Rowing, No. 35943  • Small-Boat Sailing, No. 35950  • Swimming, No. 35957  • Water Sports, No. 35963  • Whitewater, No. 35965  Fieldbook, No. 33104  Safe Swim Defense, No. 34370A  Safety Afloat, No. 34368B  Troop Program Features, Volume I, No. 33110A
Program Features—40 min.	
Note: These resource features are divided into three levels based on the experience level of the Scout in the troop.	
New-Scout Patrol	<ul> <li>Safety Afloat review</li> <li>Safe Swim Defense review</li> <li>All Second Class swimming requirements</li> <li>All First Class swimming requirements</li> </ul>
Regular Scout Patrol	<ul> <li>Safety Afloat review</li> <li>Safe Swim Defense review</li> <li>Requirements for Swimming merit badge</li> <li>Resources and requirements for BSA Lifesaving</li> </ul>
Venture Patrol	<ul> <li>Safety Afloat review</li> <li>Safe Swim Defense review</li> <li>Mile Swim BSA requirements</li> <li>Swim rescue techniques and CPR</li> </ul>
Participants choose which level to attend. It works best if a troop has a representative attend each of the program levels. Run all levels simultaneously and have four program resource items (10 minutes each) for each level.	

Activity	Description
Games—5 min.  Led by:	Review water games from <i>Troop Program Features, Volume I.</i>
Start time:	
Special Feature – 15 min.	
Led by:	
Start time:	
Training presentation or theme highlight	Florida Sea Base and Northern Tier information
Song/Skit/Run-On—2 min.	
Led by:	Provide material appropriate for troop use.
Start time:	
Special Information – 10 min.	
Led by:	
Start time:	
Details (or highlights) for district, council, or national events or programs	<ul> <li>Information on Sea Exploring or Venturing unit</li> <li>Resources for local water activities</li> </ul>
Closing – 7 min.	
Led by:	
Start time:	
Next meeting:	
(Date)	
Announcements—3 min.	Limit announcements to no more than three minutes and have handouts of any items that take a long time to explain.
District executive's comments—2 min.	Include sample district executive's comments and a suggested Scoutmaster's Minute in the handouts. Use examples appropriate for troop meetings.
Scoutmaster's Minute—1 min.	
Retire flag(s)—1 min.	

Activity	Description
After the Meeting	
Led by:	
Start time:	
Cracker barrel Roundtable staff meeting Follow-up items	<ul> <li>Assignments for next month</li> <li>Meeting evaluation</li> <li>Special guest for next month</li> </ul>



In any camp where a waterfront is within a half-mile, Scouts will gravitate there like bees to honey. Most Scouts like nothing better than a swimming session or a couple of hours in canoes or boats.

In this program feature we will capitalize on that interest by providing a month of fun and, at the same time, encouraging the boys to become stronger swimmers and better boaters and canoeists.

If possible, hold all troop activities this month at a waterfront or swimming pool. The troop meeting plan for this month suggests both water activities and alternatives to use if you must meet at your regular meeting place.

If the troop does not have access to a waterfront or pool, ask for help from your unit commissioner or district activities committee. They might suggest municipal pools, facilities at a YMCA or YMHA (Young Men's Hebrew Association), or even school or motel pools that could be used. For these facilities, you will probably have to hold troop activities in off-hours.

At a minimum, the troop's goal should be to have all Scouts advance from the nonswimmer class by month's end. If most of your Scouts are already good swimmers, urge them to work toward the merit badges

in swimming, lifesaving, and aquatic sports, and the Snorkeling, Mile Swim, BSA, and BSA Lifeguard awards.

The big event will be a water show for the troop's families or a water expedition with canoes or rafts. The patrol leaders' council's choice of events for the show will depend on how many Scouts have earned the swimmer designation.

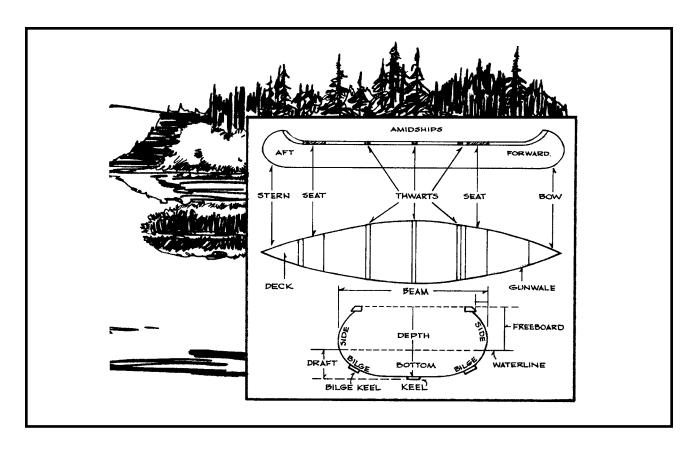
#### **SCOUTING OUTCOMES**

This month's patrol and troop activities should give your Scouts

- A better understanding of physical fitness
- Greater swimming skills, and perhaps greater skill in handling canoes, boats, or other watercraft
- Enhanced self-confidence

#### **ADVANCEMENT OPPORTUNITIES**

By month's end, all Scouts should have met the majority of their physical fitness requirements through First Class rank. Depending on the activities, they may also complete all or part of the following rank requirements:



#### **Tenderfoot**

- Patrol/troop participation—patrol identification
- Personal development—Scout Oath and Law
- Physical fitness—health, conditioning, swimming

#### Second Class

- Patrol/troop participation—leadership
- Personal development—Scout Oath and Law
- Physical fitness—health, conditioning, swimming

#### First Class

- Patrol/troop participation—leadership
- Personal development—Scout Oath and Law
- Physical fitness—health, conditioning, swimming

Merit Badges. Older Scouts can concentrate on the Swimming merit badge this month; they should be able to complete many of the requirements. Depending on activities during the month, they may also complete requirements in Lifesaving, and if the facilities permit, other aquatic-related merit badges such as Canoeing, Rowing, and Small-Boat Sailing.

#### PARENT/GUARDIAN PARTICIPATION

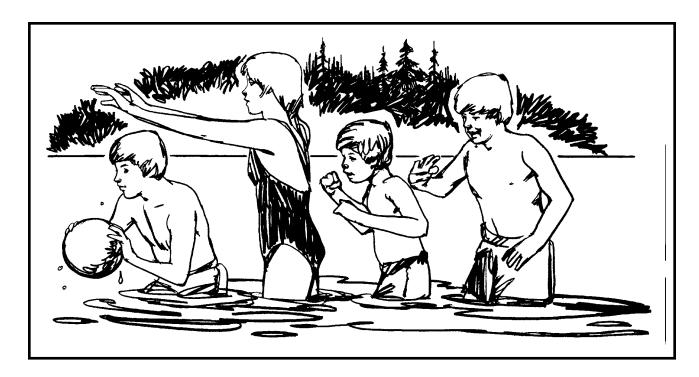
The patrol leaders' council can involve parents in the program feature this month by

- Asking qualified parents to assist with swimming instruction
- Inviting parents to come along on the water expedition
- · Inviting the whole family to your water show

#### PATROL LEADERS' COUNCIL

The patrol leaders' council should meet during the early part of the previous month to plan troop activities for this program feature. If you don't complete all items on the following agenda, continue your planning at patrol leaders' council meetings after each troop meeting.

- Older boys may want to plan a canoe trip at one of the BSA's high-adventure bases.
- Decide whether to make the big event a water expedition or water show. Remember that for a canoe or raft trip, only Scouts who have been classified as "swimmers" are eligible to go, since the BSA Safety Afloat plan bars nonswimmers from all watercraft except rowboats and motorboats. So, if many of your Scouts cannot be expected to earn the swimmer designation before the big event, better plan for a water show. See the ideas on these pages.



- Choose a site or watercourse for the big event. Assign someone to secure the necessary permissions; ask the troop committee for help, if necessary.
- If the big event will be an expedition, arrange to borrow or rent equipment. (Some BSA local councils will rent canoes.)
- If possible, arrange to secure a waterfront or pool for all troop activities. (Remember that it may be necessary to change regular meeting dates or hours to use these facilities.)
- Plan the details of troop meetings for the month.
   Consider inviting Swimming merit badge counselors to help with swimming instruction. You might also ask counselors for other aquatics merit badges to help, depending on available facilities and equipment.

#### **FEATURE EVENT**

#### **Water Show or Expedition**

The patrol leaders' council should plan the big event based on the swimming ability and desires of the Scouts. The patrol leaders' council will probably prefer a water expedition, such as a canoe or raft trip, but only those classified as swimmers will be eligible to go.

If the troop has a lot of nonswimmers or beginners, it is best to have a water show—or have both events, with only swimmers taking part in the expedition.

#### **Water Show**

This is a day of water fun and water safety demonstrations for the whole family. It could be held at a

swimming pool or at a waterfront. If it is held at a waterfront and canoes and boats are available, the program can be more varied. The day might end with a troop family picnic and campfire.

The following are some suggested activities.

**SAFE SWIM DEFENSE.** Remember to use this for all swimming activities. Demonstrate the Safe Swim Defense and explain its value for safety. Prior planning is needed for any swimming or boating activity. It is required that at least one adult must be certified in Safe Swim Defense and/or Safety Afloat, which also requires CPR from any community agency. See the *Scoutmaster Handbook*.

**RESCUE BREATHING.** Have a patrol demonstrate rescue breathing and invite family members to try it.

**CANDY HUNT (for Scouts and their brothers and sisters).** Drop a number of foil-wrapped hard candies into the water at chest level. On signal, children jump in and retrieve as many pieces as they can.

**WATER RESCUES.** Have a patrol demonstrate the Reach, Throw, and Go With Support methods of water rescue (*Boy Scout Handbook*).

**NAIL-DRIVING UNDERWATER (for parents).** Have a hammer, five nails, and a piece of 2-by-4 for each parent. The object is to go underwater with the block, nails, and hammer, and pound as many nails as possible within a specified period—say, three minutes. Obviously, your parent can come up for air between strokes.

**LIFESAVING WITH CANOE.** Have a patrol demonstrate how to right a capsized canoe and how to save a struggling swimmer using a canoe. See the *Canoeing* merit badge pamphlet.

MOTHER-DAUGHTER/SON BALLOON TOSS. Each mother-daughter/son team is given a balloon filled half-way with water. Partners face each other about 10 feet apart in the water and begin tossing the balloon back and forth. After each catch, the thrower takes one step backward. When a player misses, the team is eliminated. The team with the most successful tosses wins.

#### **Patrol Relays**

Run swimming relay races in chest-deep water so that nonswimmers can take part by walking their lap.

**UP AND UNDER (for Scouts and brothers and sisters).** Have a volleyball or beach ball for each team. All teams line up relay fashion in waist-deep water. The first player in each line is given the ball. On signal, he passes the ball back over his head to the next player in line, who passes it between his legs to the next player, and so on to the end of the line. The last player runs to the head of the line and passes it as before. The first team back in its original order wins.

**GREASED WATERMELON (for Scouts and older brothers and sisters).** Divide players into two teams. Have each team form two lines about 15 feet from the center of the pool or playing area. In the center, float a medium-sized watermelon greased with shortening. On signal, each team tries to bring the watermelon to its starting line. The successful team gets first crack at the melon when it's time to eat.

BIG BLOW (for Scouts and brothers and sisters). Play this game in chest-deep water. Each team lines up, relay fashion, and is given a table tennis ball or toy boat. On signal, the first player on each team swims or walks to a turning line and back while blowing the ball or boat ahead of him. The following players repeat the action. The first team to finish wins.

For more swimming contests, see the Games section of *Troop Program Resources for Scout Troops and Varsity Teams*, No. 33588.

#### **Water Expedition**

A day or weekend trip in canoes or rafts is a great adventure for Scouts, but it is not for everyone. Do not permit any nonswimmer or beginner to make the trip.

Also insist that a U.S. Coast Guard–approved PFD (personal flotation device) be worn by every participant. Enforce the Safety Afloat guidelines as explained in the *Scoutmaster Handbook*.

Unless all participants—both Scouts and leaders—are experienced canoeists or rafters, hold at least one practice session before the big trip. This is especially important if it is an overnighter and troop members will be carrying packs and other equipment in their craft.

Consider the capabilities of all participants in choosing a river or other watercourse. If all are inexperienced, avoid difficult courses with white water. Save those for Scouts who have earned the Canoeing merit badge.

If you plan an overnight camp en route, you might arrange to have Scouts who are not eligible to go on the trip join you at the campsite so that they can take part in the fun.

Start your planning for a water expedition by reading "Swimming Skill and Safety" in the *Canoeing* merit badge pamphlet. That section tells how to prepare for a safe, enjoyable expedition.

#### **Special Aquatics Awards**

Scouts who are already good swimmers may begin to work toward any of four special awards this month. Although these are not advancement awards, they will encourage Scouts to improve their skills and have some additional fun. The awards are:

*Mile Swim, BSA.* The requirements call for the Scout to swim a mile over a measured course after four hours of training and to know safety rules for swimming in open water.

Snorkeling, BSA. The requirements call for the Scout to demonstrate the use of a mask, fins, and a snorkel in deep water, to know diver's signs and signals, and to understand hyperventilation and hypothermia. The full requirements are outlined in the Application for Snorkeling, BSA, No. 19-176.

*BSA Lifeguard.* The requirements call for the Scout to know the requirements for the Swimming, Lifesaving, Rowing, Canoeing, and First Aid merit badges, the Safe Swim Defense, and Safety Afloat, and be able to demonstrate specific skills. The full requirements are outlined in the Application for BSA Lifeguard, No. 34435.

50-Miler Award. Scouts are eligible for this award if they take part in a canoe or boat trip (or wilderness trek) of at least 50 consecutive miles in at least five days and do conservation work en route. The full requirements are outlined in the 50-Miler Award Application, No. 34408.

Boardsailing, BSA. Scouts are introduced to basic boardsailing skills, equipment, and safety precautions and will build a knowledge foundation for participation in more advanced and demanding activities on the water. The full requirements are outlined in the Boardsailing, BSA Award Application, No. 19-935A.

Date	Week 1

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening minutes	Meet at the waterfront or pool, if possible. Set up the Safe Swim Defense (Boy Scout Handbook). If the meeting is held at your meeting place, make buddy tags (Swimming merit badge pamphlet).		
Opening Ceremony minutes	Test the swimming ability of all Scouts and classify each as a nonswimmer, beginner, or swimmer. Pair up buddies. Have instruction for nonswimmers.		
Skills Instruction minutes	<ul> <li>New Scouts can begin working on strokes that are needed for Second and First Class ranks.</li> <li>Experienced Scouts can work on the Lifesaving or Swimming merit badges.</li> <li>Older Scouts can work on the Venture program or on Snorkeling, BSA; BSA Lifeguard; Mile Swim, BSA; or assist with the instruction of less experienced Scouts.</li> </ul>		
Patrol Meetings minutes	Schedule a patrol practice for the water show. Work with nonswimmers on swimming skills.		
Interpatrol Activity minutes	Practice one of the events for the water show.		
Closing minutes Total 90 minutes of meeting	<ul><li>Scoutmaster's Minute.</li><li>Retire colors.</li></ul>	SM	
After the Meeting	Patrol leaders' council reviews the next meeting and plans for the water show. Begin work on next month's program feature.		

Date	Week 2
	 -

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening			
minutes			
Opening Ceremony			
minutes			
Skills Instruction	New Scouts continue working on strokes that are needed for Tenderfoot through First Class ranks.		
minutes	Experienced Scouts continue work on the Lifesaving or		
	Swimming merit badges.		
	<ul> <li>Older Scouts work on the Venture program or on Snorkeling, BSA; BSA Lifeguard; Mile Swim, BSA; or assist</li> </ul>		
	with the instruction of less experienced Scouts.		
Detrol Martines			
Patrol Meetings	Continue work on swimming skills.		
minutes			
7.1			
Interpatrol Activity			
minutes			
Closing	• Scoutmaster's Minute.	SM	
minutes	Retire colors.		
Total 90 minutes of meeting			
After the Meeting	Patrol leaders' council reviews the next meeting and plans		
	for the water show. Continue work on next month's program feature.		

Date	Week 3

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening			
minutes			
Opening Ceremony			
minutes			
Skills Instruction	New Scouts continue working on strokes that are needed for Tenderfoot through First Class ranks.		
minutes	Experienced Scouts continue work on the Lifesaving or		
	Swimming merit badges.		
	Older Scouts work on the Venture program or on     Specialized BSA BSA Lifegured Mile Spring BSA on exist		
	Snorkeling, BSA; BSA Lifeguard; Mile Swim, BSA; or assist with the instruction of less experienced Scouts.		
	-		
Patrol Meetings	Continue work on swimming skills.		
minutes			
Interpatrol Activity			
minutes			
Closing	Scoutmaster's Minute.	SM	
minutes	Retire colors.		
Total 90 minutes of meeting			
861 N			
After the Meeting	Patrol leaders' council reviews the next meeting and plans for the water show. Continue work on next month's program feature.		

Date	Week 4

ACTIVITY	DESCRIPTION	RUN BY	TIME
Preopening			
minutes			
Opening Ceremony			
minutes			
Skills Instruction	New Scouts continue working on strokes that are needed for Tenderfoot through First Class ranks.		
minutes	<ul> <li>Experienced Scouts continue work on the Lifesaving or Swimming merit badges.</li> </ul>		
	Older Scouts work on the Venture program or work on Snorkeling, BSA; BSA Lifeguard; Mile Swim, BSA; or assist with the instruction of less experienced Scouts.		
	with the instruction of less experienced scours.		
Patrol Meetings	Continue work on swimming skills.		
minutes			
Interpatrol Activity			
minutes			
Closing	Scoutmaster's Minute—reflection on the experiences of	SM	
minutes	the month.  • Retire colors.		
Total 90 minutes of meeting			
After the Meeting	Patrol leaders' council reviews the next meeting and checks last-minute details for the water show. Finalize work on next month's program feature.		

# TROOP OUTDOOR PROGRAM PLAN

Date
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TIME	ACTIVITY	
Saturday 9:00 A.M.		
9:30 a.m.	9:30 A.M. Rest of troop arrives.	
10:00 а.м.	Aquatic activities begin.	
Noon	Sack lunch	
1:30 р.м.	Continue aquatic activities.	
3:30 р.м.	3:30 P.M. Family swim	
4:30 р.м.	Present awards, leave for home.	

The requirements call for the Scout to swim a mile over a measured course after four hours of training and to know safety rules for swimming in open water.



#### Requirements

- 1. Explain how regular exercise contributes to good health and why swimming is one of the best forms of exercise.
- 2. Tell what precautions and procedures a swimmer and escort must follow for distance swimming over open water.
- 3. Under the supervision of a currently qualified certified aquatics instructor or equivalent, participate in four hours of training and preparation for distance swimming (one hour a day maximum).
- 4. Swim one mile over a measured course that has been approved by the trained instructor who will supervise the swim.

Note: Swim-trunks emblem only.

#### Snorkeling, BSA.

The requirements call for the Scout to demonstrate the use of a mask, fins, and a snorkel in deep water, to know diver's signs and signals, and to understand hyperventilation and hypothermia. The full requirements are outlined in the Application for Snorkeling, BSA, No. 19-176.



#### Requirements

- 1. Before doing other requirements, successfully complete the BSA swimmer test: Jump feetfirst into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.
- 2. Discuss the importance of using the buddy system at all times while snorkeling and list duties of a buddy, beginning with equipment checks.
- 3. Explain the function, fit, and selection of mask, fins, and snorkel. Discuss the use of inflatable flotation vests and PFDs when snorkeling in open water.
- 4. In confined, shallow water (about waist deep), demonstrate use of mask and snorkel:
- 5. Show how to prevent the mask from fogging and how to equalize pressure in mask, ears, and sinus cavities. With your head underwater, flood the mask, observe the effect on your vision, surface, and drain the water from the mask.
- 6. With your face in the water, breathe through the snorkel. Then submerge, surface, clear water from the snorkel, and resume free breathing without removing the snorkel from your mouth.
- 7. In confined, shallow water, demonstrate the use of swim fins: Do first using only fins, and then repeat with a mask and snorkel.
- 8. Fit and adjust fins to feet.
- 9. Walk with fins as if entering from a beach.
- 10. Swim at the surface (10 yards) and underwater (three yards) using the flutter kick.
- 11. Control direction without using hands while swimming with fins at the surface and underwater.
- 12. In confined, deep water (six to 12 feet), demonstrate:
- 13. Proper techniques for entering and exiting the water with snorkeling equipment from a dock or boat.
- 14. Headfirst and feetfirst surface dives, including proper body position for safe ascent and descent.
- 15. Show knowledge of snorkeling signals:
- 16. Demonstrate divers' signs and signals, both audible and visual, for use at the surface and underwater.
- 17. Set out a diver down flag and explain its function.
- 18. In clear, confined water eight to 12 feet deep that has a firm bottom, while swimming with a buddy, use mask, fins, and snorkel to locate and recover an object from the bottom.
- 19. Demonstrate basic survival skills:
- 20. Float facedown for five minutes while breathing through a snorkel with a minimum of movement.
- 21. Demonstrate survival floating for five minutes without use of a snorkel.
- 22. Using fins, show how to tow an exhausted or unconscious buddy to safety.
- 23. Review and explain the eight points of Safe Swim Defense and BSA Snorkeling Safety. Explain training, preparations, and precautions required for snorkeling in open water. Explain environmental factors that affect snorkeling and discuss special precautions needed for oceans, streams, and lakes.
- 24. Explain pressure, buoyancy, and submerged optics and acoustics related to snorkel swimming and diving.
- 25. Discuss the effects of submersion on the body and how to handle potentially dangerous situations:
- 26. What is hyperventilation and how is it avoided?
- 27. What are the symptoms and consequences of hypothermia?
- 28. Why is CPR training recommended for those participating in swimming and snorkeling activities?

# Snorkeling, BSA Application

Name of Applicant
Council
Jnit Number
Name of Counselor
Qualification
Signature
Date Control of the C

## Requirements

- Before doing other requirements, successfully complete the BSA swimmer test: Jump feetfirst into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.
- Discuss the importance of the buddy system in all aquatics activities, and explain specifically how the buddy is to be used at all times in snorkeling, beginning with the fitting and adjusting of equipment.
- 3. Define snorkel swimming and diving; explain the function, fit, and selection of mask, fins, and snorkel. Explain circumstances in which an inflatable flotation vest should be worn for snorkeling.
- 4. In confined, shallow (waist-deep) water, demonstrate the following:
  - (a) Defogging a mask; equalizing pressure in your mask, ears, and sinus cavities.
  - (b) Using a snorkel, including the clearing of water at the surface and resuming free breathing without removing the snorkel from your mouth.
- 5. In confined, shallow (waist-deep) water, demonstrate the use of swim fins: (**Note**: Requirements should first be completed using only fins, and then repeated while wearing a mask and snorkel.)
  - (a) Fit and adjust fins to feet.
  - (b) Swim at the surface (10 yards) and underwater (three yards) using the flutter kick.
  - (c) Control direction without using your hands while swimming with fins at the surface and underwater.
- In confined, deep water (maximum 12 feet), demonstrate:
  - (a) Proper techniques for entering and exiting the water while wearing snorkeling equipment.
  - (b) Headfirst and feetfirst surface dives, including proper body position for safe ascent and descent.

- 7. Show knowledge of snorkeling signals:
  - (a) Demonstrate divers' signs and signals, both audible and visual, for use at the surface and underwater.
  - (b) Set out a diver down flag and explain its function.
- 8. In clear, confined water 8–12 feet deep that has a firm bottom, while swimming with a buddy, use mask, fins, and snorkel to locate and recover an object from the bottom.
- 9. Demonstrate basic survival skills:
  - (a) Float facedown for five minutes while breathing through a snorkel with a minimum of movement.
  - (b) Demonstrate survival floating for five minutes without use of a snorkel.
  - (c) Using fins, show how to tow an exhausted or unconscious buddy to safety.
- 10. Review and explain the eight points of Safe Swim Defense and BSA Snorkeling Safety. Explain training, preparations, and precautions required for snorkeling in open water. Explain environmental factors that affect snorkeling and discuss special precautions needed for oceans, streams, and lakes.
- Explain pressure, buoyancy, and submerged optics and acoustics related to snorkel swimming and diving.
- 12. Discuss the effects of submersion on the body and how to handle potentially dangerous situations:
  - (a) What is hyperventilation and how is it avoided?
  - (b) What are the symptoms and consequences of hypothermia?
  - (c) Why is CPR training recommended for those participating in swimming and snorkeling activities?

#### BSA Lifeguard.

The requirements call for the Scout to know the requirements for the Swimming, Lifesaving, Rowing, Canoeing, and First Aid merit badges, the Safe Swim Defense, and Safety Afloat, and be able to demonstrate specific skills. The full requirements are outlined in the Application for BSA Lifeguard, No. 34435.



To be trained as a BSA Lifeguard, you must successfully complete the course as outlined in the BSA Lifeguard Instructor Manual and demonstrate the ability to perform each item specified in the following requirements:

#### **Prerequisites**

#### Before doing requirements 6 through 26, complete the following:

- 1. Submit proof of age. You must be at least 15 years old to participate.
- 2. Submit written evidence of fitness for swimming activities (signed health history).
- 3. Swim continuously for 550 yards, including at least 100 yards each of the following strokes in good form: front crawl, breaststroke, elementary backstroke, and sidestroke.
- 4. Immediately following the above swim, tread water for two minutes using the legs only and with the hands under the armpits.
- 5. Starting in the water, swim 20 yards using a front crawl or breaststroke, surface dive 7 to 10 feet, retrieve a 10-pound object, surface, swim with the object 20 yards back to the starting point with both hands holding the object, and exit the water, all within 1 minute, 40 seconds.

#### Requirements

#### Complete the following requirements within a 120-day period:

- 6. Show evidence of current training in American Red Cross First Aid and American Red Cross CPR/AED for the Professional Rescuer or equivalent (includes any training for a camp health officer recognized by BSA national camp standards).
- 7. Demonstrate reaching assists from the deck using an arm, a rescue tube, and a pole.
- 8. Demonstrate throwing assists using a throw bag and a ring buoy with a line attached. Throw each device such that the line lands within reach of a conscious subject 30 feet from shore.
- 9. Demonstrate:
  - a. Rescue of a conscious subject in deep water using a rescue board, kayak, rowboat, canoe, or other rescue craft that would be available at your local facility.
  - b. Repeat for an unconscious subject.
- 10. Demonstrate an entry and front approach with a rescue tube to a conscious subject in deep water 30 feet away from shore. Position the rescue tube to support the subject and then assist the subject to safety, providing direction and reassurance throughout.

- 11. Demonstrate an entry and rear approach with a rescue tube to a conscious subject in deep water 30 feet away from shore. Secure and support the subject from behind and then move the subject to safety, providing direction and reassurance throughout.
- 12. Demonstrate use of a rescue tube to assist two subjects grasping each other. Secure, support, and reassure both subjects. With the assistance of a second guard, calm and separate the subjects and move them to safety.
- 13. Demonstrate both front and rear head-hold escapes from a subject's grasp.
- 14. Demonstrate a feet-first entry in deep water with a rescue tube and swim an approach stroke 25 yards within 25 seconds while trailing the tube.
- 15. Demonstrate an entry and front approach with a rescue tube to a face-down passive subject 30 feet away at or near the surface in deep water. Use a wrist roll to position the subject face-up on the rescue tube, tow them to safety, and remove them from the water with assistance within two minutes. Immediately perform a primary assessment and demonstrate one-person CPR for three minutes.
- 16. Demonstrate an entry and rear approach with a rescue tube to a face-down unconscious subject 30 feet away at or near the surface in deep water. Position the subject face-up, tow them to safety, and remove them from the water with assistance within two minutes. Immediately perform a primary assessment and demonstrate two-person CPR for three minutes.
- 17. Demonstrate in-water ventilation of an unconscious subject when prompt removal from the water is not possible. Open the airway, position the mask, and simulate ventilations.
- 18. Demonstrate an entry and approach with a rescue tube for use when an unconscious subject is submerged face-down at or near the bottom in 6 to 8 feet of water. Bring the subject to the surface and tow to the nearest point of safety.
- 19. Remove a subject from the water using each of the following techniques in the appropriate circumstances with the aid of a second rescuer:
  - a. Vertical lift at the edge of a pool or pier using a backboard
  - b. Walking assist
  - c. Beach drag
- 20. Participate in multiple-rescuer search techniques appropriate for a missing subject in murky water:
  - a. Line search in shallow water
  - b. Underwater line search in deep water without equipment
  - c. Underwater line search in deep water with mask and fins
- 21. Demonstrate in-line stabilization for a face-down subject with suspected spinal injury in very shallow water (18 inches or less).
- 22. Demonstrate in-line stabilization for a suspected spinal injury in shallow water (waist to chest deep):
  - a. For a face-up subject
  - b. For a face-down subject
- 23. Demonstrate in-line stabilization for a suspected spinal injury in deep water, swim the subject to shallow water, confirm vital signs, and with the assistance of three others, remove the subject from the water using a backboard with straps and a head immobilization device.
- 24. Demonstrate care for a spinal injury on land in the following situations:
  - a. Non-standing subject
  - b. Standing subject including securing to a backboard and lowering to the ground
- 25. Correctly answer 80 percent of the questions on the BSA Lifeguard knowledge test covering the course material. Review any incomplete or incorrect answers.
- 26. Serve as a lifeguard, under supervision, for at least two separate BSA swimming activities for a combined time of two hours. Afterward, discuss the experience with the lifeguarding instructor.

#### **Completion Options**

Course completion cards are valid only when signed by either a current BSA Aquatics Instructor or BSA Lifeguard Instructor approved by the local council. Training is valid for two years, provided First Aid and CPR/AED for the Professional Rescuer training are kept current during that period.

There are five ways to obtain a course completion card:

Course Completion—Complete all requirements in the instructor manual during a scheduled course of
instruction. The participant must attend all course sessions. Makeup sessions are allowed at the instructor's
discretion. If an individual is unable to complete all requirements during the scheduled course, the instructor
may elect to continue training until the participant is able to complete all the requirements provided the total
elapsed time from start to finish does not exceed the 120-day period.

- 2. Renewal Challenge—Anyone with a BSA Lifeguard completion card that is current or has expired within six months may renew or extend the training by performing requirements 2 through 25 without attending the standard course sessions. Prior to the testing, the instructor may provide a renewal training session to review and update skills and information. Summer camp aquatics directors should renew training for aquatics staff members during precamp training while emphasizing local camp facilities, procedures, and emergency action plans.
- 3. Crossover Challenge—Anyone who holds current training in American Red Cross Lifeguarding, American Red Cross Waterfront Lifeguarding, or other lifeguard training programs may obtain a BSA Lifeguard completion card by performing requirements 1 through 26 without attending the standard course sessions. The lifeguard training program that issued the training certificate must be recognized by the local or state regulatory agency that sets standards for lifeguards at youth camps. The instructor may provide a crossover training session to review and update skills and information prior to the testing. The applicant may receive credit for requirement 26 if within the past 18 months he or she has served as a lifeguard, under supervision, or has supervised lifeguards, for at least two separate BSA swimming activities for a combined time of two hours. Otherwise, due to BSA procedures not implemented at other lifeguarding venues, the applicant must accomplish requirement 26.
- 4. **Completion of BSA Aquatics Instructor**—Anyone who completes BSA Aquatics Instructor training at National Camping School may obtain a BSA Lifeguard completion card.
- 5. **Co-Instructors** (BSA Aquatics Instructor or BSA Lifeguard Instructor) may each sign a completion card for the other at the conclusion of a BSA Lifeguard course if they satisfy requirements 2 through 24.

# APPLICATION FOR BSA LIFEGUARD

COUNCIL RECORD				
Is instructor trained and registered?				
Is applicant registered?				
Applicant's ScoutNET record updated				
Filed for year-end report and with the council aquatics committee				
This form to be used in local council only				

N	BSA Membership Number			
ho lives at	City or Town	State	Zip Code	
as satisfactorily completed all requirement	s for BSA Lifeguard. Date of completion	Completion Option No		
Instructor's Name(s)	BSA Membership Number	Signature(s)	Date	

#### **BSA LIFEGUARD TRAINING PROCEDURE**

- Only those persons currently trained as BSA Aquatics Instructor or as BSA Lifeguard Instructor may train the completion of BSA Lifeguard requirements.
- 2. Training as BSA Lifeguard is valid for two years from the date of completion.
- 3. All requirements must be met. (See completion options.)

- The completed application is forwarded to the local council service center, where the individual's training record is annotated.
- 5. To qualify for BSA Lifeguard, the candidate must complete the BSA Lifeguard course under the direction of either a BSA Lifeguard Instructor or a BSA Aquatics Instructor. The course for the BSA Lifeguard is in the BSA Lifeguard Instructor Manual.

#### INSTRUCTOR'S RESPONSIBILITY

Scouts, Venturers, or adults who become trained BSA Lifeguards must be well-qualified and able to use their knowledge as a lifeguard in case of need without undue danger to themselves and with a reasonable chance of success. The instructors are responsible for the strict interpretation of requirements and the elimination of applicants who in their judgment are not qualified by strength, judgment, or ability to put their knowledge into practice as lifeguards.

The reputation of the instructors as experts depends to a great extent on the actual performance of those they qualify. Therefore, they should be certain the candidate's ability is, without doubt, of the highest caliber. It is expected that the BSA Lifeguard emblem and card will always stand for a very high standard of skill. The instructors to whom this responsibility is entrusted are expected to maintain that standard. For interpretation of requirements, see the BSA Lifeguard Instructor Manual.

#### **BSA LIFEGUARD REQUIREMENTS**

To be trained as a BSA Lifeguard, you must successfully complete the course as outlined in the BSA Lifeguard Instructor Manual and demonstrate the ability to perform each item specified in the following requirements:

ab	ty to perform each item specified in the following requirements:					
Pr	erequisites	Date	Instructor's Initials	Requirements		
Before doing requirements 6 through 26, complete the following:				Complete the following requirements within a 120-day period:		
1.	Submit proof of age. You must be at least 15 years old to participate.			6. Show evidence of current training in American Red Cross First Aid and American Red Cross CPR/AED for the		
2.	Submit written evidence of fitness for swimming activities (signed health history).			Professional Rescuer or equivalent (includes any training for a camp health officer recognized by BSA national camp standards).		
3.	Swim continuously for 550 yards, including at least 100 yards each of the following strokes in good form: front crawl, breaststroke, elementary backstroke,			Demonstrate reaching assists from the deck using an arm, a rescue tube, and a pole		
	and sidestroke.			8. Demonstrate throwing assists using a throw bag and a		
4.	Immediately following the above swim, tread water for two minutes using the legs only and with the hands under the armpits.			ring buoy with a line attached. Throw each device such that the line lands within reach of a conscious subject 30 feet from shore.		
5	Starting in the water, swim 20 yards using a front			9. Demonstrate:		
J.	crawl or breaststroke, surface dive 7 to 10 feet, retrieve a 10-pound object, surface, swim with the object 20 yards back to the starting point with			Rescue of a conscious subject in deep water using a rescue board, kayak, rowboat, canoe, or other rescue craft that would be available at your local facility.		
	both hands holding the object, and exit the water,			b. Repeat for an unconscious subject.		



#### **BSA LIFEGUARD REQUIREMENTS**

		Date	Instructor's Initials		Date	Instructor's Initials
10.	Demonstrate an entry and front approach with a rescue tube to a conscious subject in deep water 30 feet away from shore. Position the rescue tube to support the subject and then assist the subject to safety, providing direction and reassurance throughout.			Demonstrate in-line stabilization for a suspected spinal injury in shallow water (waist to chest deep):     a. For a face-up subject     b. For a face-down subject		
11.	Demonstrate an entry and rear approach with a rescue tube to a conscious subject in deep water 30 feet away from shore. Secure and support the subject from behind and then move the subject to safety, providing direction and reassurance throughout.			23. Demonstrate in-line stabilization for a suspected spinal injury in deep water, swim the subject to shallow water, confirm vital signs, and with the assistance of three others, remove the subject from the water using a backboard with straps and a head immobilization device.		
12.	Demonstrate use of a rescue tube to assist two subjects grasping each other. Secure, support, and reassure both subjects. With the assistance of a second guard, calm and separate the subjects and move them to safety.			24. Demonstrate care for a spinal injury on land in the following situations:  a. Non-standing subject		
13.	Demonstrate both front and rear head-hold escapes from a subject's grasp.			b. Standing subject including securing to a backboard and lowering to the ground		
14.	Demonstrate a feet-first entry in deep water with a rescue tube and swim an approach stroke 25 yards within 25 seconds while trailing the tube.			25. Correctly answer 80 percent of the questions on the BSA Lifeguard knowledge test covering the course material. Review any incomplete or incorrect answers.		
15.	Demonstrate an entry and front approach with a rescue tube to a face-down passive subject 30 feet away at or near the surface in deep water. Use a wrist roll to position the subject face-up on the rescue tube, tow them to safety, and remove them from the water			26. Serve as a lifeguard, under supervision, for at least two separate BSA swimming activities for a combined time of two hours. Afterward, discuss the experience with the lifeguarding instructor.		
	with assistance within two minutes. Immediately perform a primary assessment and demonstrate one-person CPR for three minutes.			Completion Options		
16.	Demonstrate an entry and rear approach with a rescue tube to a face-down unconscious subject 30 feet away at or near the surface in deep water. Position			Course completion cards are valid only when signed by eithe Instructor or BSA Lifeguard Instructor approved by the local of for two years, provided First Aid and CPR/AED for the Profess are kept current during that period.	council. Traini	ng is valid
	the subject face-up, tow them to safety, and remove them from the water with assistance within two minutes. Immediately perform a primary assessment and demonstrate two-person CPR for three minutes.			There are five ways to obtain a course completion card:  1. Course Completion—Complete all requirements in the during a scheduled course of instruction. The participant r		
17.	Demonstrate in-water ventilation of an unconscious subject when prompt removal from the water is not possible. Open the airway, position the mask, and simulate ventilations.			sessions. Makeup sessions are allowed at the instructor's individual is unable to complete all requirements during the instructor may elect to continue training until the partic complete all the requirements provided the total elapsed to does not exceed the 120-day period.	ne scheduled cipant is able	course, to
18.	Demonstrate an entry and approach with a rescue tube for use when an unconscious subject is submerged face-down at or near the bottom in 6 to 8 feet of water. Bring the subject to the surface and tow to the nearest point of safety.			2. Renewal Challenge—Anyone with a BSA Lifeguard or current or has expired within six months may renew or experforming requirements 2 through 25 without attending tessions. Prior to the testing, the instructor may provide a session to review and update skills and information. Sumi	tend the train the standard renewal trair	iing by course ning
19.	Remove a subject from the water using each of the following techniques in the appropriate circumstances with the aid of a second rescuer:			directors should renew training for aquatics staff member training while emphasizing local camp facilities, procedure action plans.	s during prec	amp
	a. Vertical lift at the edge of a pool or pier using a backboard			3. Crossover Challenge—Anyone who holds current trai Red Cross Lifeguarding, American Red Cross Waterfront L	ifeguarding, c	or other
	b. Walking assist			lifeguard training programs may obtain a BSA Lifeguard or performing requirements 1 through 26 without attending to	the standard (	course
	c. Beach drag			sessions. The lifeguard training program that issued the tr be recognized by the local or state regulatory agency that	•	
20.	Participate in multiple-rescuer search techniques appropriate for a missing subject in murky water:			lifeguards at youth camps. The instructor may provide a c to review and update skills and information prior to the te	rossover train sting. The app	ning session olicant
	a. Line search in shallow water			may receive credit for requirement 26 if within the past 18 has served as a lifeguard, under supervision, or has super		
	b. Underwater line search in deep water without equipment			at least two separate BSA swimming activities for a comb Otherwise, due to BSA procedures not implemented at oth	ined time of t	wo hours.
	c. Underwater line search in deep water with mask and fins			the applicant must accomplish requirement 26.  4. Completion of BSA Aquatics Instructor—Anyone	who complete	es
21.	Demonstrate in-line stabilization for a face-down subject with suspected spinal injury in very shallow			BSA Aquatics Instructor training at National Camping School a BSA Lifeguard completion card.		
	water (18 inches or less).			Co-Instructors (BSA Aquatics Instructor or BSA Lifegua may each sign a completion card for the other at the conc BSA Lifeguard course if they satisfy requirements 2 through	lusion of a	

#### 50-Miler Award.

Scouts are eligible for this award if they take part in a canoe or boat trip (or wilderness trek) of at least 50 consecutive miles in at least five days and do conservation work en route. The full requirements are outlined in the 50-Miler Award Application, No. 34408.





The 50-Miler Award is presented to each qualifying individual for satisfactory participation in an approved trip. In order to qualify for the award the group of which the individual is a member must fulfill all of the following requirements.

- 1. Make complete and satisfactory plans for the trip, including the possibilities of advancement.
- 2. Cover the trail or canoe or boat route of not less than 50 consecutive miles; take a minimum of five consecutive days to complete the trip without the aid of motors. (In some areas pack animals may be used.)
- 3. During the time on the trail or waterway, complete a minimum of 10 hours each of group work on projects to improve the trail, springs, campsite, portage, or area. If, after checking with recognized authorities, it is not possible to complete 10 hours each of group work on the trail, a similar project may be done in the unit's home area. (There should be no unauthorized cutting of brush or timber.)
- 4. Unit or tour leader must then file a 50-Miler Award application with the local council service center. This application gives additional details about planning the trip.

http://scoutingmagazine.org/2011/03/advancement-faqs-go-the-distance/

#### THE 50-MILER PROGRAM



The primary objective of this program is to stimulate Boy Scout, Varsity Scout, and Venturer interest in the ideals of the movement and to promote activity that will result in personal fitness, self-reliance, knowledge of wood lore, and a practical understanding of conservation.

Chartered unit participation is most desirable; however, provisional groups are eligible. This award does not apply if any other award is available for a trip.

The Boy Scout, Varsity Scout, or Venturing unit or provisional group must follow these rules for a 50-Miler trip:

- · Select a suitable trail or waterway.
- Adult leaders 21 or older must make the entire trip.
- Trips outside council boundaries, trips of 500 miles or more, or trips that include aquatics, climbing/rappelling, or shooting sports components require a tour and activity plan to be submitted to the council. You can find more information here: www.scouting.org/scoutsource/HealthandSafety/Alerts/ TourActivityPlan.aspx.

#### **Award Requirements**

The 50-Miler Award is presented to each qualifying individual for satisfactory participation in an approved trip. In order to qualify for the award, the group of which the individual is a member must fulfill all of the following requirements:

- Make complete and satisfactory plans for the trip, including the possibilities of advancement.
- Cover the trail or canoe or boat route of not less than 50 consecutive miles; take a minimum of five consecutive days to complete the trip without the aid of motors. (In some areas pack animals may be used.)
- 3. During the time on the trail or waterway, complete a minimum of 10 hours each of group work on projects to improve the trail, springs, campsite, portage, or area. If, after checking with recognized authorities, it is not possible to complete 10 hours each of group work on the trail, a similar project may be done in the unit's home area (There should be no unauthorized cutting of brush or timber.)
- 4. Unit or tour leader must then file the 50-Miler Award application with the local council service center.

Detach and send the report below to your local council service center.

	50-MILER AWARD APPLICA	ATION		Unit No	Tour and Activity Plan No
(Note: This:	award does not apply if any other award is	in )	Provisional group		
(Note: Tillo	awara doco not appry il any other awara io	·P·/	District		
					Local Council Action
То	: Local Council Only (Do not send to nat	ional office.)		Approved	Disapproved
1. Name o	of trail or waterway				
	<i>,</i>		Give state and r	nearest town.	
From		0	Date	(mini	mum of five consecutive days required)
2. Trip was	s (check appropriate terms) $\square$ by boat	$\square$ by canoe	☐ on foot	☐ by bicycle	
3. Trail or v	waterway covered: from			_ to	Finishing point
					Finishing point
Total mi	ileage (must be at le	east 50 continuous	s miles)		
4. This gro	oup completed 10 hours of trail work, as	follows. (Give deta	ails as to type o	of Good Turn, suc	h as clearing trail, repairing bridges,
cleaning	g up campsites and springs, leaving woo	od supply, etc.)			
5. Total Bo	by Scouts, Varsity Scouts, Venturers, and	d leaders eligible fo	or the 50-Miler	Award	
6. Enter ou	ur order for decals, No. 32261	embroidered	awards, No. 19	01 staff sh	nield, No. 14131
(NOTE: Embroio	idered and leather awards are not worn on uniforms but may may be used on canoes, paddles, or plaques.)				(Contact your local council service center for current prices.)
Approved					
	Unit or tour leader				
	Address	Phone			430-067WE 2012 Printing

## Boardsailing, BSA.

Scouts are introduced to basic boardsailing skills, equipment, and safety precautions and will build a knowledge foundation for participation in more advanced and demanding activities on the water. The full requirements are outlined in the Boardsailing, BSA Award Application, No. 19-935A.



#### Requirements

- 1. Review the BSA guidelines for boardsailing and explain steps you have taken to follow each of the 11 guidelines found in section V (p. 5-54) of Camp Program and Property Management, No. 20-920.
- 2. Explain precautions to be taken for boardsailing on each of the following:
  - Lakes
  - Rivers
  - Ocean or bay areas
- 3. What is hypothermia? Describe to your counselor the symptoms of hypothermia. What special considerations in preventing hypothermia are necessary for boardsailing?
- 4. Properly rig and prepare the sailboard you are using. Point out and explain the function of each of the following: uphaul, outhaul, downhaul, cleat, leach, tack, clew, foot, skeg, centerboard, wishbone boom, universal, luff, and center of effort. Explain how to steer the sailboard.
- 5. Demonstrate your ability to uphaul the sail, find the neutral position to the wind (sail luffing), and control the board's position with foot movement.
- 6. With supervision from your instructor, sail a course that involves beating, reaching, and running. Change tack by coming about.

nel should be on duty in addition to the instructor in charge. Before the activity commences, all should fully understand the procedure and what to do in an emergency.

# Special Events

Swimming and boating that are part of an aquatics special event should be protected as recreational activity with swimming buddy checks called only before and after completion of the individual events. Competitors check in when their event is called and check out immediately after the event ends. One guard is the starter and judge for all swimming events and another handles the boating events. Protection against accidents during a special event depends largely on cooperation from unit leaders, good organization, and judicious selection of events.

# **Boardsailing**

Whenever Scouts or Venturers participate in boardsailing activities, the following guidelines and procedures should be followed.

- 1. All boardsailing activity must be supervised by a mature and conscientious adult at least 21 years of age who understands and knowingly accepts responsibility for the well-being and safety of those in his or her care, who is experienced in the water and confident of his or her ability to respond in the event of an emergency, and who is familiar with and committed to compliance with the BSA boardsailing guidelines and procedures. The boardsailing supervisor must be an experienced boardsailor or be assisted by an adult or older youth with such experience.
- 2. Only persons who have successfully completed the official BSA swimmer test in the current year may participate in boardsailing activity.
- 3. All participants must present evidence of fitness assured by a complete health history from a physician, parent, or legal guardian. The adult supervisor should adjust all supervision, discipline, and protection to anticipate any potential risks associated with individual health conditions. In the event of any significant health condition, an examination by a physician should be required by the adult supervisor.
- 4. All participants should receive instruction in boardsailing skills and safety from an experienced boardsailor.
- 5. All persons must wear an approved U.S. Coast Guard personal flotation device at all times while participating in boardsailing activity.
- 6. No one sails alone; always have a buddy on the water (in a boat or on another board). Boardsailors must stay within view and easy rescue range of a lookout with an appropriately equipped rescue boat.

- 7. No boardsailing at night, at dusk, or in rough water. Weather and water conditions must be known and understood in advance of any boardsailing activity, and weather forecasts should be studied. Exposure suits are recommended for cool water or cool weather.
- 8. Avoid swimming areas, fishers, and underwater diving activity. Use designated boardsailing beaches when available. Stay out of traffic.
- 9. All equipment should be safety checked and repaired as needed before each use.
- 10. When in difficulty, a person should stay with the board and not attempt to swim ashore.
- 11. All participants should know, understand, and follow the rules and procedures for safe boardsailing. The supervisor should encourage the individual exercise of good judgment and self-discipline, and assure that safety rules are fairly and constantly enforced.

# **Outpost Unit Aquatics**

Unit leaders are trained in the Safe Swim Defense and unit swim procedures early in the week. They are then encouraged to conduct a swim using their own resources and leadership. Aquatics program personnel should be available to assist and counsel as needed during the unit activity, but the unit should be essentially on its own. Any failure to satisfy safe swim standards should be immediately brought to the attention of the unit leadership, and if the risk is not corrected the swim activity should be terminated. If at any time the aquatics personnel are uncertain as to the unit's ability to conduct a safe swim, an instructor should be assigned to serve as an observer. Units should be encouraged to use the regular aquatics program area for their swims and one or more remote safe swim areas should be designated for unit use. All unit swim activities should be scheduled with the aquatics program director even though they are to be in a remote area.

Unit boating activity should also be encouraged. Recreational boating rules apply to use of the rowboats and canoes. A session on Safety Afloat must be held for unit leaders planning for such activity, and basic instruction in safety and skills should be required for the inexperienced members of the unit. Time of departure and specific routes for unit activity afloat must be worked out in advance with the aquatics program director. If for any reason the aquatics personnel are unsure of the unit's ability to conduct a safe activity afloat, an instructor should be assigned to accompany the unit. Nonswimmers and beginners are allowed in canoes only when accompanied in the craft by a BSA Aquatics Instructor or under circumstances specifically approved by the aquatics program director.



BSA groups shall use Safe Swim Defense for all swimming activities. Adult leaders supervising a swimming activity must have completed Safe Swim Defense training within the previous two years. Safe Swim Defense standards apply at backyard, hotel, apartment, and public pools; at established waterfront swim areas such as beaches at state parks and U.S. Army Corps of Engineers lakes; and at all temporary swimming areas such as a lake, river, or ocean. Safe Swim Defense does not apply to boating or water activities such as waterskiing or swamped boat drills that are covered by Safety Afloat guidelines. Safe Swim Defense applies to other nonswimming activities whenever participants enter water over knee deep or when submersion is likely, for example, when fording a stream, seining for bait, or constructing a bridge as a pioneering project. Snorkeling in open water requires each participant to have demonstrated knowledge and skills equivalent to those for Snorkeling BSA in addition to following Safe Swim Defense. Scuba activities must be conducted in accordance with the BSA Scuba policy found in the *Guide to Safe Scouting*. Because of concerns with hyperventilation, competitive underwater swimming events are not permitted in Scouting.

Safe Swim Defense training may be obtained from the BSA Online Learning Center at <a href="www.scouting.org">www.scouting.org</a>, at council summer camps, and at other council and district training events. Confirmation of training is required on tour and activity plans for trips that involve swimming. Additional information on various swimming venues is provided in the *Aquatics Supervision* guide available from council service centers.

## The Eight Defenses

## **Qualified Supervision**

All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of youth members in his or her care, who is experienced in the water and confident of his or her ability to respond in the event of an emergency, and who is trained in and committed to compliance with the eight points of BSA Safe Swim Defense. (It is strongly recommended that all units have at least one adult or older youth member currently trained as a BSA Lifeguard to assist in the planning and conduct of all swimming activity.)

#### **Physical Fitness**

Require evidence of fitness for swimming activity with a complete health history from physician, parent, or legal guardian. The adult supervisor should adjust all supervision, discipline, and protection to anticipate any potential risks associated with individual health conditions. In the event of any significant health conditions, an examination by a physician should be required by the adult supervisor. Those with physical disabilities can enjoy and benefit from aquatics if the disabilities are known and necessary precautions are taken.

#### Safe Area

When swimming in areas not regularly maintained and used for swimming activity, have lifeguards and swimmers systematically examine the bottom of the swimming area to determine varying depths, currents, deep holes, rocks, and stumps. Mark off the area for three groups: not more than 3 1/2 feet deep for nonswimmers; from shallow water to just over the head for beginners; deep water not over 12 feet for swimmers. A participant should not be permitted to swim in an area where he cannot readily recover and maintain his footing, or cannot maintain his position on the water, because of swimming ability or water flow. When setting up a safe swimming area in natural waters, use poles stuck in the bottom, or plastic bottles, balloons, or sticks attached to rock anchors with twine for boundary markers. Enclose

nonswimmer and beginner areas with buoy lines (twine and floats) between markers. Mark the outer bounds of the swimmer's area with floats. Be sure that clear-water depth is at least 7 feet before allowing anyone to dive into the water. Diving is prohibited from any height more than 40 inches above the water surface; feet-first entry is prohibited from more than 60 inches above the water. For any entry from more than 18 inches above the water surface, clear-water depth must be 10 to 12 feet. Only surface swimming is permitted in turbid water. Swimming is not permitted in water more than 12 feet deep, in turbid water where poor visibility and depth would interfere with emergency recognition or prompt rescue, or in whitewater, unless all participants wear appropriate personal flotation devices and the supervisor determines that swimming with personal flotation equipment is safe under the circumstances.

### Lifeguards on Duty

Swim only where there are lifeguards on duty. For unit swims in areas where lifeguards are not provided by others, the supervisor should designate two capable swimmers as lifeguards. Station them ashore, equipped with a lifeline (a 100-foot length of 3/8-inch nylon cord). In an emergency, one carries out the line; the other feeds it out from shore, then pulls in his partner and the person being helped. In addition, if a boat is available, have two people, preferably capable swimmers, take it out?one rowing and the other equipped with a 10-foot pole or extra oar. Provide one guard for every 10 people in the water, and adjust the number and positioning of guards as needed to protect the particular area and activity.

#### Lookout

Station a lookout on the shore where it is possible to see and hear everything in all areas. The lookout may be the adult in charge of the swim and may give the buddy signals.

#### **Ability Groups**

Divide into three ability groups: Nonswimmers, beginners, and swimmers. Keep each group in its own area. Nonswimmers have not passed a swimming test. Beginners must pass this test: jump feetfirst into water over the head in depth, level off, swim 25 feet on the surface. Stop, turn sharply, resume swimming as before and return to the starting place. Swimmers must pass this test: jump feet first into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating. These classification tests should be renewed annually, preferably at the beginning of the season.

## **Buddy System**

Pair every youth with another in the same ability group. Buddies check in and out of the swimming area together. Emphasize that each buddy lifeguards his buddy. Check everyone in the water about every 10 minutes, or as needed to keep the buddies together. The adult in charge signals for a buddy check with a single blast of a whistle or ring of a bell, and call "Buddies!" The adult counts slowly to 10 while buddies join and raise hands and remain still and silent. Guards check all areas, count the pairs, and compare the total with the number known to be in the water. Signal two blasts or bells to resume swimming. Signal three blasts or bells for checkout.

#### Discipline

Be sure everyone understands and agrees that swimming is allowed only with proper supervision and use of the complete Safe Swim Defense. The applicable rules should be presented and learned prior to the outing, and should be reviewed for all participants at the water's edge just before the swimming activity begins. Scouts should respect and follow all directions and rules of the adult supervisor. When people know the reason for rules and procedures they are more likely to follow them. Be strict and fair, showing no favoritism.



BSA groups shall use Safety Afloat for all boating activities. Adult leaders supervising activities afloat must have completed Safety Afloat training within the previous two years. Cub Scout activities afloat are limited to council or district events that do not include moving water or float trips (expeditions). Safety Afloat standards apply to the use of canoes, kayaks, rowboats, rafts, floating tubes, sailboats, motorboats (including waterskiing), and other small craft, but do not apply to transportation on large commercial vessels such as ferries and cruise ships. Parasailing (being towed airborne behind a boat using a parachute), kitesurfing (using a wakeboard towed by a kite), and recreational use of personal watercraft (small sit-on-top motorboats propelled by water jets) are not authorized BSA activities.

Safety Afloat training may be obtained from the BSA Online Learning Center at <a href="www.scouting.org">www.scouting.org</a>, at council summer camps, and at other council and district training events. Confirmation of training is required on tour and activity plans for trips that involve boating. Additional guidance on appropriate skill levels and training resources is provided in the *Aquatics Supervision* guide available from council service centers.

## The 9 Points of Safety Afloat

## Review Them before Each Outing!

- 1. Qualified Supervision
- 2. Physical Fitness
- 3. Swimming Ability
- 4. PFD
- 5. Buddy System
- 6. Skill Proficiency
- 7. Planning
- 8. Equipment
- 9. Discipline

someone. Whatever kind of Good Turn you do, don't take more than a thank-you for doing it. Now is a good time for you to begin being a good Scout and follow the Scout slogan, "Do a Good Turn Daily."

#### TRICK OR TREAT

A young university student was walking along with one of his professors when they came across a pair of shoes that belonged to an old man working in a field nearby. Our young friend suggested hiding the old man's shoes, but the professor objected. "We must never amuse ourselves at the expense of others," he said. "Why not put a dollar in each shoe and see what he will do?"

Together they did this, then hid themselves behind a bush. Soon the old man returned for his shoes. He put one foot into a shoe, then quickly removed it to see what was causing the discomfort. Finding the dollar, he examined it closely, then looked about to see who might have put it in his shoe. There was no one around, so he started to put on his other shoe and, to his amazement, found a dollar in it, too. Overwhelmed, he looked up toward Heaven and thanked God aloud for meeting the need of his distressed family.

The student was deeply moved by what he had witnessed. "Now," said the professor, "is not the treat better than the trick?"

#### **BRAVERY**

Actor and martial arts expert Chuck Norris knows that *might* does not always mean *right*. He explains:

Not long ago, after a day of filming my television series, I went alone to a small Texas cafe. As I sat in a corner booth, a large man towered over me and said with an edge to his voice that I was sitting in his booth. I didn't like his tone or his implicit threat, but I said nothing and moved to another booth. A few minutes later, though, the big fellow was headed back in my direction. Here he comes, I thought, a local tough out to make a name for himself by taking on Chuck Norris in a fight.

When he arrived at my new booth, he looked directly at me. "You're Chuck Norris," he said. I nodded.

"You could have whipped me good back there a few minutes ago," he said. "Why didn't you?" "What would it have proved?" I asked.

He thought that over for a moment and then offered me his hand. "No hard feelings?" he said.

"None," I said, and shook his hand. I had avoided a confrontation and made a friend. *I had won by losing*.

#### A SCOUT IS CLEAN

(You will need one clean, opaque cup filled with very dirty water and one opaque cup, dirty on the outside and filled with clean water. The soiling of the outside of the dirty cup and the murkiness of the water in the clean cup must be exaggerated.)

(Hold up both cups so that the Scouts can see the outsides clearly but not what is inside.) Which of these cups of water do you think I should drink from? You probably think that I should drink from the clean cup. But, you see, the cup that appears clean really contains very dirty water. (Walk around the room and show the dirty water to the Scouts.) It's the other cup, the one that looks dirty on the outside, that is really clean. (Show the clean water.)

It doesn't really matter if Scouts play hard and get dirty doing the many fun activities we do in our troop. We can always take a shower and get clean again. But, it is a little harder to keep our insides clean. When the Scout Law says "A Scout is clean," it is also referring to our inside selves. A Scout has clean language, clean

manners, and clean thinking.

http://www.scouting.org/

TRIM YOUR SAIL filestore/pdf/SMMinute.pdf

One merit badge that I really enjoyed earning as a Scout was Small-Boat Sailing. And the thing that most impressed me was learning how to tack. In a sailboat, you can't get upwind by steering straight into the wind. You have to move into it at an angle, with the mainsail close-hauled, and the centerboard down. By putting together a series of tacks, which looks like a big zigzag pattern as you go through the water, you can actually get yourself upwind of your starting point.

Sailors have a saying for this: They'll tell you to "trim your sail so as to gain an advantage, even in an adverse wind." A good sailor knows how to take the very wind that is trying to blow him backward from his intended course, and use it instead to move his boat forward. His forward progress might not be fast with all those tacks, but it's steady.

There'll be times in your life—there'll be times in your Scouting career—when you'll encounter an "adverse wind." Everything seems to be moving against your intended course. Well, maybe you can't steer straight into the opposing "wind," but by trying a different "tack," you can find a way to move forward. That's one of the secrets of success in Small-Boat Sailing, and it works in real life, too.