

SALMON RUN

ELECTIVE ADVENTURE



SNAPSHOT OF ADVENTURE



Did you know that nearly three-fourths of the Earth is covered by water? It is! If you want to explore a lot of the world, you have to go by boat or know how to swim. Grizzly bears are animals that know how to swim even though they live in the forest. They swim in ice-cold rivers to catch the salmon they eat. As a Bear Scout, you will get to go swimming, too — not to catch fish, but to have fun. In this Adventure, you'll learn about swimming and boating and how to stay safe around the water.

This elective Adventure may be earned by completing the requirements below **OR** passing the BSA swimmer test **OR** taking swimming lessons.

REQUIREMENTS

1. With your den or an adult, identify the attributes of qualified adult supervision at a swimming activity.
2. Learn the three swimming ability groups for the Boy Scouts of America and the water depths appropriate for each.
3. Go swimming with your den, pack, or family for 30 minutes using the buddy system.
4. Demonstrate the use of the buddy system, buddy checks, and ability groups with your den or an adult.
5. Attempt the BSA beginner swim test.
6. Demonstrate both a reach rescue and a throw rescue.



- [Elective Adventure](#)
- [Scan for this Adventure page](#)

REQUIREMENT 1

With your den or an adult, identify the attributes of qualified adult supervision at a swimming activity.



When swimming, Cub Scouts follow BSA Safe Swim Defense guidelines. These are eight things you do to stay safe.

1. 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 those in their care, 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 in BSA Aquatics Supervision: Swimming and Water Rescue or BSA Lifeguard to assist in planning and conducting all swimming activities.

2. Personal Health Review

A complete BSA Annual Health and Medical Record is required of all participants as evidence of fitness for swimming activities. Forms for minors must be signed by a parent or legal guardian. Participants should be asked to relate any recent incidents of illness or injury just prior to the activity. Supervision and protection should be adjusted to anticipate any potential risks associated with individual health conditions. For significant health conditions, the adult supervisor should require an examination by a physician and consult with the parent, legal guardian, or caregiver for appropriate precautions.

3. Safe Area

All swimming areas must be carefully inspected and prepared for safety prior to each activity. Water depth, quality, temperature, movement, and clarity are important considerations. Hazards must be eliminated or isolated by conspicuous markings and discussed with participants.

4. Response Personnel (Lifeguards)

Every swimming activity must be closely and continuously monitored by a trained rescue team on the alert for and ready to respond during emergencies. Professionally trained lifeguards satisfy this need when provided by a regulated facility or tour operator. When lifeguards are not provided by others, the adult supervisor must assign at least two rescue personnel, with additional numbers to maintain a ratio of one rescuer to every 5 Cub Scouts. The supervisor must provide instruction and rescue equipment and assign areas of responsibility as outlined in *Aquatics Supervision*. The qualified supervisor, the designated

response personnel, and the lookout work together as a safety team. An emergency action plan should be formulated and shared with participants as appropriate.

5. Lookout

The lookout continuously monitors the conduct of the swim, identifies any departures from Safe Swim Defense guidelines, alerts rescue personnel as needed, and monitors the weather and environment. The lookout should have a clear view of the entire area but be close enough for easy verbal communication. The lookout must have a sound understanding of Safe Swim Defense but is not required to perform rescues. The adult supervisor may serve simultaneously as the lookout but must assign the task to someone else if engaged in activities that preclude focused observation.

6. Ability Groups

All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized BSA swim classification tests. Each group is assigned a specific swimming area with depths consistent with those abilities. The classification tests must be renewed annually, preferably at the beginning of the season, even if the youth has earned the Swimming merit badge.

7. Buddy System

Every participant is paired with one other. Buddies stay together, monitor each other, and alert the safety team if either needs assistance or is missing. Buddies check into and out of the area together. Buddies are normally in the same ability group and remain in their assigned area. If they are not of the same ability group, then they swim in the area assigned to the buddy with the lesser ability.

8. Discipline

Rules are effective only when followed. All participants should know, understand, and respect the rules and procedures for safe swimming provided by Safe Swim Defense guidelines. Applicable rules should be discussed prior to the outing and reviewed for all participants at the water's edge just before the swimming activity begins. People are more likely to follow directions when they know the reasons for rules and procedures. Consistent, impartially applied rules supported by skill and good judgment provide steppingstones to a safe, enjoyable outing.



Date

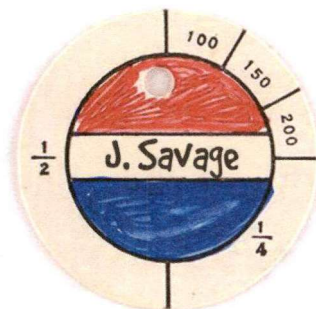
Adult's Signature

REQUIREMENT 2

Learn the three swimming ability groups of the BSA and the water depths appropriate for each.

All youth and adults are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by the BSA swim classification tests. Each group is assigned a specific swimming area with depths consistent with those abilities. The classification tests must be done at least annually.

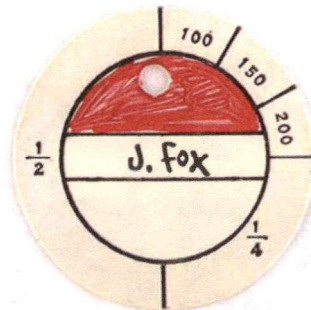
The Cub Scout motto is "Do Your Best." In most situations, when a Cub Scout has done their best, they have met the requirement. For swimming ability groups, a Cub Scout must pass the test as described.



Swimmer

To be a **swimmer**, you 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.

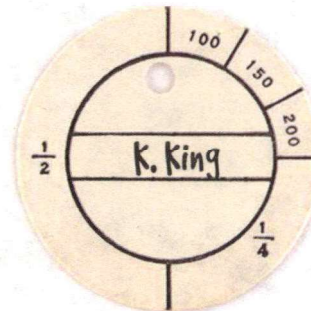


Beginner

To be classified as a **beginner**, you must pass this test: Jump feet-first into water over the head in depth, level off, and swim 25 feet on the surface. Stop, turn sharply, resume swimming, and return to the starting place.

Anyone who has not completed either the beginner or swimmer tests is classified as a **nonswimmer**.

The nonswimmer area should be no more than waist to chest deep and should be enclosed by physical boundaries such as the shore, a pier, or lines. The enclosed beginner area should contain water of standing depth and may extend to depths just over the head. The swimmer area may be up to 12 feet in depth in clear water and should be defined by floats or other markers.



Nonswimmer



Date

Adult's Signature

REQUIREMENT 3

Go swimming with your den, pack, or family for 30 minutes using the buddy system.



Whether you live in the city or the country, there is probably a place nearby you can go swimming. There may even be an indoor pool that is open year-round. For this requirement, visit a pool or swimming area with your den, pack, or family. Follow the rules on the next page to help keep you and your den or family safe.



Date

Adult's Signature

REQUIREMENT 4

Demonstrate the use of the buddy system, buddy checks, and ability groups with your den or an adult.

Every participant, both youth and adults, are paired with another. Buddies stay together, monitor each other, and alert the safety team if either needs assistance or is missing.

Buddies check into and out of the area together. Buddies are normally in the same ability group and remain in their assigned area. If buddies are not of the same ability group, they swim in the area assigned to the buddy with the lesser ability.

A buddy check reminds participants of their obligation to monitor their buddies and indicates how closely the buddies are keeping track of each other. Roughly every 10 minutes, or as needed to keep the buddies together, the lookout, or other person designated by the supervisor, gives an audible signal, such as a single whistle blast, and a call for "Buddies." Buddies are expected to raise each other's hand before completion of a slow, audible count to 10. Buddies who take longer to find each other should be reminded of their responsibility for the other's safety.

Once everyone has a buddy, a count is made by area and compared with the total number known to be in the water. After the count is confirmed, a signal is given to resume swimming.



Date

Adult's Signature

REQUIREMENT 5

Attempt the BSA beginner test.



For this requirement, you do not have to pass the beginner test — just do your best.

To be classified as a beginner, you must:

- ▶ Jump feet-first into water over your head in depth.
- ▶ Level off, and swim 25 feet on the surface.
- ▶ Stop, turn sharply, and resume swimming.

Try the test under the supervision of a lifeguard or other qualified adult. If you pass it, you'll be well on your way to swimming like a bear!



Date

Adult's Signature

REQUIREMENT 6

Demonstrate both a reach rescue
and a throw rescue.

Wherever you go swimming, a lifeguard should be on duty to help. They will help any swimmers who get into trouble. What if someone needs help and no lifeguard is around? As a Bear Scout, you're not expected to do the rescue work of a trained adult. However, there are some things you can do.

First, send a friend to call for help. Next, if no adult is there, try to help from shore or the edge of the pool. If the person is close to the edge, lie down and reach with your hand. Otherwise, use whatever is available, like a towel, a tree branch, a fishing pole, or a canoe paddle. Be careful not to let the person pull you into the water. If possible, anchor yourself to another person or to a solid object like the edge of a dock.





You can practice reach rescues in the shallow end of a swimming pool. If you are inside, you can pretend that a rug on the floor is the water.

If you can't reach the person, you can throw a rope, a life ring, or anything that will float. The object will give the person support. If it's tied to a rope, you can pull the person to shore. To practice throw rescues, you can create your own throw line at home. Just attach a rope to a plastic milk jug with a little water in it. Go outside and have a friend stand about 20 feet from you. Practice throwing the jug to your friend — but don't hit them with it!



Date

Adult's Signature

