

AQUANAUT

ELECTIVE ADVENTURE



REQUIREMENT 1

State the safety precautions you need to take before doing any swimming activity.

While swimming and boating are lots of fun, they do require you to follow safety rules and to be alert for danger. In Scouting, we have two sets of rules we follow to be safe in and on the water: Safe Swim Defense and Safety Afloat. The adults who lead aquatic activities must be trained in these rules. Discuss the rules with your leader or a parent or legal guardian and explain how you will follow safety guidelines.

Safe Swim Defense covers these eight points:

1. Qualified Supervision

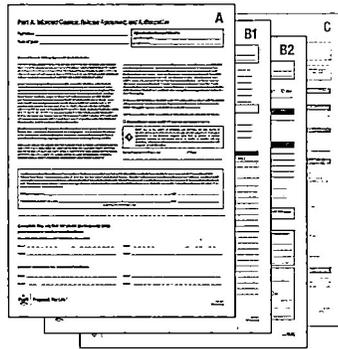
All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and



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, in Swimming and Water Rescue, or as a BSA Lifeguard to assist in planning and conducting all swimming activities.

2. Personal Health Review

Completing the 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

The image shows a portion of the BSA Annual Health and Medical Record form. It is divided into several sections labeled A, B1, B2, and C. Section A is the largest and contains the main text of the form, including a header with the title 'Part A. Member's General Health and Medical Record' and various fields for personal information and medical history. Sections B1, B2, and C are smaller, vertical sections on the right side of the form, likely for additional medical notes or specific health checks.

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.

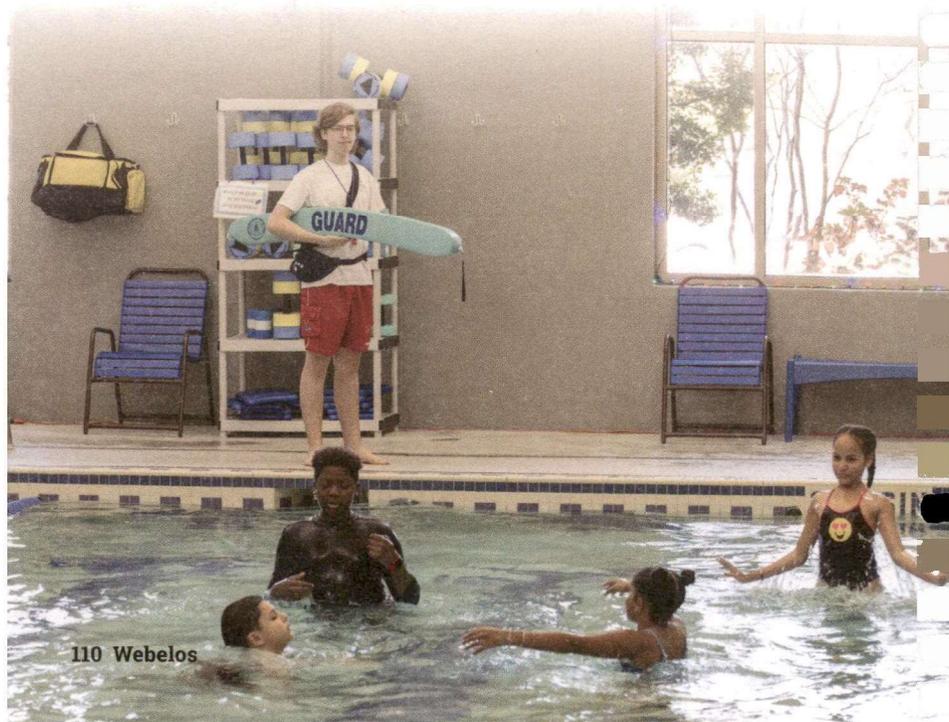
3. Safe Area

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 10 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

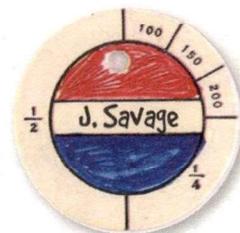
The lookout continuously monitors the conduct of the swim, identifies any departures from Safe Swim Defense guidelines, alerts rescue personnel as needed, and monitors the weather and environment. The lookout should have a clear view of the entire area but be close enough for easy verbal communication. 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

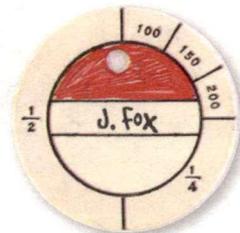
All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized BSA swim classification tests. Each group is assigned a specific swimming area with depths consistent with those abilities. The classification tests must be renewed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

7. Buddy System

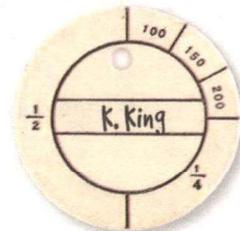
Every participant is paired with another. Buddies stay together, monitor each other, and alert the safety team if either needs assistance or is missing.



Swimmer



Beginner



Nonswimmer

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.

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.

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.

THE BUDDY SYSTEM

One of the most important ways you can ensure a safe swim is to follow the buddy system. As you read in the Safe Swim Defense section, you and another Scout will be paired and should always stay together. Keep an eye on your buddy and call for help if needed. Always check into and out of the swimming area together.

Every 10 minutes or so, the lookout will call for a buddy check. As quickly as possible, get to your buddy and raise each other's hand. See if you can be the first buddy pair to do this!

The buddy system is also a good idea when you're hiking, cooking, or doing any other activity.



REQUIREMENT 2

Explain the meaning of 'order of rescue' and demonstrate the reach and throw rescue techniques from land.

If a swimmer or boater gets in trouble, trained rescuers know how to perform a rescue. To be as effective as possible and to protect themselves from getting into trouble, too, rescuers follow what's called the order of rescue, doing the following actions in this order:

- ▶ Reach for the victim with whatever is available — a hand or foot, a tree branch, a canoe paddle, or a towel. Pools and waterfront areas usually have reach poles at least 10 feet long.
- ▶ Throw or toss a line, buoy, or floating object (like a kickboard or even a drink cooler) to the victim to provide support. If the object is tied to a rope, the rescuer can pull the victim to safety. A trained rescuer can easily toss a ring buoy 25 feet or more.

As a Webelos Scout, you are not expected to do the rescue work of a trained adult. You can, however, perform a reach-or-throw rescue from shore or from a dock — even if you don't know how to swim. If someone falls in the water and no one else is around, you could save the person's life!

If you see someone in danger, first call for help from an adult. If no adult is present, you can try a reach-or-throw rescue. For this requirement, practice reach and throw rescues. You could do this in a pool or lake, but you could also do it on shore. Next are some tips to make your rescues more effective.



Reach Rescues

- ▶ Lie down on the shore or pier so you are more stable and are closer to the victim's level.
- ▶ Be sure to anchor yourself so you don't get pulled into the water. You could hold onto a ladder or post or have a friend stand behind you and hold onto you.
- ▶ If you are using a reach pole, sweep it under the victim's arm from the side rather than poking at the victim straight on. Stand with one leg in front of the other, keep the knees flexible (do not lock knees), and lean back slightly for balance – do not lean forward or your center of gravity may send you into the water when the person you are rescuing starts pulling on the pole or rope.



Throw Rescues

- ▶ Don't throw a ring buoy or float directly at the victim; you don't want to bonk them on the head!
- ▶ If the object you're throwing is attached to a rope, throw it past the victim so the line falls across their shoulder. You can then reel it in so it's easy to grasp. In any water rescue, never put yourself in danger or at risk.



REQUIREMENT 3

Learn how to prevent and treat hypothermia.

Hypothermia can develop when a person's body is losing more heat than it's able to produce, which causes the core temperature to drop. This could happen to anyone who is not dressed warmly enough or is swimming in water that is too cold for too long.

The signs of hypothermia include:

- ▶ Feeling cold and numb.
- ▶ Tired and unable to think straight.
- ▶ Shivering uncontrollably.
- ▶ Unable to make good decisions.
- ▶ Irritable.
- ▶ Stumbling, falling, or losing consciousness.

To treat hypothermia, the first step is to prevent the victim from getting colder. The next is to bring their body temperature up to normal.

- ▶ Move them into a warm shelter
- ▶ Take the person out of wet clothes and get them into dry clothes
- ▶ Wrap them in blankets or put them into a dry sleeping bag
- ▶ Cover their head to help them get warm in addition to the sleeping bag or blankets
- ▶ If they are able, have them drink warm liquids
- ▶ Call for help

REQUIREMENT 4

Attempt to tread water.

Following Safe Swim Defense with proper supervision, attempt to tread water. The goal of treading water is to keep your mouth and nose above the water so you can breathe while using the least amount of energy.



When in the water, position yourself vertically with your feet toward the bottom. Then, move your arms back and forth horizontally to keep your upper body afloat and move your legs around in a circular motion.

REQUIREMENT 4

Attempt the BSA swimmer test.

If you are a swimmer, you'll have more fun in the water and be safer, too. You'll also be able to participate in more boating activities like canoeing and kayaking. To be classified as a swimmer, you must pass this test:

- ▶ Jump feet first into water that's over your head in depth.
- ▶ Level off and swim 100 yards in one swim (without stops and including at least one sharp turn). The first 75 yards must be done in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; the last 25 yards must be done using an easy resting backstroke.
- ▶ After completing the swim, rest by floating.

There are many different swimming strokes you can use. Some help you go very fast but also require a lot of energy. Others are so easy and relaxing that you could use them to swim a whole mile. Next are four strokes you should know.



Front Crawl

- ▶ Float face down in the water with your arms and legs stretched out.
- ▶ Move your legs up and down. Press down on the water with the top of your foot. This is called a flutter kick.
- ▶ While still kicking, pull downward with your left arm. Breathe out through your nose and mouth while your face is in the water.
- ▶ As your left-arm stroke ends, begin a stroke with your right arm. Raise your face by turning your head to the right so you can breathe in through your mouth.
- ▶ Reach ahead again with your right arm. At the end of the right-arm stroke, begin a new one with the left arm. Turn your face under water again to breathe out.
- ▶ Keep repeating the arm and leg motions, making them as smooth and even as possible.



Sidestroke

- ▶ Lie on your side with one ear in the water. Stretch your bottom arm out ahead of you.
- ▶ Your top arm is at your side, along your leg.
- ▶ Start with your feet together, and then bend your knees, pulling your heels toward your hips.
- ▶ Cup your reaching hand a little. Sweep it down in front of your chest.
- ▶ Move your feet apart by moving your top leg forward and your bottom leg backward.





► Notice the hand and arm movement. As your lower hand sweeps water toward your feet, your upper hand moves toward your chest. They nearly meet.



► When your legs are as far apart as possible, snap them together quickly the way you close a pair of scissors.



► Your upper hand sweeps water toward your feet. Your lower hand reaches out ahead of you, returning to its starting position.



► Stop your feet as they come together. Repeat the arm and leg movements.



Breaststroke

- ▶ Float face down in the water with your arms and legs stretched out.
- ▶ Spread your arms out so they are diagonal from your body.
- ▶ Your elbows should be straight, and your palms should be facing slightly out.
- ▶ Pull your elbows toward your sides and then bring your hands together in front of your chest as if you're trying to scoop the water toward you. Quickly push your hands back to where they started. (Your hands should trace the shape of an upside-down heart.)
- ▶ As you start the arm stroke, bend your knees so your heels are close to your hips and your ankles are spread out. Make a quick circular motion outward and backward until your legs are fully extended.
- ▶ Just before you push your hands forward and your legs backward, lift your head and upper chest out of the water and take a breath.
- ▶ Glide for a second or two; then repeat the arm and leg movements.





Elementary Backstroke

- ▶ Start by floating on your back, arms at your sides.
- ▶ Bring your cupped hands up over your chest to your shoulders. At the same time, drop your heels downward. They should be beneath your knees.
- ▶ Turn your toes outward and swing your feet outward in a circular motion without stopping. At the same time, reach your arms straight out.
- ▶ Then sweep them down to your sides as your legs come together in a straight-out position, with toes pointed. The arm pull and leg kick happen at the same time.
- ▶ You should end up the same way you were at the start, and then glide before the next stroke.



REQUIREMENT 6

Have 30 minutes, or more, of free swim time where you practice the buddy system and stay within your ability group. The qualified adult supervision should conduct at least three buddy checks per half hour of swimming.

Whether you live in the city or the country, there is probably a place nearby where 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 or family. Follow Safe Swim Defense to help keep you and your den or family safe.



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