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| **Pack – 2020 Swimming Elective Check List** | **Scout Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_****Scout Rank: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_****Den Leader: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |

****Tiger:** Elective Adventure: Floats and Boats

* Show how to enter the water safely, blow your breath out under the water, and do a

Prone glide.

* Show that you can put on and fasten a life jacket the correct way.
* Show how to safely help someone who needs assistance in the water, without having to enter the water yourself.

*Items to follow up within your Den:*

* *Identify five different types of boats.*
* *Build a boat from recycled materials, and float it on the water.*
* *With your den, say the SCOUT water safety chant.*
* *Play the buddy game with your den.*

**Wolf:** Elective Adventures: Spirit of the Water

* Explain to your den leader why swimming is good exercise.
* Explain the safety rules that you need to follow before participating in swimming or boating.
* Show how to do a reaching rescue.
* Visit a local pool or public swimming area with your family or Wolf den.
* With qualified supervision, jump into water that is at least chest-high, and swim 25 feet or more.

*Items to follow up within your Den:*

* *Demonstrate how the water in your community can become polluted.*

**Bear:** Elective Adventures: Salmon Run

* Explain the importance of response personnel or lifeguards in a swimming area.
* Show how to do both a reach rescue and a throw rescue.
* Visit a local pool or swimming area with your den or family, and go swimming.
* Demonstrate the front crawl swim stroke to your den or family.
* Name the three swimming ability groups for the Boy Scouts of America.
* Attempt to earn the BSA beginner swim classification.

*Items to follow up within your Den:*

* *Identify the equipment needed when going boating.*
* *Demonstrate correct rowing or paddling form. Explain how rowing and canoeing are good exercise.*

****WEBELOS/AoL:** Elective Adventure: Aquanaut

* State the safety precautions you need to take before doing any water activity.
* Recognize the purpose and the three classifications of swimming ability groups

In Scouting.

* Discuss the importance of learning the skills you need to know before going boating.
* Explain the meaning of “order of rescue” and demonstrate the reach and throw rescue

techniques from land.

* Attempt the BSA swimmer test.
* Demonstrate the precautions you must take before attempting to dive headfirst into the

water, and attempt a front surface dive.

* Learn and demonstrate two of the following strokes: crawl, sidestroke, breaststroke,

elementary backstroke.

*\* Note: There are 3 additional items, however completing all of the above completed this elective.*