

Lion - Kindergarten

# Time To Swim

Elective



## Snapshot of Adventure

Under properly qualified supervision and following Safety Afloat rules, Lions will learn how to stay safe in the water and get comfortable with being in the water. Lions can earn this Adventure by completing the requirements OR by taking swim lessons.



### Safety Moment

Prior to any activity, use the: [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. 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 Scouting America Safe Swim Defense.

Before starting this Adventure complete the following:

- Complete the Scouting America Safe Swim Defense training (26 minutes) on [my.scouting](#).
- Confirm enough adults who will serve as rescuers during the activity to maintain a ratio of one rescuer to every 10 Cub Scouts.
- Have buddy tags for everyone who will be in the water, youth, and adults.

During the Adventure:

- Give overview and instruction on the points of the Safe Swim Defense prior to the activity.
- Provide continuous, qualified adult supervision and discipline during the activity.
- When swimming outdoors, ask that all the Cub Scouts apply sunscreen.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Time to Swim.

#### Requirement 1

Learn about the swimming safety rules that you need to follow.

- Cub Scouts will identify the [Safe Swim Defense](#).
- Have an [adult Scouting America Lifeguard or other adult who has completed Safe Swim Defense training to talk to the Cub Scouts](#).

**Requirement 2**

Demonstrate how to enter the swimming area properly.

- Before going swimming Cub Scouts [learn how to properly enter the swimming area](#).

**Requirement 3**

With your Lion adult partner as your buddy, be active in water depths matching your ability for 20 minutes.

- [Take your den and go swimming](#).

**Requirement 4**

Place your face in the water and blow bubbles.

- While in the pool Cub Scouts will [blow bubbles in the water](#).

**Requirement 5**

Demonstrate how to exit the swimming area properly.

- [Demonstrate the importance of exiting the pool safely](#) and removing buddy tag from the buddy board.

[Back to Elective Adventures](#)

## Lion - Kindergarten

Time To Swim

Elective

Requirement 1



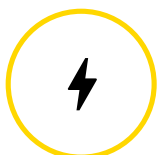
# Lion Safe Swim Defense

## Snapshot of Activity

Cub Scouts will identify the Safe Swim Defense.



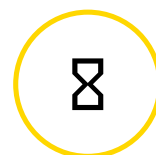
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Cub Scouts will need their Lion handbook, page 63
- Crayon, enough to share

### Directions

Before the meeting:

1. Become familiar with the Safe Swim Defense that is used for swimming activities in the Scouting America on the [Aquatics Safety](#) website.

During the meeting:

1. Gather Cub Scouts and adult partners and share with them that before Cub Scouts go swimming there are eight important rules that we must follow that are called the Safe Swim Defense. Have Cub Scouts open their Lion handbook to page 63. As you describe, one of the points of the Safe Swim Defense have Cub Scouts color the section of the picture that represents that safety point.
2. Review the eight points of the Safe Swim Defense with everyone.
  - a. "The first rule is to make sure there is an adult who is properly trained oversee the swimming activity, this is called **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 Scouting America Safe Swim Defense."
  - b. "The second rule is to make sure that everyone who is going to swim is healthy. You should never go swimming if you feel sick. Everyone who is swimming is to have a **Personal Health Review**. A complete health history is required of all participants as evidence of fitness for swimming activities. The Scouting America Annual Health and Medical record can be used for this."
  - c. "The third rule is to make sure where we are swimming is safe. A **Safe Area** means that 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. Controlled Access: There must be

safe areas for all participating ability groups to enter and leave the water. Swimming areas of appropriate depth must be defined for each ability group. The entire area must be within easy reach of designated rescue personnel. The area must be clear of boat traffic, surfing, or other nonswimming activities.”

- d. “The fourth rule is to have **Response Personnel or 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.”
- e. “The fifth rule is to have a **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.”
- f. “The sixth rule is for everyone to be placed into an **Ability Groups**. All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized Scouting America swim classification tests. The swimming area will be marked by ability groups, and you cannot go beyond your ability groups swimming area. Nonswimmers must stay in the nonswimmer area, beginners can go in the nonswimmer and beginner area, and swimmers can swim in any of the three areas.”
- g. “The seventh rule is the **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. During our swimming time when a lifeguard or adult calls for a buddy check you must exit the water with your buddy and hold your buddy’s hand up. A count will be done to make sure everyone is safe before anyone gets back into the water.”

“The last rule is extremely important and that is **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.”

[Back to Time To Swim Requirements](#)

## Lion - Kindergarten

Time To Swim

Elective

Requirement 1



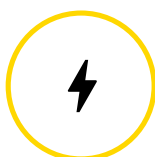
# Lions Learn from the Lifeguard

## Snapshot of Activity

Have an adult Scouting America Lifeguard or other adult who has completed Safe Swim Defense training to talk to the Cub Scouts.



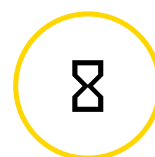
Travel



2



1



5

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- No supplies needed

### Directions

Before the meeting:

1. Become familiar with the Safe Swim Defense that is used for swimming activities in the Scouting America on the [Aquatics Safety](#) website.
2. Review Requirement 3 Activity named Lions Go Swimming to get an overview of the swimming activity requirements.
3. Once you have confirmed the swimming activity following the Safe Swim Defense arrange for the qualified adult supervision or an adult lifeguard to talk to the den before they enter the swimming area about the Safe Swim Defense.
4. A day before the activity confirm the qualified adult supervision or adult lifeguard to speak with the den.
5. A week before the activity remind Cub Scouts, parents, legal guardians, and adult partners of the time, date, and location of the swimming activity.

During the meeting:

1. Gather Cub Scouts and adult partners outside of the swimming area and introduce the qualified adult who will review the Safe Swim Defense with the den.
2. Have the qualified adult introduce the Safe Swim Defense and physically point out each part of the Safe Swim Defense as they review.
  - “The first rule is to make sure there is an adult who is properly trained oversee the swimming activity, this is called **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 Scouting America Safe Swim Defense.”

- “The second rule is to make sure that everyone who is going to swim is healthy. You should never go swimming if you feel sick. Everyone who is swimming is to have a **Personal Health Review**. A complete health history is required of all participants as evidence of fitness for swimming activities. The Scouting America Annual Health and Medical record can be used for this.”
  - “The third rule is to make sure where we are swimming is safe. A **Safe Area** means that 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. Controlled Access: There must be safe areas for all participating ability groups to enter and leave the water. Swimming areas of appropriate depth must be defined for each ability group. The entire area must be within easy reach of designated rescue personnel. The area must be clear of boat traffic, surfing, or other nonswimming activities.”
  - “The fourth rule is to have **Response Personnel or 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.”
  - “The fifth rule is to have a **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 sixth rule is for everyone to be placed into an **Ability Groups**. All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized Scouting America swim classification tests. The swimming area will be marked by ability groups, and you cannot go beyond your ability groups swimming area. Nonswimmers must stay in the nonswimmer area, beginners can go in the nonswimmer and beginner area, and swimmers can swim in any of the three areas.”
  - “The seventh rule is the **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. During our swimming time when a lifeguard or adult calls for a buddy check you must exit the water with your buddy and hold your buddy’s hand up. A count will be done to make sure everyone is safe before anyone gets back into the water.”
  - “The last rule is extremely important and that is **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.”
3. When the qualified adult is finished Cub Scouts and adult partners may enter the swim area and move on to requirement 3.

[Back to Time To Swim Requirements](#)

## Lion - Kindergarten

Time To Swim

Elective

Requirement 2



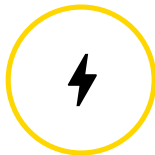
# Lions Enter the Swimming Area

## Snapshot of Activity

Before going swimming Cub Scouts learn how to properly enter the swimming area.



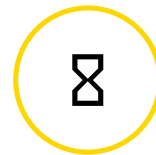
Travel



2



2



5

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area
- Qualified Adult Supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Buddy tags
- Buddy board found in Additional Resources

### Directions

*This activity is designed to be done before requirement 3 as part of a swimming activity.*

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).
4. A week before the activity remind parents, Cub Scouts, parents, and adult partners of the time, date, and location.
5. Be aware that unless swim tests are conducted everyone in this activity, including adult partners, will be considered non-swimmers and restricted to the non-swimmer area.

During the meeting:

1. Before entering the swimming area gather Cub Scouts and adult partners. Have the adult serving as the qualified supervision introduce themselves and show the den where the buddy board is. Pass out buddy tags to each Cub Scout and adult partner.

2. Have Cub Scouts and adult partners buddy up and place their buddy tags on the buddy board. Have the adult serving as the qualified supervision explain how the buddy board works and how to properly enter the swimming area.
3. Once everyone has entered the swimming area safely
4. Demonstrate how to enter the pool. Walk up to the edge of the pool, sit down on the edge, place your feet into the pool, and lower yourself down into the pool.
5. Go buddy group by buddy group, and have Cub Scouts repeat the entry method demonstrated to them.

[Back to Time To Swim Requirements](#)

## Lion - Kindergarten

Time To Swim

Elective

Requirement 3



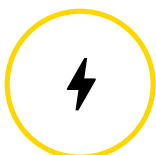
# Lions Go Swimming

## Snapshot of Activity

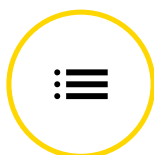
Take your den and go swimming.



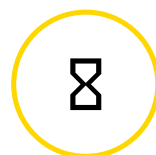
Travel



5



5



5

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and lookouts
- Buddy tags
- Buddy board found in Additional Resources

### Directions

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity. 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 [Scouting America Safe Swim Defense](#).

During the meeting:

1. Identify swim ability group for each Cub Scout.
2. Cub Scouts buddy with their Tiger Adult Partner.
3. Complete requirements 4 and 5.

[Back to Time To Swim Requirements](#)

## Lion - Kindergarten

Time To Swim

Elective

Requirement 4



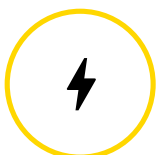
# Lion Bubbles

## Snapshot of Activity

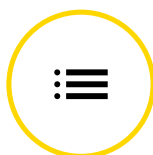
While in the pool Cub Scouts will blow bubbles in the water.



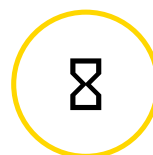
Travel



3



2



5

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area
- Qualified Adult Supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Buddy tags
- Buddy board

### Directions

*This activity is designed to be done before requirement 3 as part of a swimming activity.*

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).
4. A week before the activity remind parents, Cub Scouts, parents, and adult partners of the time, date, and location.
5. Be aware that unless swim tests are conducted everyone in this activity, including adult partners, will be considered non-swimmers and restricted to the non-swimmer area.

During the meeting:

1. Once everyone has entered the swimming area safely
2. Have Cub Scouts and adult partners together in the non-swimmer area where everyone can stand. Have adult partners work with their Cub Scouts to hold their breath, place their face into the water and blow

bubbles, then lift their head when they are done. Let adult partners know that this is to get their Cub Scout comfortable with their head in the water.

Tip: Remember that the Cub Scout motto is “Do Your Best” once a Cub Scout has demonstrated their best, they have completed the requirement.

[Back to Time To Swim Requirements](#)

## Lion - Kindergarten

Time To Swim

Elective

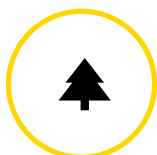
Requirement 5



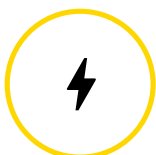
# Lions Leave the Swimming Area

## Snapshot of Activity

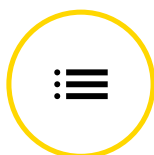
Demonstrate the importance of exiting the pool safely and removing buddy tag from the buddy board.



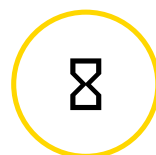
Outdoor



5



5



5

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Buddy tags
- Buddy board

### Directions

*This activity is designed to be done before requirement 3 as part of a swimming activity.*

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity. 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 [Scouting America Safe Swim Defense](#).
4. A week before the activity remind parents, Cub Scouts, parents, and adult partners of the time, date, and location.
5. Be aware that unless swim tests are conducted everyone in this activity, including adult partners, will be considered non-swimmers and restricted to the non-swimmer area.

During the meeting:

1. Before exiting the swimming area gather Cub Scouts and adult partners. Have the adult serving as the qualified supervision meet the den at the buddy board. Have the adult serving as the qualified supervision explain that picking up your buddy tag when you exit the swimming area allows everyone to know that there are no longer people in the pool. Have Cub Scouts pick up their buddy tags from the buddy board.

Tip: Once everyone exited the swimming area safely as Cub Scouts and adult partners what they liked best about the swim. Ask them if they can remember any part of the safe swim defense, the rules to follow when swimming.

[Back to Time To Swim Requirements](#)

Tiger – 1<sup>st</sup> Grade

# Tigers In the Water

ELECTIVE



## Snapshot of Adventure

Afloat rules, Tigers will learn how to stay safe in the water and get comfortable with being in the water. Tigers can earn this Adventure by completing the requirements **OR** by taking swim lessons.

### Safety Moment

Prior to any activity, use the [Scouting America SAFE Checklist](#) to ensure the safety of all those involved. All participants in official Scouting America activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals. Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure. 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 Scouting America Safe Swim Defense.

Before starting this Adventure complete the following:

- Complete the Scouting America Safe Swim Defense training (26 minutes) on [my.scouting](#).
- Confirm enough adults who will serve as rescuers during the activity to maintain a ratio of one rescuer to every 10 Cub Scouts.
- Have buddy tags for everyone who will be in the water, youth, and adults.

During the Adventure:

- Give overview and instruction on the points of the Safe Swim Defense prior to the activity.
- Provide continuous, qualified adult supervision and discipline during the activity.
- When swimming outdoors, ask that all the Cub Scouts apply sunscreen.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Tigers in the Water.

#### Requirement 1

Learn about the swimming safety rules that you need to follow.

- Cub Scouts will [identify the Safe Swim Defense](#).

**Requirement 2**

Demonstrate how to enter the swimming area properly.

- Before going swimming Cub Scouts learn [how to properly enter the swimming area](#).

**Requirement 3**

With your Tiger adult partner as your buddy, be active in water depths matching your ability for 20 minutes.

- [Take your den and go swimming](#).

**Requirement 4**

Place your face in the water and blow bubbles.

- While in the pool Cub Scouts will [blow bubbles in the water](#).

**Requirement 5**

Demonstrate a flutter kick.

- Demonstrate the [flutter kick using the side of the pool for assistance](#).

**Requirement 6**

Demonstrate how to exit the swimming area properly.

- Demonstrate the [importance of exiting the pool safely and removing buddy tag from the buddy board](#).

[Back to Elective Adventures](#)

## Tiger – 1<sup>st</sup> Grade

Tigers in the Water

Elective

Requirement 1



# Tiger Safe Swim Defense

## Snapshot of Activity

Cub Scouts will identify the Safe Swim Defense.



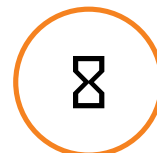
Indoor



2



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Cub Scouts will need their Tiger handbook, page 63
- Crayons, enough to share

### Directions

Before the meeting:

1. Become familiar with the [Safe Swim Defense](#) that is used for swimming activities in the Scouting America.

During the meeting:

1. Gather Cub Scouts and adult partners and share with them that before Cub Scouts go swimming there are eight important rules that we must follow that are called the Safe Swim Defense. Have Cub Scouts open their Tiger handbook to page 63. As you describe each one of the points of the Safe Swim Defense have Cub Scouts color the section of the picture that represents that safety point.
2. Review the eight points of the Safe Swim Defense with everyone.
  - “The first rule is to make sure there is an adult who is properly trained oversee the swimming activity, this is called **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 Scouting America Safe Swim Defense.”
  - “The second rule is to make sure that everyone who is going to swim is healthy. You should never go swimming if you feel sick. Everyone who is swimming is to have a **Personal Health Review**. A complete health history is required of all participants as evidence of fitness for swimming activities. The [Scouting America Annual Health and Medical Record](#) can be used for this.”
  - “The third rule is to make sure where we are swimming is safe. A **Safe Area** means that 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. Controlled Access: There must be safe areas for all participating ability groups to enter and leave the water. Swimming areas of appropriate depth must be defined for each ability group. The entire area must be within easy reach of designated rescue personnel. The area must be clear of boat traffic, surfing, or other nonswimming activities.”

- “The fourth rule is to have **Response Personnel or 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.”
- “The fifth rule is to have a **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 sixth rule is for everyone to be placed into an **Ability Groups**. All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized Scouting America Swim classification tests. The swimming area will be marked by ability groups and you can not go beyond your ability groups swimming area. Nonswimmers must stay in the nonswimmer area, beginners can go in the nonswimmer and beginner area, and swimmers can swim in any of the three areas.”
- “The seventh rule is the **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. During our swimming time when a lifeguard or adult calls for a buddy check you must exit the water with your buddy and hold your buddy’s hand up. A count will be done to make sure everyone is safe before anyone gets back into the water.”
- “The last rule is extremely important and that is **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.”

[Back to Tigers in the Water Requirements](#)

## Tiger – 1<sup>st</sup> Grade

Tigers in the Water

Elective

Requirement 2



# Swim Area Safety

## Snapshot of Activity

Before going swimming Cub Scouts learn how to properly enter the swimming area.



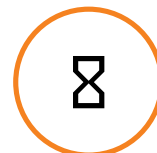
Travel



2



2



5

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area
- Qualified Adult Supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Buddy tags
- Buddy board found in Additional Resources

### Directions

*This activity is designed to be done before requirement 3 as part of a swimming activity.*

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).
4. A week before the activity remind parents, Cub Scouts, parents, and adult partners of the time, date, and location.
5. Be aware that unless the Scouting America Swim Test was conducted, everyone in this activity, including adult partners will be considered non-swimmers and restricted to the non-swimmer area.

During the meeting:

1. Before entering the swimming area gather Cub Scouts and adult partners. Have the adult serving as the qualified supervision introduce themselves and show the den where the buddy board is. Pass out buddy tags to each Cub Scout and adult partner.
2. Have Cub Scouts and adult partners buddy up and place their buddy tags on the buddy board. Have the adult serving as the qualified supervision explain how the buddy board works and how to properly enter the swimming area.
3. Once everyone has entered the swimming area safely.
4. Demonstrate how to enter the pool. Walk up to the edge of the pool, sit down on the edge, place your feet into the pool, and lower yourself down into the pool.
5. Go buddy group by buddy group, and have Cub Scouts repeat the entry method demonstrated to them.

### **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage

[Back to Tigers in the Water Requirements](#)

## Tiger – 1<sup>st</sup> Grade

Tigers in the Water

Elective

Requirement 3



# Go Swimming

## Snapshot of Activity

Take your den and go swimming.



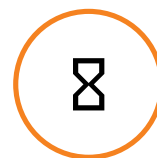
Travel



5



5



5

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult 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 [Scouting America Safe Swim Defense](#)
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

### Directions

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.

During the meeting:

1. Identify swim ability group for each Cub Scout.
2. Cub Scout's buddy with their Tiger Adult Partner.
3. Complete requirements 4, 5, and 6.

## **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage. Swim ability groups

[Back to Tigers in the Water Requirements](#)

## Tiger – 1<sup>st</sup> Grade

Tigers in the Water

Elective

Requirement 4



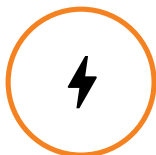
# Bubbles in the Water

## Snapshot of Activity

While in the pool Cub Scouts will blow bubbles in the water.



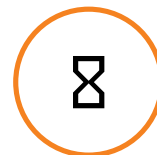
Travel



3



2



5

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area
- Qualified Adult Supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Buddy tags
- Buddy board found in Additional Resources

### Directions

*This activity is designed to be done before requirement 3 as part of a swimming activity.*

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).
4. A week before the activity remind parents, Cub Scouts, parents, and adult partners of the time, date, and location.
5. Be aware that unless the Scouting America Swim Test was conducted, everyone in this activity, including adult partners will be considered non-swimmers and restricted to the non-swimmer area.

During the meeting:

1. Once everyone has entered the swimming area safely
2. Have Cub Scouts and adult partners together in the non-swimmer area where everyone can stand. Have adult partners work with their Cub Scouts to hold their breath, place their face into the water and blow bubbles, then lift their head when they are done. Let adult partners know that this is to get their Cub Scout comfortable with their head in the water.
3. Remember that the Cub Scout motto is “Do Your Best” once a Cub Scout has demonstrated their best, they have completed the requirement.

### **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Tigers in the Water Requirements](#)

## Tiger – 1<sup>st</sup> Grade

Tigers in the Water

Elective

Requirement 5



# Flutter Kicking

## Snapshot of Activity

Demonstrate the flutter kick using the side of the pool for assistance.



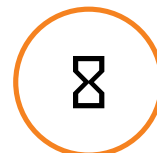
Travel



5



3



5

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area
- Qualified Adult Supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Buddy tags
- Buddy board found in Additional Resources

### Directions

*This activity is designed to be done with requirement 3 as part of a swimming activity.*

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).
4. A week before the activity remind parents, Cub Scouts, parents, and adult partners of the time, date, and location.
5. Be aware that unless the Scouting America Swim Test is conducted, everyone in this activity, including adult partners will be considered non-swimmers and restricted to the non-swimmer area.

During the meeting:

1. Once everyone has entered the swimming area safely.
2. Have Cub Scouts and adult partners together in the non-swimmer area and have Cub Scouts face the side of the pool and place both hands on the coping of the pool. Have adult partners work with their Cub Scouts to kick their legs while holding onto the coping. Have adult partners encourage Cub Scouts to continue kicking until their body becomes horizontal.
3. Remember that the Cub Scout motto is “Do Your Best” once a Cub Scout has demonstrated their best, they have completed the requirement.

### **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Tigers in the Water Requirements](#)

## Tiger – 1<sup>st</sup> Grade

Tigers in the Water

Elective

Requirement 6



# Swim Time Is Over

## Snapshot of Activity

Demonstrate the importance of exiting the pool safely and removing buddy tag from the buddy board.



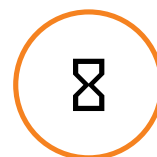
Outdoor



5



5



5

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area
- Qualified Adult Supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Buddy tags
- Buddy board found in Additional Resources

### Directions

*This activity is designed to be done before requirement 3 as part of a swimming activity.*

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).
4. A week before the activity remind parents, Cub Scouts, parents, and adult partners of the time, date, and location.
5. Be aware that unless the Scouting America Swim Test is conducted, everyone in this activity, including adult partners will be considered non-swimmers and restricted to the non-swimmer area.

During the meeting:

1. Before exiting the swimming area gather Cub Scouts and adult partners. Have the adult serving as the qualified supervision meet the den at the buddy board. Have the adult serving as the qualified supervision explain that picking up your buddy tag when you exit the swimming area allows everyone to know that their no longer people in the pool. Have Cub Scouts pick up their buddy tags from the buddy board.
2. Once everyone has exited the swimming area safely as Cub Scouts and adult partners what they liked best about the swim. Ask them if they can remember any part of the safe swim defense, the rules to follow when swimming.

### **Additional Resources**

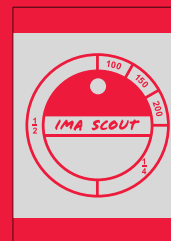
Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Tigers in the Water Requirements](#)

Wolf – 2<sup>nd</sup> Grade

# Paws for Water

Elective



## Snapshot of Adventure

Swimming is a great way to stay healthy. In this Adventure you will have a chance to get wet while you learn the rules to swimming safely.

To earn this Adventure, you may enroll in and complete a swimming instruction program offered by an accredited instructor **OR** pass the Scouting America swimmer test **OR** complete the requirements below.

### Safety Moment

Prior to any activity, use the [Scouting America SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official Scouting America Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

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 Scouting America Safe Swim Defense.

Before starting this Adventure complete the following:

- Complete the Scouting America Safe Swim Defense training (26 minutes) on [my.scouting](#).
- Confirm enough adults who will serve as rescuers during the activity to maintain a ratio of one rescuer to every 10 Cub Scouts.
- Have buddy tags for everyone who will be in the water, youth, and adults.

During the Adventure:

- Give overview and instruction on the points of the Safe Swim Defense prior to the activity.
- Provide continuous, qualified adult supervision and discipline during the activity.
- When swimming outdoors, ask that all the Cub Scouts apply sunscreen.

## **Complete the following requirements**

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Paws for Water.

### **Requirement 1**

Learn about the swimming safety rules that you need to follow.

- [Cub Scouts will learn swimming rules through a relay race game.](#)

### **Requirement 2**

Demonstrate how to enter the swimming area properly.

- Before going swimming [Cub Scouts learn how to properly enter the swimming area.](#)

### **Requirement 3**

Using the buddy system and staying within your ability group, go swimming with your den or family for 30 minutes.

- [Take your den and go swimming.](#)

### **Requirement 4**

Attempt at least one swimming stroke: front crawl, restful backstroke, or breaststroke.

- [Cub Scouts will attempt to swim using a specific swimming stroke.](#) Requirements 1, 2, and 3 must be completed first.

### **Requirement 5**

Jump feet first into water that is chest high or deeper.

- [Cub Scouts jump into a pool in chest deep water.](#) Requirements 1, 2, and 3 must be completed first.

### **Requirement 6**

Demonstrate how to exit the swimming area properly.

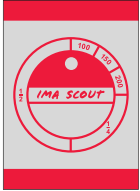
- [Cub Scouts demonstrate how to properly exit the pool.](#)

[Back to Elective Adventures](#)

## Wolf – 2<sup>nd</sup> Grade

Paws for Water

Elective



Requirement 1

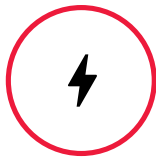
# Rules Relay

## Snapshot of Activity

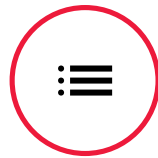
Cub Scouts will learn swimming rules through a relay race game.



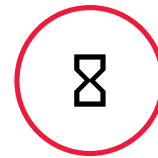
Indoor



4



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Rules Match Relay game found in Additional Resources
- Printer
- Tape

### Directions

Before the meeting:

1. Become familiar with the [Safe Swim Defense](#).
2. Print two copies of Rules Relay. Cut out the rule boxes and the graphics.
3. Tape the two sets “Rules” to separate areas on a wall space. Leave enough spacing in between each rule to allow for the “graphic” to be posted.

During the meeting:

1. Gather the Cub Scouts and adults in the den. Explain that there are rules for swimming and after the rules are shared, there is a game to see how much was learned.
2. Review the eight points of the Safe Swim Defense with everyone.
  - “The first rule is to make sure there is an adult who is properly trained oversee the swimming activity, this is called **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 Scouting America Safe Swim Defense.”
  - “The second rule is to make sure that everyone who is going to swim is healthy. You should never go swimming if you feel sick. Everyone who is swimming is to have a **Personal Health Review**. A complete health history is required of all participants as evidence of fitness for swimming activities. The Scouting America Annual Health and Medical record can be used for this.”

- “The third rule is to make sure where we are swimming is safe. A **Safe Area** means that 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. Controlled Access: There must be safe areas for all participating ability groups to enter and leave the water. Swimming areas of appropriate depth must be defined for each ability group. The entire area must be within easy reach of designated rescue personnel. The area must be clear of boat traffic, surfing, or other nonswimming activities.”
  - “The fourth rule is to have **Response Personnel or 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.”
  - “The fifth rule is to have a **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 sixth rule is for everyone to be placed into an **Ability Groups**. All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized Scouting America swim classification tests. The swimming area will be marked by ability groups and you cannot go beyond your ability groups swimming area. Nonswimmers must stay in the nonswimmer area, beginners can go in the nonswimmer and beginner area, and swimmers can swim in any of the three areas.”
  - “The seventh rule is the **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. During our swimming time when a lifeguard or adult calls for a buddy check you must exit the water with your buddy and hold your buddy’s hand up. A count will be done to make sure everyone is safe before anyone gets back into the water.”
  - “The last rule is extremely important and that is **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.”
3. Divide Cub Scouts into two groups.
  4. Divide up the rules graphics, as evenly as possible, amongst each team.
  5. Tell Cub Scouts that when you say go, the first Cub Scout in line runs to their “rules” to attach their graphic to the correct rule. Once a group has completed putting on eight rules, check to see if they are the correct ones. If the graphics do not match the correct rule, the group must decide which one(s) are not correct and change them before the other group finishes.
  6. The group that gets all the rules correct first wins.

## Additional Resources

[Rules Match Relay game](#)

[Rules Match Relay game key](#)

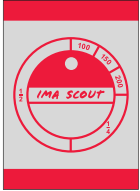
[Back to Paws for Water Requirements](#)

## Wolf – 2<sup>nd</sup> Grade

Paws for Water

Elective

Requirement 2



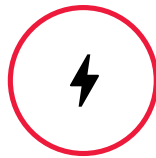
# Swim Area Safety

## Snapshot of Activity

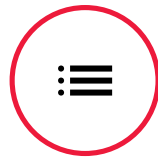
Before going swimming Cub Scouts learn how to properly enter the swimming area.



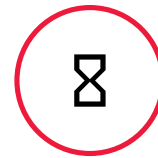
Travel



2



2



5

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area
- Qualified Adult Supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Buddy tags
- Buddy board found in Additional Resources

### Directions

*This activity is designed to be done before requirement 3 as part of a swimming activity.*

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).
4. A week before the activity remind parents, Cub Scouts, parents, and adult partners of the time, date, and location.
5. Be aware that unless the Scouting America swim Test was conducted, everyone in this activity, including adult partners will be considered non-swimmers and restricted to the non-swimmer area.

During the meeting:

1. Before entering the swimming area gather Cub Scouts and adult partners. Have the adult serving as the qualified supervision introduce themselves and show the den where the buddy board is. Pass out buddy tags to each Cub Scout and adult partner.
2. Have Cub Scouts and adult partners buddy up and place their buddy tags on the buddy board. Have the adult serving as the qualified supervision explain how the buddy board works and how to properly enter the swimming area.
3. Once everyone has entered the swimming area safely.
4. Demonstrate how to enter the pool. Walk up to the edge of the pool, sit down on the edge, place your feet into the pool, and lower yourself down into the pool.
5. Go buddy group by buddy group, and have Cub Scouts repeat the entry method demonstrated to them.

## **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

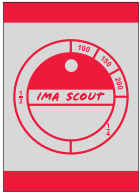
[Back to Paws for Water Requirements](#)

## Wolf – 2<sup>nd</sup> Grade

Paws for Water

Elective

Requirement 3



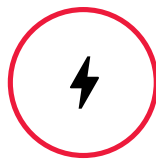
# Go Swimming

## Snapshot of Activity

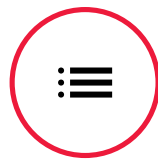
Take your den and go swimming.



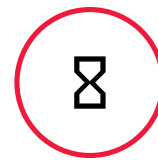
Travel



5



5



5

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area: pool or other safe swimming area
- Qualified Adult Supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

### Directions

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).

During the meeting:

1. Conduct swim checks to identify ability group for each Cub Scout. Those who do not take a swim check are automatically considered a nonswimmer.
  - Nonswimmer
  - Beginner
  - Swimmer
2. Ask Cub Scouts to choose a swim buddy within their same swim ability group.

3. Complete requirements 4, 5, and 6.

## **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

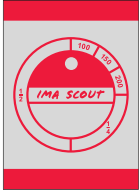
[Back to Paws for Water Requirements](#)

## Wolf – 2<sup>nd</sup> Grade

Paws for Water

Elective

Requirement 4



# Swimming Form

## Snapshot of Activity

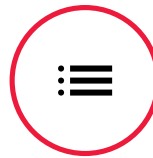
Cub Scouts will attempt to swim using a specific swimming stroke. Requirements 1, 2, and 3 must be completed first.



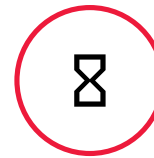
Travel



5



4



3

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area
- Qualified Adult Supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy board, see Additional Resources for information
- Buddy tags

### Directions

Before this activity Cub Scouts must complete requirements 1, 2, and 3.

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.

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 [Scouting America Safe Swim Defense](#).

During the meeting while swimming:

1. Demonstrate the front crawl.
  - Legs do a flutter kick. To do this, move your legs up and down in the water, pressing down on the water with the top of your foot.
  - At the same time, reach out with your arms out as far as you can in front of you, one arm at a time. Cup each hand, and scoop water down and back toward your body as your arm goes around in a circle.

2. Demonstrate the restful backstroke.
  - Start by facing the pool wall, grabbing the poolside with both hands and putting your feet up against the wall, so your knees are bent up between your arm.
  - You are poised and ready to spring away from the wall.
  - Let go of the wall and push hard with both feet. Stretch out away from the wall keeping both arms by your sides.
  - Glide across the water surface maintaining a horizontal position.
  - Introduce using legs to kick. Push away from the poolside with one foot and with your head back, facing upwards.
  - Begin to kick using a relaxed and alternating action, flicking your feet upwards to break the water surface.
  - Your relaxed ankles should enable your feet to kick in a flipper-like action.
  - Finally, introduce arms. Push gently away from the pool side holding a float across the chest with one arm and with the other arm by your side
  - Extend your arm up and over the water with your thumb leading the movement
  - Keeping your arm straight, rotate your hand so that your little finger enters the water in line with your shoulder and arm fully extended
  - The arm pulls through the water to the hip with the forearm and the palm of the hand providing the propulsion.
3. Demonstrate the breaststroke.
  - Grab the poolside with both hands behind you. Put your feet up against the wall, getting ready to spring away from the wall.
  - Take a deep breast and submerge your face. Immediately let go of the wall and stretch your arms and hands in front of you.
  - Push hard with both feet and stretch out away from the wall.
  - For your legs, Push away from the poolside with one foot, looking forward with your chin on the water surface.
  - Draw your knees up underneath you keeping your legs and feet together and...
  - ...turn out your feet, exposing the soles to the water behind you.
  - Kick your feet out, around and back together, keeping your knees as close together as you can.
  - As you get used to the action, add more power and acceleration to the movement so that it becomes more of a whip action/
  - For your arms, Push gently away from the pool side with arms stretched out in front and together
  - Keeping fingers together, pull the water around in a small circle, keeping your hands in front of you throughout the movement
  - Allow your hands to scoop around and come together just under your chin
  - Elbows tuck in (this part of the action is easier when practiced without the woggle)
  - Both hands then stretch forwards, remaining together as they return to their starting position.
4. Tell Cub Scouts to make sure they're with the swim buddy within their same swim ability group that they selected in requirement 3.
5. Call each buddy group, one at a time, to attempt one of the styles.

## **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

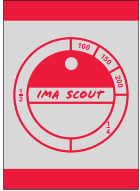
[Back to Paws for Water Requirements](#)

## Wolf – 2<sup>nd</sup> Grade

Paws for Water

Elective

Requirement 5



# Jump On In

## Snapshot of Activity

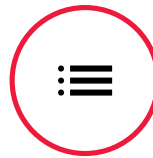
Cub Scouts jump into a pool in chest deep water. Requirements 1, 2, and 3 must be completed first.



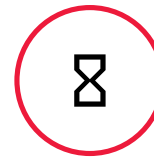
Travel



4



4



3

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area
- Qualified Adult Supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

### Directions

Before this activity Cub Scouts must complete requirements 1, 2, and 3.

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).

During the meeting while swimming:

1. Have Cub Scouts sit on the edge of the pool with their swim buddy within their same swim ability group that they selected in requirement 3.
2. Call each buddy group to stand up.
3. Tell them to put their toes on the edge of the pool ledge.
4. Ask them to jump into the pool feet first and swim back to the edge.

### **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

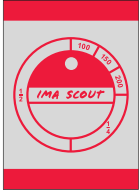
[Back to Paws for Water Requirements](#)

## Wolf – 2<sup>nd</sup> Grade

Paws for Water

Elective

Requirement 6



# Getting Out of the Pool

## Snapshot of Activity

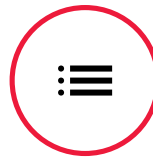
Cub Scouts demonstrate how to properly exit the pool.



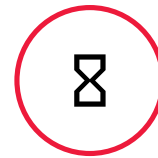
Travel



3



4



3

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area
- Qualified Adult Supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

### Directions

Before this activity Cub Scouts must complete requirements 1, 2, and 3.

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity. 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 [Scouting America Safe Swim Defense](#).

During the meeting while swimming:

1. Have Cub Scouts stand in the pool, facing the edge.
2. Have your swimmers grab onto the wall with two hands [please emphasize BOTH hands!]
3. Put one elbow on top of the edge of the pool.
4. Bring their other elbow up on the edge.
5. Pull their body up so that their tummy is laying on the edge of the pool

6. Have them put their knee on the ledge and push up to a safe exit of the pool.

### **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Paws for Water Requirements](#)

Bear – 3<sup>rd</sup> Grade

# Salmon Run

Elective



## 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 Scouting America swimmer test **OR** taking swimming lessons.

### Safety Moment

Prior to any activity, use the [Scouting America SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official Scouting America Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines. To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

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 Scouting America Safe Swim Defense.

Before starting this Adventure complete the following:

- Complete the Scouting America Safe Swim Defense training (26 minutes) on [my.scouting](#).
- Confirm enough adults who will serve as rescuers during the activity to maintain a ratio of one rescuer to every 10 Cub Scouts.
- Have buddy tags for everyone who will be in the water, youth, and adults.

During the Adventure:

- Give overview and instruction on the points of the Safe Swim Defense prior to the activity.
- Provide continuous, qualified adult supervision and discipline during the activity.
- When swimming outdoors, ask that all the Cub Scouts apply sunscreen.

### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Salmon Run.

**Requirement 1**

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

- Cub Scouts [identify the attributes of a qualified adult at a swimming activity](#).

**Requirement 2**

Learn the three swimming ability groups for the Boy Scouts of America and water depths appropriate for each.

- Cub Scouts [learn the three swimming ability groups of The Scouting America](#).

**Requirement 3**

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

- [Take your den and go swimming](#).

**Requirement 4**

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

- Cub Scouts [demonstrate the use of the buddy system, buddy checks, and ability groups](#).

**Requirement 5**

Attempt The Scouting America beginner swim test.

- Cub Scouts [attempt The Scouting America beginner swim test](#).

**Requirement 6**

Demonstrate both a reach rescue and a throw rescue.

- Cub Scouts [demonstrate the reach rescue and throw rescue](#).

[Back to Elective Adventures](#)

## Bear – 3<sup>rd</sup> Grade

Salmon Run

Elective



Requirement 1

# Qualified Supervision

## Snapshot of Activity

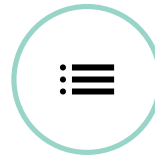
Cub Scouts identify the attributes of a qualified adult at a swimming activity.



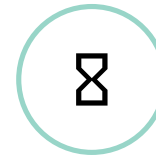
Indoor



1



1



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Bear handbook

### Directions

Before the meeting:

1. Review [Scouting America Safe Swim Defense](#) guidelines.

During the meeting:

1. Explain to Cub Scouts that when swimming, Cub Scouts follow Scouting America Safe Defense guidelines.
2. Tell Cub Scouts the first Scouting America Safe Defense guideline is “Qualified Supervision.”
3. Share with Cub Scouts the attributes of qualified adult supervision at a swimming activity.  
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 Scouting America Safe Swim Defense. It is strongly recommended that all units have at least one adult or older youth member currently trained in Scouting America Aquatics Supervision: Swimming and Water Rescue or Scouting America trained to assist in planning and conducting all swimming activities.
4. Ask Cub Scouts questions to ensure they understand the meaning of “Qualified Supervision.” Example questions include:
  - What type of job would a person have to meet the guidelines? *Aquatics Instructor, SCOUTING AMERICA; Scouting America trained; Scouting America swimming & Water Rescue; or other lifeguard, swimming instructor*
  - What are the responsibilities of the person performing qualified supervision? *Watching Cub Scouts boating.*
  - How old must someone be to be eligible? *21*
  - How many Cub Scouts are assigned for each qualified supervisor? *10*

- Where would you find someone to supervise your swimming Adventure? *Scouting America trained adult, lifeguard at a local swimming pool, Scout camp*

Tip: It is strongly recommended that all units have at least one adult or older youth member currently trained in Scouting America Aquatics Supervision: Swimming and Water Rescue or Scouting America trained to assist in planning and conducting all swimming activities.

### **Additional Resources**

Additional information on various swimming venues is provided in the [Aquatics Supervision](#) guide.

[Back to Salmon Run Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Salmon Run

Elective

Requirement 2



# Swimming Skills Set

## Snapshot of Activity

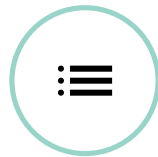
Cub Scouts learn the three swimming ability groups of The Scouting America.



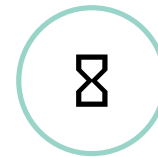
Indoor



1



1



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Swimming Skill game found in Additional Resources

### Directions

Before the meeting:

- Review the three swimming ability groups found in the [Scouting America Safe Swim Defense](#) guidelines, number 6.
- Print two copies of the Swimming Skill game found in Additional Resources. Keep one for a key. Cut out each of the labels on the second copy.
- On a flat surface, lay out the swimming skill level labels: SWIMMER, BEGINNER, and NON-SWIMMER leaving room in between each label and plenty of room below.
- Lay out the remaining labels off to the side mixing them up.

During the meeting:

- Point out the three swimming skill level labels already laid out, SWIMMER, BEGINNER, and NON-SWIMMER. Explain to Cub Scouts that before they go swimming at a Scouting activity, they must demonstrate their swimming ability. Depending on how well they can swim, they will be classified as a non-swimmer, a beginner, or a swimmer. Tell Cub Scouts that the classification allows you into different swimming areas and water depths.
- Their job is to take the remaining labels, read them out loud and place them under the correct swimming skill level label.
- Each Cub Scout should get a turn, going around to each until all the labels have been correctly placed.
- Let them place all the labels before checking to see if they are correct. Encourage them to work together.
- Once all the labels are place, check to see if they are correct. If not, ask them to review and see if they can figure out their mistake.

## Additional Resources

[Swimming Skill game](#)

[Back to Salmon Run Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Salmon Run

Elective

Requirement 3



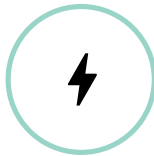
# Go Swimming Bear

## Snapshot of Activity

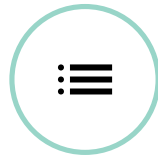
Take your den and go swimming.



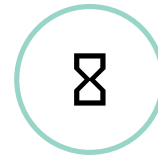
Travel



5



5



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

### Directions

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).

During the meeting:

1. Identify swim ability group for each Cub Scout.
2. Ask Cub Scouts to choose a swim buddy within their same swim ability group.
3. Complete requirements 4, 5, and 6.

## **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Salmon Run Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Salmon Run

Elective

Requirement 4



# Buddies in Swimming

## Snapshot of Activity

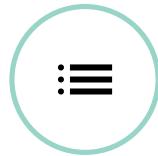
Cub Scouts demonstrate the use of the buddy system, buddy checks, and ability groups.



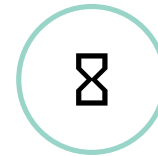
Travel



4



3



3

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources
- Timer

### Directions

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).

During the meeting:

1. Explain to Cub Scouts that 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.
2. Assign each Cub Scout a buddy who is in their same ability group.
3. Every 10 minutes, or as needed to keep the buddies together, the qualified adult supervision gives an audible signal, such as a single whistle blast, and a call for "Buddies."
4. Buddies are expected to raise each other's hand before completion of an audible count to 10. Buddies who take

longer to find each other should be reminded of their responsibility for the other's safety.

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

### **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Salmon Run Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Salmon Run

Elective

Requirement 5



# Beginner Swim Test

## Snapshot of Activity

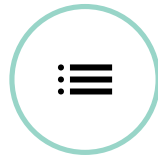
Cub Scouts attempt The Scouting America beginner swim test.



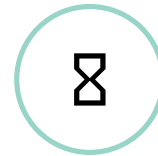
Travel



5



4



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

### Directions

To complete this requirement, Cub Scouts do not have to pass the beginner test, just attempt the test.

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).

During the meeting:

1. Tell Cub Scouts they will be taking the Scouting America swimmer test. To be classified as a beginner, they 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.
2. Have Cub Scouts attempt the test.

## **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Salmon Run Requirements](#)

## Bear – 3<sup>rd</sup> Grade

Salmon Run

Elective

Requirement 6



# Reach and Throw Rescue

## Snapshot of Activity

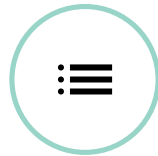
Cub Scouts demonstrate the reach rescue and throw rescue.



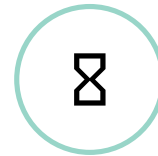
Travel



4



3



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources
- Paddle craft paddle

### Directions

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).

During the meeting:

1. Explain to Cub Scouts that wherever they 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 are 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.

2. Take Cub Scouts to the shallow end of the swimming area. Tell them that they will be practicing both a reach and a throw rescue.
3. Tell Cub Scouts they will be doing a reach rescue with their swim buddy:
  - Have one Cub Scout in the water.
  - Have the second Cub Scout lay on the swim deck so you are more stable and are closer to the victim's level.
  - Be sure to anchor yourself so you do not get pulled into the water.
  - Reach out and pull your buddy to the edge of the pool.
  - Have Cub Scouts switch.
4. Tell Cub Scouts they will be doing a throw rescue with their swim buddy:
  - Have one Cub Scout in the water.
  - Have the second Cub Scout lay on the swim deck so you are more stable and are closer to the victim's level.
  - Be sure to anchor yourself so you do not get pulled into the water.
  - Place the paddle craft paddle in the water and without letting go, push out to the Cub Scout to be rescued.
  - Pull in the swimmer using the paddle.
  - Have Cub Scouts switch.

### **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Salmon Run Requirements](#)

# Aquanaut

ELECTIVE



## Snapshot of Adventure

Swimming is great exercise and a whole lot of fun. It is also an important skill to learn when you consider that 70 percent of the Earth is covered in water. In this Adventure, you'll discover how to enjoy swimming and how to respond to water emergencies. Time to grab your swimsuit and your buddy tag and hit the water.

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

### Safety Moment

Prior to any activity, use the [Scouting America SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official Scouting America Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

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 Scouting America Safe Swim Defense.

Before starting this Adventure complete the following:

- Complete the Scouting America Safe Swim Defense training (26 minutes) on [my.scouting](#).
- Confirm enough adults who will serve as rescuers during the activity to maintain a ratio of one rescuer to every 10 Cub Scouts.
- Have buddy tags for everyone who will be in the water, youth, and adults.

During the Adventure:

- Give overview and instruction on the points of the Safe Swim Defense prior to the activity.
- Provide continuous, qualified adult supervision and discipline during the activity.
- When swimming outdoors, ask that all the Cub Scouts apply sunscreen.

## **Complete the following requirements**

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete Aquanaut.

### **Requirement 1**

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

- Cub Scouts [learn about safety precautions before swimming](#).

### **Requirement 2**

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

- Cub Scouts [learn the order of rescue and practice reach and throw rescue techniques](#).

### **Requirement 3**

Learn how to prevent and treat hypothermia.

- Cub Scouts [learn how to prevent and treat hypothermia](#).

### **Requirement 4** Attempt to tread water.

- Cub Scouts [attempt to tread water](#).

### **Requirement 5** Attempt the Scouting America swimmer test.

- Cub Scouts [attempt the Scouting America swimmer test](#).

### **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 swimming.

- [Take your den and go swimming](#).

[Back to Elective Adventures](#)



## Learning The Swimming Safe Rules

### Snapshot of Activity

Cub Scouts learn about safety precautions before swimming.



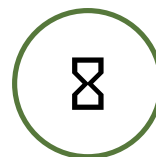
Indoor



1



1



2

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Safe Swim Defense Rules worksheet found in Additional Resources
- Access to Safe Swim Defense Key found in Additional Resources
- Pencil or pen, one for each Cub Scout
- Printer

### Directions

Before the meeting:

1. Become familiar with [Scouting America Safe Swim Defense](#). The Safe Swim Defense course is available at the Scouting America Learn Center.
2. Find someone in your pack or local council that has completed Safe Swim Defense training in the past 2 years. This would be the best person to lead the den meeting and be present for swimming.
3. Set up meeting space for Cub Scouts to complete the activity.
4. Print Safe Swim Defense Rules worksheet, one for each Cub Scout.

During the meeting:

1. Let the Cub Scouts know that they will be going swimming together. Share that before going swimming they will be learning how to be safe in and around the swimming area.

**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 Scouting America Safe Swim Defense.

**Personal Health Review** — Completing the Scouting America Annual Health and Medical Record is required.

**Safe Area** — all swimming areas must be carefully inspected and prepared for safety prior to each activity.

**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.

**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 participate safely.

**Ability Groups** — all youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized Scouting America swim classification tests

**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.

**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.

2. Distribute the Safe Swim Defense Rules worksheet and pencils. Explain that they need to know and understand the 8 Scouting America Safe Swim Defense rules.
3. Allow time for them to finish the worksheet.
4. Once completed, lead a group discussion on the eight points found on the Scouting America Safe Swim Defense website or their Webelos handbook.

## **Additional Resources**

[Safe Swim Defense Rules worksheet](#)

[Safe Swim Defense Key](#)

Aaron on Scout blog "[Safe Swim Defense: What you need to know now that summer is here](#)"

[Back to Aquanaut Requirements](#)

## Webelos – 5<sup>th</sup> Grade

Aquanaut

Elective

Requirement 2



# Order of Rescue Webelos

## Snapshot of Activity

Cub Scouts learn the order of rescue and practice reach and throw rescue techniques.



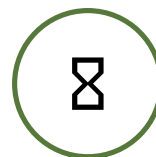
Travel



4



3



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

*Public pools often have rescue equipment, check with the pool to see if your den is able to use the equipment.*

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources
- An adult who is familiar with and able to teach proper methods for reaching and throwing
- A 10' rescue pole
- A large beach towel
- A life ring attached to 10' of rope

### Directions

Before the meeting:

1. Confirm the date, time, and location for use of a pool.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity. 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 [Scouting America Safe Swim Defense](#).
4. If it is a public pool with safety equipment, ask if the den may use it to learn the reach and throw rescues.
5. Review the 'order of rescue' and reach and throw techniques.
6. Fill out buddy tags and make sure to have everyone's Scouting America Annual Medical and Health forms with you and Activity Consent Forms.
7. Send a reminder to all Cub Scouts, parents, and legal guardians of the date, time, and location for the activity. Remind them to bring proper swimwear and towels.

During the meeting:

1. Gather the Cub Scouts before entering the swim area and give them their buddy tags. Have them identify their buddy and once they have their buddy they may place their buddy tag together on the buddy board.
2. If no one has attempted the Scouting America Swimmer or Beginner test they are considered non-swimmers and must stay in water that is no more than waist to chest deep.
3. Explain to Cub Scouts the meaning of "order of rescue". If a swimmer or boater gets in trouble, trained rescuers know how to perform a rescue. 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.
4. **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.
5. **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.
6. Demonstrate to Cub Scouts the reach and throw techniques.  
Reach rescues:
  7. Lie down on the shore or pier so you are more stable and are closer to the victim's level.
  8. 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.
  9. 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.Throw rescues:
  10. Don't throw a ring buoy or float directly at the victim, you don't want to bonk him or her on the head!
  11. If the object you're throwing is attached to a rope, throw it past the victim so the line falls across his or her shoulder. You can then reel it in so it's easy to grasp.
  12. If you are throwing a rope (whether or not it's attached to an object), tie one end loosely around your wrist with a bowline so you won't accidentally let it go.
13. Have Cub Scouts take turns demonstrating the reach and throw techniques.

[Back to Aquanaut Requirements](#)



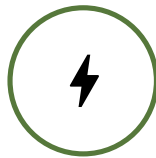
## Surviving the Chill

### Snapshot of Activity

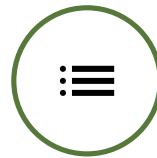
Cub Scouts learn how to prevent and treat hypothermia.



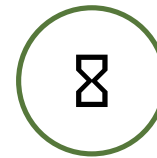
Indoor



4



2



2

If you want to know more about The Adventure Activity Key [click here](#).

#### Supply List

- Blankets
- Sleeping bag
- Emergency Mylar blanket

#### Directions

Before the meeting:

1. Review the activity and how to prevent and treat hypothermia.

During the meeting:

1. Tell Cub Scouts they are going to learn about how to treat and prevent hypothermia.
2. Teach Cub Scouts signs of hypothermia, such as shivering, cold and pale skin, confusion, and weakness.
3. Explain to Cub Scouts that if someone shows signs of hypothermia, they should move them to a sheltered area away from wind and rain.
4. Explain that wet clothing can accelerate heat loss. To treat hypothermia, remove wet clothes and replace them with dry ones.
5. Offer warm drinks to help raise the internal body temperature. Avoid caffeine as it can contribute to heat loss.
6. Encourage group huddling to share body heat. Cub Scouts can huddle together under blankets or in a group embrace.
7. Explain to Cub Scouts that in severe cases or if the person's condition does not improve, they need to seek immediate professional medical assistance.
8. Emphasize to Cub Scouts the importance of dressing warmly in cold weather and staying dry to prevent hypothermia. Teach Cub Scouts to layer clothing for insulation.
9. Break Cub Scouts into groups of three.
10. Ask each group to select one Cub Scout who will be the hypothermia victim.
11. Ask victims to act out the signs of hypothermia.
12. Ask other group members to treat the hypothermic Cub Scout.
13. After each group has had a chance to treat their victim, gather all Cub Scouts together.
14. Discuss with Cub Scouts why knowing how to prevent and treat hypothermia is important.



## Treading Skills

### Snapshot of Activity

Cub Scouts attempt to tread water.



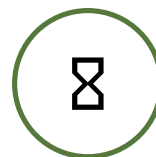
Travel



5



4



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

### Directions

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).

During the meeting:

1. Gather the Cub Scouts before entering the swim area and give them their buddy tags. Have them identify their buddy and once they have their buddy they may place their buddy tag together on the buddy board.
2. If no one has attempted the Scouting America Swimmer or Beginner test they are considered non-swimmers and must stay in water that is no more than waist to chest deep.
3. Demonstrate and teach treading water to Cub Scouts.
4. Move your legs in a scissor kick or eggbeater motion. This involves moving your legs in a circular or scissor-like pattern to help you stay afloat.
5. Keep your arms in a relaxed position and move them in a circular or sculling motion to help maintain balance.
6. Have Cub Scouts attempt to tread water.

## **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Aquanaut Requirements](#)

## Webelos – 5<sup>th</sup> Grade

Aquanaut

Requirement 5

Elective



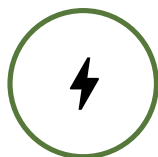
# Scouting America swimmer Test Webelos

## Snapshot of Activity

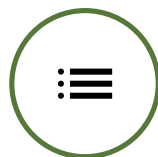
Cub Scouts attempt the Scouting America swimmer test.



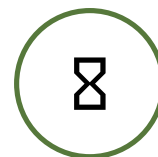
Travel



5



4



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs

### Directions

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).

During the meeting:

1. Gather the Cub Scouts before entering the swim area and give them their buddy tags. Have them identify their buddy and once they have their buddy they may place their buddy tag together on the buddy board.
2. If no one has attempted the Scouting America Swimmer or Beginner test they are considered non-swimmers and must stay in water that is no more than waist to chest deep.
3. Tell Cub Scouts they will be taking the Scouting America swimmer test. To pass the test they must:
  - 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.
4. Have Cub Scouts attempt the test.

Tip: The outcome of this requirement is for Cub Scouts to attempt the Scouting America Swimmer Test. It is okay if they do not pass the test.

[Back to Aquanaut Requirements](#)

## Webelos – 5<sup>th</sup> Grade

Aquanaut

Elective

Requirement 6



# Go Swimming Webelos

## Snapshot of Activity

Take your den and go swimming.



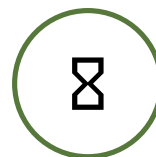
Travel



5



5



5

If you want to know more about The Adventure Activity Key [click here](#).

### Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

### Directions

Before the meeting:

1. Locate a swimming area. This can be an indoor or outdoor pool, or a beach.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).

During the meeting:

1. Identify ability group for each Cub Scout.
2. Ask Cub Scouts to find a swim buddy within their same ability group.
3. During the 30 minutes of free swim time, the qualified adult blows the whistle at least 3 times. Cub Scouts raise the Cub Scout sign above their head while next to their buddy.

### **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Aquanaut Requirements](#)

# Swimming

Elective



## Snapshot of Adventure

As you get ready to join Scouts BSA, there are new aquatic activities that you will get the chance to do. Small-boat sailing, SCUBA, and overnight canoe treks are just some of the great adventures. To earn many of the aquatic-based merit badges in Scouts BSA, you will need to pass the Scouting America swimmer test.

**In this Adventure you do not have to pass the Scouting America swimmer test; you just need to attempt it.** If you do not pass the swimmer test for this Adventure, you can practice before you go to Scouts BSA summer camp or sign up for a session on how to swim at the camp you attend. As a swimmer you will have more merit badges you can earn at summer camp.

This elective Adventure may be earned by completing the requirements below **OR** passing the Scouting America Swimmer Test **OR** taking swimming lessons.



### Safety Moment

#### Adventure Safety Moment

Prior to any activity, use the [Scouting America SAFE Checklist](#) to ensure the safety of all those involved.

All participants in official Scouting America Scouting activities should become familiar with the [Guide to Safe Scouting](#) and applicable program literature or manuals.

Be aware of state or local government regulations that supersede Scouting America practices, policies, and guidelines.

To assist in the safe delivery of the program you may find specific safety items that are related to requirements for the Adventure.

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 Scouting America Safe Swim Defense.

Before starting this Adventure complete the following:

- Complete the Scouting America Safe Swim Defense training (26 minutes) on [my.scouting](#).
- Confirm enough adults who will serve as rescuers during the activity to maintain a ratio of one rescuer to every 10 Cub Scouts.
- Have buddy tags for everyone who will be in the water, youth, and adults.

During the Adventure:

- Give overview and instruction on the points of the Safe Swim Defense prior to the activity.
- Provide continuous, qualified adult supervision and discipline during the activity.
- When swimming outdoors, ask that all the Cub Scouts apply sunscreen.

#### Complete the following requirements

Activities to fulfill these requirements are listed below. Choose one activity for each requirement to complete

Swimming.

### **Requirement 1**

Review Safe Swim Defense.

- Cub Scouts [play a game to learn Safe Swim Defense](#).

### **Requirement 2**

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

- Cub Scouts [learn order of rescue and reach and throw rescue techniques](#).

### **Requirement 3**

Attempt the Scouting America swimmer test.

- Cub Scouts [attempt the Scouting America swimmer test](#).

### **Requirement 4**

Have 30 minutes or more of free swim time during which 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.

- [Take your patrol and go swimming](#).

[Back to Elective Adventures](#)

AOL – 6<sup>th</sup> Grade

Swimming

Elective

Requirement 1



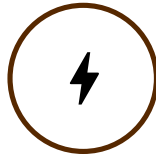
## Swimming Do's And Don'ts

### Snapshot of Activity

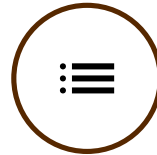
Cub Scouts play a game to learn Safe Swim Defense.



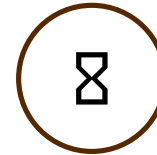
Indoor



1



2



2

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Do's and Don'ts Game Card found in Additional Resources
- Do's and Don'ts Rules found in Additional Resources
- Do's and Don'ts Key found in Additional Resources
- Printer
- Tape
- Scissors
- Cub Scouts will need their Arrow of Light handbook

### Directions

Before the meeting:

1. Become familiar with [Scouting America Safe Swim Defense](#). The Safe Swim Defense course is available at the Scouting America Learn Center.
2. Set up meeting space for Cub Scouts to move around to play the game. Spread out games strips face down on a flat surface.
3. Print one copy of the Do's and Don'ts Game Card. Tape to wall.
4. Print one copy of the Do's and Don'ts Rules. Cut rules into individual strips.
5. Be able to access Do's and Don'ts Key.

During the meeting:

1. Explain to Cub Scouts that they will be learning about swimming safely using the Scouting America Safe Swim Defense rules. Ask them to open their handbooks to the Swimming Adventure. They will be using the information found in the handbook to correctly identify the rules of Safe Swim Defense.

2. Play Safe Swim Defense Dos and Don'ts game.

- Have Cub Scouts take turns choosing a strip, reading it out loud to the group, and then choosing if it should be taped under the Do title or the Don't title. They may use their handbook to help decide.
- Use the Do's and Don'ts Key to identify if the strip has been placed under the correct title.
- Discuss the reason for the rule.

### **Additional Resources**

[Do's and Don'ts Game Card](#)

[Do's and Don'ts Rules](#)

[Do's and Don'ts Key](#)

Aaron on Scouting Blog [Safe Swim Defense: What you need to know now that summer is here](#)

[Back to Swimming Requirements](#)

## AOL – 6<sup>th</sup> Grade

Swimming

Elective

Requirement 2



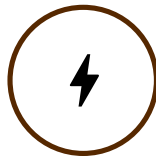
# Order of Rescue AOL

## Snapshot of Activity

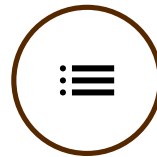
Cub Scouts learn order of rescue and reach and throw rescue techniques.



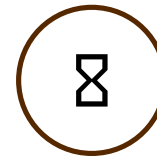
Travel



4



3



5

If you want to know more about The Adventure Activity Key, [click here](#).

## Supply List

*Public pools often have rescue equipment, check with the pool to see if your den is able to use the equipment.*

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources
- An adult who is familiar with and able to teach proper methods for reaching and throwing
- A 10' rescue pole
- A large beach towel
- A life ring attached to 10' of rope

## Directions

Before the meeting:

1. Confirm the date, time, and location for use of a pool.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).
4. If it is a public pool with safety equipment, ask if the den may use it to learn the reach and throw rescues.
5. Review the 'order of rescue' and reach and throw techniques.
6. Fill out buddy tags and make sure to have everyone's Scouting America Annual Medical and Health forms with you and Activity Consent Forms.

7. Send a reminder to all Cub Scouts, parents, and legal guardians of the date, time, and location for the activity. Remind them to bring proper swimwear and towels.

During the meeting:

1. Gather the Cub Scouts before entering the swim area and give them their buddy tags. Have them identify their buddy and once they have their buddy they may place their buddy tag together on the buddy board.
2. If no one has attempted the Scouting America Swimmer or Beginner test they are considered non-swimmers and must stay in water that is no more than waist to chest deep.
3. Explain to Cub Scouts the meaning of “order of rescue”. If a swimmer or boater gets in trouble, trained rescuers know how to perform a rescue. 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.
4. **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.
5. **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.
6. Demonstrate to Cub Scouts the reach and throw techniques.  
Reach rescues:
  7. Lie down on the shore or pier so you are more stable and are closer to the victim’s level.
  8. 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.
  9. 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.Throw rescues:
  10. Don’t throw a ring buoy or float directly at the victim, you don’t want to bonk him or her on the head!
  11. If the object you’re throwing is attached to a rope, throw it past the victim so the line falls across his or her shoulder. You can then reel it in so it’s easy to grasp.
  12. If you are throwing a rope (whether or not it’s attached to an object), tie one end loosely around your wrist with a bowline so you won’t accidentally let it go.
13. Have Cub Scouts take turns demonstrating the reach and throw techniques.

### Additional Resources

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Swimming Requirements](#)

## AOL – 6<sup>th</sup> Grade

Swimming

Elective

Requirement 3



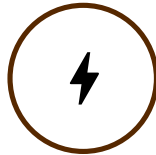
# Scouting America swimmer Test AOL

## Snapshot of Activity

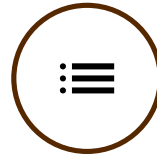
Cub Scouts attempt the Scouting America swimmer test.



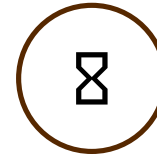
Travel



5



4



5

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs

### Directions

Before the meeting:

1. Locate a swimming area.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).

During the meeting:

1. Gather the Cub Scouts before entering the swim area and give them their buddy tags. Have them identify their buddy and once they have their buddy they may place their buddy tag together on the buddy board.
2. If no one has attempted the Scouting America Swimmer or Beginner test they are considered non-swimmers and must stay in water that is no more than waist to chest deep.
3. Tell Cub Scouts they will be taking the Scouting America swimmer test. To pass the test they must:
  - 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.

4. Have Cub Scouts attempt the test.

Tip: The outcome of this requirement is for Cub Scouts to attempt the Scouting America Swimmer Test. It is okay if they do not pass the test.

[Back to Swimming Requirements](#)

## AOL – 6<sup>th</sup> Grade

Swimming

Elective

Requirement 4



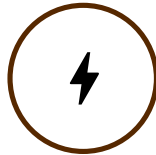
# Go Swimming AOL

## Snapshot of Activity

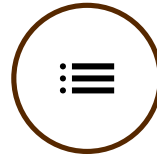
Take your patrol and go swimming.



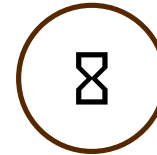
Travel



5



5



5

If you want to know more about The Adventure Activity Key, [click here](#).

### Supply List

- Swimming area: pool or other safe swimming area
- Qualified adult supervision
- [Activity Consent Form](#)
- [Scouting America Health and Medical Form](#)
- Whistles for lifeguards and look-outs
- Buddy tags
- Buddy board found in Additional Resources

### Directions

Before the meeting:

1. Locate a swimming area. This can be an indoor or outdoor pool, or a beach.
2. Review Scouting America Health and Medical Form for each Cub Scout.
3. Review the Safe Swim Defense and secure the proper Qualified Adult Supervision for the activity.  
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 [Scouting America Safe Swim Defense](#).

During the meeting:

1. Identify ability group for each Arrow of Light Scout.
2. Ask Arrow of Light Scout to locate a swim buddy within the same ability group.
3. During the 30 minutes of free swim time, the qualified adult blows the whistle at least 3 times. Arrow of Light Scouts raise the Cub Scout sign above their head while next to their buddy.

## **Additional Resources**

Information about buddy boards can be found in the Scouting America Aquatics Staff Guide found on the [Aquatics Resources](#) webpage.

[Back to Swimming Requirements](#)