

Requirements:

Prerequisites:

1. Age and Physical Fitness:
 - A. Be 15 years old or older prior to training
 - B. Submit written evidence of physical fitness
 - C. Complete Safe Swim Defense training
2. Swimming Ability:
 - A. Complete the BSA Swimmer Test: Jump feetfirst into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.
 - B. Recover a 10-pound weight from 8 feet of water.

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3. Administer both the BSA *beginner* and *swimmer* classification tests.
4. Demonstrate reaching assists from deck, side and shallow water using items such as arms, legs, towels, rescue tubes, and poles.
5. Twice demonstrate throwing assists using items such as lines, ring buoys, throw bags, and free-floating supports. Successfully place at least one such aid within reach of a subject 25 feet from shore.
6. Demonstrate stride jump and compact jump entries into deep water.
7. Demonstrate an accompanied rescue for a conscious subject in deep water 20 feet from shore. Enter the water with a buoyant aid, present the aid to the subject, release it, and accompany the subject to shore. Speak to the subject throughout the assist to provide clear instruction and encouragement.
8. Demonstrate a contact rescue for an unconscious subject at or near the surface in deep water 20 feet from shore:
 - A. Approaching the subject from the front, use a wrist tow to move the subject to shore. During the approach, confirm that the subject is passive.
 - B. Approaching the subject from the rear, use an armpit tow to move the subject to shore. During the approach, confirm that the subject is passive.
 - C. With the assistance of one other person, and without the aid of a backboard, remove an unconscious subject from the water at the edge of the pool or pier and check for breathing and circulation.
9. Practice in-water rescues of both conscious and unconscious subjects using a variety of flotation aids.
10. Demonstrate the following defensive actions:
 - A. Front head-hold escape
 - B. Rear head-hold escape
11. Demonstrate a line-and-tender rescue as both the swimmer and the line tender.
12. Demonstrate in-line stabilization for a suspected spinal injury in shallow water:
 - A. For a face-up subject
 - B. For a face-down subject
13. Correctly answer 80 percent of the questions on the *Swimming and Water Rescue* written exam covering Safe Swim Defense, emergency action plans, surveillance, victim recognition, and water rescue. Review any incomplete or incorrect answers.