

Cub Scout Sports



Archery*



Badminton



Baseball



Basketball



BB-Gun Shooting*



Bicycling



Bowling



Fishing



Flag Football



Golf



Gymnastics



Ice Skating



Marbles



Physical Fitness



Roller Skating



Snow Ski and Board Sports



Soccer



Softball



Swimming



Table Tennis



Tennis



Ultimate



Volleyball

Why Cub Scout Sports?

The Cub Scout Sports program provides Cub Scouts with the opportunity to become acquainted with and participate in all kinds of sports—summer and winter sports, indoor and outdoor sports, active and less-active sports, and team and individual sports. When implemented properly, the program is an active physical fitness program for Cub Scouts.

A Cub Scout may participate in Sports activities in his unit, in his community, or by himself. However the boy participates, he will have fun learning a new sport, developing new skills, competing with his peers, and being recognized. Throughout his experience in the program, the Cub Scout is encouraged to learn and practice good sportsmanship, and to do his best.



*Loops and pins for archery and BB-gun shooting can be earned only in day camps, Cub Scout/Webelos Scout resident camps, council-managed family camping programs, or at council activities where there is properly trained supervision, and all guidelines for BSA shooting sports are implemented. Archery and BB-gun shooting belt loops and pins cannot be earned at the pack, den, or individual level. Requirements therefore are not included in this book.

Cub Scout Sports emphasizes participation of the family by involving an adult partner. The pack will introduce the boy and his family to habits that may carry through many years.

Are Organized Sports a Good Idea?

Sometimes, organized sports seem to have an unfavorable effect on children—an effect that some never manage to overcome. Does this suggest that organized sports are inherently bad for youth? Not at all, say many experts. It's not the sports that can cause harm, but overzealous adults—mainly parents and coaches—on the sidelines.

"I'm convinced that we can teach kids an awful lot through athletic situations," says Dr. Paul Vogel of the Youth Sports Institute at Michigan State University. "Respect for law and authority, for instance, regard for physical fitness, and the ability to cooperate with others." But the adults, Vogel believes, have to set a good example. "Young players see their parents and coaches ranting and raving at game officials over a close call," he says, "and then the adults wonder why the kids don't show more respect for authority." They may also wonder, years later, why their children seem to lose interest in competitive sports.

Parents can have an especially positive effect on a boy's sports outlook, Vogel feels, if they emphasize keeping in shape through a physical fitness program and set the example themselves.

When Should Sports Start?

How old should a boy be to become involved in organized sports? What sports are best for boys of Cub Scout age?

Most sports authorities feel there is no one right answer to these questions. The biological clock does not tick the same way for everybody, and boys mature on different schedules. For instance, an 8-year-old boy who is physically ready to play soccer with 10-year-olds may not be psychologically ready.

When a boy feels he's ready to try a given sport, he might say so. He might hint that he would like a baseball mitt or tennis racket for his birthday. Or he might give some other sign. Respect his wish, even if it's not to play.

Here are some general guidelines from the National Association for Sport and Physical Education:

- Organized sports for children younger than 6 are of questionable value.
- Children between 6 and 8 years old should be restricted to noncontact sports, such as swimming, tennis, and track-and-field events.
- Team sports, such as basketball and soccer, are recommended for children older than 8.

Sports Safety

Parents have a right to be sure that their boys are playing in a safe and healthy environment. That means checking the condition of playing fields, facilities, and equipment and making sure that boys have any safety gear required, such as helmets or pads. It also means evaluating the coaches.



Facilities. Is the playing field reasonably level, well marked, and free of obstacles, holes, and broken glass? Are goal posts, flags, nets, and other pieces of equipment safely placed? Are practice areas also safe?

Equipment. Is it in good condition, with no cracked bats, split arrows, stringy balls, or poor rackets? Do boys have the necessary protective equipment, including facemasks, shin guards, helmets, pads, and so on? Does the equipment fit the players correctly? Is it in good condition? Is there a first aid kit on hand that has been inspected?

Coaches. Coaches should know more than the skills and strategy of the game: they should have the safety of the boys as a primary consideration. They should understand boys thoroughly and know how to teach enjoyment of the sport while helping keep temper and ego under control. They must be able to spot problems and correct them and should know when to forbid a boy who

is sick or hurt from playing. They must communicate openly with players and their parents.

The coach's guiding principle should be, "Help me to remember that most boys would rather play and lose than sit on the bench and win."

When sports are conducted at a pack level, the pack committee may select coaches for the various sports. The pack leaders should be certain that the recruited coaches know the basic skills of the sport, can ensure the boys' safety, and can set an example of good sportsmanship.

The Role of Parents

The role of parents can be described in one word: "support." Support of the program, the leaders, and the coaches—but most of all, support of the boys, and especially one's own son. Here are some do's and don'ts for parents:

Do

- Be a voice of encouragement and moderation
- Show boys you approve of them no matter how they play
- Go to the games and watch the boys play
- Help the boys have fun

Don't

- Shout advice or criticism to boys or anyone else during the game
- Interfere with the coach or other officials
- Criticize players, coaches, or officials
- Enter the playing area
- Prevent anyone from having fun
- Push your son into a sport he is not qualified to play or does not like

Why Young Athletes Get Hurt

Statistics indicate that boys are as safe (if not safer) playing adult-supervised sports as they are riding their bikes or traveling in the family car. Still, sports injuries do happen, and they have an especially good chance of happening when excited kids are combined with flying balls, swinging bats, leaping bodies, straining muscles, and kicking feet. Most sports injuries are caused by

1. **Overuse of muscles.** This leads to tendinitis (inflammation of a tendon) and stress fractures, often caused by improper training or a sudden change in activity level.
2. **Reinjuries.** Injuries may be caused by using muscles before previous injuries have healed.
3. **Environmental conditions.** Poor playing areas, faulty equipment, or improper use of good equipment can cause injuries.

Safety measures help prevent many injuries and reduce the severity of many more. In your Sports program, make sure safety is a primary concern.

Young Athletes' Bill of Rights

In its brochure "Choosing the Right Sport & Physical Activity Program for Your Child," the National Association for Sport and Physical Education (NASPE) publishes a Bill of Rights for Young Athletes. These 10 rights should be built into every sports activity for Cub Scouts. Be sure to include them in your pack program.

Young Athletes' Bill of Rights

1. The right to participate in sports

Ask a boy what he would rather do—play and lose, or watch and win? It's a tough choice, but most boys would choose the chance to play—win or lose. When a boy is denied a chance to play because he's not a good player, the program is in trouble. Measure the program in terms of the boys' goals and participation.

2. The right to participate at his own level of ability and maturity

Wherever possible, a boy should be placed with players of his own ability level. But dividing boys according to ability can be a humiliating ordeal for the less able. Leaders and coaches must exercise extreme discretion and sensitivity. Proceed with care.

3. The right to have qualified adult leadership

Boys age 7 to 9 are especially impressionable. They will be influenced by adult leadership, whether that leadership is good or bad. Boys should have quality leaders who ensure the safety of boys, respect others, and are knowledgeable of the sport.

4. The right to a safe and healthy environment

No boy should be asked to play under conditions that may be harmful to his health or personal safety. Every boy should be able to play in a physical and emotional environment that is safe.

5. The right to share in leadership and decision making

The Cub Scouts Sports program aims not only to help a boy be fit and have fun but also to help stimulate his growth toward maturity and active citizenship. If adults

make all the decisions and do all the talking, a magnificent opportunity for growing up will be missed.

6. The right to play as a child, not as an adult

However much a boy may love a flashy uniform and being treated like an adult professional, he is neither an adult nor a professional. He is still a child, so handle him with care. Don't rush him; let him enjoy his childhood.

7. The right to proper preparation

Boys need good physical and mental preparation before they participate in sports. Good preparation increases self-confidence.

8. The right to an equal opportunity to strive for success

The focus here is on the word *success*, which doesn't have to mean winning. Success can be playing, learning, growing, building fitness, and enjoying. Each boy should be secure in the knowledge that he has done his best and that his best is OK.

9. The right to be treated with dignity

No boy should be scolded or ridiculed because of appearance, background, or performance. Corrective actions should be conducted in a positive way without an audience.

10. The right to have fun in sports

If the other nine rights are in place, then the right to have fun will follow. Remember that the eighth purpose of Cub Scouting is to provide boys with fun and exciting new things to do.

Worksheet for Building a Pack Sports Program

Decide which sports will help your pack program. Determine parental involvement.

Sport	Team or Individual	Facilities Needed	Individual Equipment	Pack Equipment	Personnel Needed
Archery*	Individual	BSA range			BSA-trained supervision
Badminton	Individual	Court	Rackets, net, birdie		
Baseball	Team	Level area	Gloves, caps	Bases, bats, balls, helmets, masks	
Basketball	Team	Level area, backboard	Shoes	Basketball	
BB-Gun Shooting*	Individual	BSA range			BSA-trained supervision
Bicycling	Individual		Helmet, bicycle		
Bowling	Individual	Bowling lanes			
Fishing	Individual	Lake	Gear		
Flag Football	Team	Park or playground		Football, flags, supplies for marking field	
Golf	Individual	Course	Clubs, balls		
Gymnastics	Individual	Area		Gymnastics equipment, such as mats, horse, rings, parallel bars	
Ice Skating	Individual	Ice skating rink	Ice skates, helmet, pads		
Marbles	Individual	10-foot playing area	13 marbles, Shooter		
Physical Fitness	Individual	Area		Stopwatch, obstacle course, supplies	
Roller Skating	Individual	Roller Skating rink	Skates, helmet, pads		
Snow Ski and Board Sports	Individual	Supervised ski area	Boots, skis, poles or snowboard		
Skiing	Individual	Slope	Skis and other equipment		
Soccer	Team	Open area	Shoes	Balls, goals	
Softball	Team	Field	Gloves	Bats, balls, bases, helmets, masks	
Swimming	Individual	Pool	Swimsuit, towel		
Table Tennis	Individual	Area		Table, net, ball, paddles	
Tennis	Individual	Court	Racket, balls, shoes		
Ultimate	Team	Field		Disks	
Volleyball	Team	Field		Net, volleyball	

*Loops and pins for archery and BB-gun shooting can only be earned in council-sponsored camps and cannot be earned at the pack, den, and individual level.

Schedule for Setting Up a Pack Sports Event or Tournament

Date	What To Do	Adult Responsible
_____	Consider the interests of the pack and select the sports for the event or tournament.	Pack committee
_____	Select a chair for the event.	_____
_____	Establish a schedule for the event.	_____
_____	Identify playing areas, equipment availability, safety rules, recognition, budget, leadership resources, and adult involvement. Don't overlook fun for the boys and family. Begin promotion.	_____
_____	Inspect site, facilities, and equipment.	_____
_____	Have each den select a coach/instructor to help the Cub Scouts and their families prepare for the pack event.	_____
_____	Provide literature before beginning instruction. Practice the sport.	_____
_____	Invite the local news media.	_____
_____	Conduct the event. Be sure to gather the records from the boys and their adult partners to determine recognition earned. The belt loops and pins may be presented at the event, at a pack meeting, or at another meaningful opportunity. Recognize the judges and the referees.	_____
_____	Evaluate the event. Make recommendations for the future.	_____

Cub Scout Physical Fitness Program

Adult Participation

The Cub Scout Sports program encourages family and adult involvement. For Tiger Cubs, an adult partner is required to participate. And adults are strongly encouraged to participate along with Cub Scouts and Webelos Scouts.

In many sports, such as basketball and soccer, it isn't practical for a Cub Scout and adult to play on the same team. Other sports, however, such as table tennis and golf, provide good opportunities for boys and adults to play together.

How to Shape Up and Keep in Shape

First: Each participant should have a medical checkup and complete a medical history. A Personal Health and Medical Record (No. 34412A) is included on pages 23–24. Den leaders should have a copy of a medical history for every Cub Scout in the den.



Second: Decide on the physical exercise program needed for the selected sport.

Third: Have Cub Scouts and adult partners set personal goals and schedule their time to exercise and work on skill development.

Fourth: A physical fitness progress chart may be completed for each Cub Scout. Each Cub Scout should keep the records and report to his den leader when he has qualified for his loop or pin.

Points to Consider

1. People older than 40 or anyone who is not regularly physically active should have a thorough medical examination before starting any physical exercise program.
2. Begin slowly and gradually exert a little more energy during each workout. The biggest mistake many people make is to start too fast and over stress themselves quickly.
3. Heart and lung (cardiovascular) conditioning and fitness may be maintained by participating in a steady workout (at least half an hour) at least three times a week.

Conduct Your Own Pack Physical Fitness Program



Here is a physical fitness competition that will enrich the pack program and show that Cub Scouting emphasizes the importance of being physically fit. Suggested actions:

1. Hold a meeting of your pack leaders to make plans for your pack's Cub Scout physical fitness event. This could be at your monthly pack meeting or as a special event to supplement your monthly program theme. Set the date and place.
2. Inform your Tiger Cubs, Cub Scouts, Webelos Scouts, and parents of the pack plan at the next meeting.
3. Have the dens practice the activities in the requirements for Cub Scout Sports: Physical Fitness (such as pull-ups, curl-ups, long jump, 50-yard dash, softball throw; see page 85). (The pack could also choose other sports in which the boys could compete.)

4. Secure officials, scorers, and judges as well as equipment needed.
5. Hold your pack's physical fitness event, with all boys taking part.
6. The pack competition should be run according to the judging and scoring procedures as outlined in the requirements for the desired sports or activities. Five events could be the standing long jump, softball throw, push-ups, curl-ups, and 50-yard dash. These five events are part of the President's Council on Physical Fitness and Sports as well as the Webelos Athlete activity badge requirements.
7. During the competition, Cub Scouts should wear uniform trousers or shorts and appropriate program-level Cub Scout T-shirts.
8. Boys should compete only against boys of their own age/grade in all events.

Cub Scout Shooting Sports

BB-Gun Safety

Many Cub Scouts have BB guns or air rifles at home and will be exposed to some type of firearm while growing up. Parents should understand that safety is as necessary with BB guns and air rifles as it is in any other aspect of shooting. Training is essential in learning how to shoot well, and safe shooting habits developed early help provide the atmosphere for learning these skills.

Gun shooting sports are not an approved part of the Cub Scouting program, except at council or district day camps or resident camps, during council-managed fami-

ly camping programs, or at council-sponsored activities where there is properly trained supervision and all standards for BSA shooting sports are implemented.

Although gun-shooting sports are not permitted as den and pack activities, leaders can help parents understand the importance of training and encourage attendance of boys at Cub Scout day camps that offer this training.

Archery Safety

Boys can earn recognition items only at council or district day camps or resident camps; during council-managed family camping programs, or at council-sponsored activities where there is properly trained supervision and all standards for BSA shooting sports are implemented.

To be a qualified and trained archery range supervisor, adults must take part in an archery supervisor training program conducted by the local council with the help of a National Camping School-certified field sports director or a National Archery Association (NAA) instructor.

Although archery programs are not permitted at den and pack activities, leaders can help parents understand the importance of training and encourage attendance of boys at Cub Scout camps that offer this training.

See *Shooting Sports for Cub Scouts, Webelos Scouts, and Parents in Camp* (No. 13-550) for more information.

Personal Health and Medical Record

PERSONAL HEALTH AND MEDICAL RECORD FORM—Class 3

I. IDENTIFICATION Age _____ Sex _____ Date of Birth* _____

Name _____
Last name First name Initial Mo. Day Year

Address _____

City & State _____ Zip _____

Health/Accident insurance _____ Policy no. _____

IN AN EMERGENCY NOTIFY:

Name _____ Relationship _____

Address _____ Home phone _____
 City & State _____ Business phone _____
 Personal phone _____
 Physician Phone _____


BOY SCOUTS OF AMERICA

All Class 3 activities require a health examination within the past 12 months by a licensed health-care practitioner.* This includes youth and adult members participating in high-adventure activities, athletic competition, and world jamborees. Annually, this form is to be used by adults 40 years of age or older for all activities requiring a physical examination and applies to *all* Wood Badge participants/staff regardless of age.

II. EMERGENCY MEDICAL INFORMATION

Has or is subject to (check and give details):

Allergy to a medicine, food†, plant, animal, or insect toxin
 Any condition that may require special care, medication, or diet
 ADHD (Attention Deficit Hyperactive Disorder)
 Asthma Convulsions Heart trouble Contact lenses
 Diabetes† Fainting spells Bleeding disorders Dentures

 EXPLAIN _____

PLEASE TYPE OR PRINT.

NOTE: Keep original form for your personal record. Make reproductions for agency use. Be sure information and signatures are legible on reproduced copies. This upper section may be reproduced and carried with you for emergency identification and care.

III. PARENTAL STATEMENT

Has it ever been necessary to restrict applicant's activities for medical reasons? No Yes Does applicant take medicine regularly or have special care? No Yes If yes, explain.

To the best of my knowledge, the information in sections I, II, III, IV, and VI is accurate and complete. I request a licensed health-care practitioner to examine applicant, to give needed immunization, and to furnish requested information to other agencies as needed. I give my permission for full participation in BSA programs, subject to limitations noted herein. In the event of illness or accident in the course of such activity, I request that measures be instituted without delay as judgment of medical personnel dictates.

Parent or guardian _____
(Must sign if applicant is 18 or younger)

Applicant's signature _____
 Date signed _____

IV. IMMUNIZATIONS

If disease, put "D" and year.

Tetanus _____	Last year given _____
Diphtheria _____	
Pertussis _____	
Measles _____	
Mumps _____	
Rubella _____	
Polio _____	
Chicken Pox _____	

Religious preference _____

V. LICENSED HEALTH-CARE PRACTITIONER'S EVALUATION AND ADVICE

Approved for participation in:

Hiking and camping Water activities
 Competitive sports All activities

Specify exceptions _____

Recommendations (explain any restrictions OR limitations): _____

Signed _____ Date _____
*Licensed health-care practitioner

*Examinations conducted by licensed health-care practitioners other than physicians will be recognized for BSA purposes in those states where such practitioners may perform physical examinations within their legally prescribed scope of practice.

VI. MEDICAL HISTORY

Parent (or applicant if 18 or older): Fill in sections I, II, III, IV, and VI before seeing a licensed health-care practitioner. Check immunizations to be given at this time. Be sure to include any emergency information and restrictions or special care that should be observed. Especially be sure to record any injuries, illnesses, surgery, or significant changes in condition of health of applicant since last complete examination.

- Date of most recent complete physical examination (month and year) _____ 20__
- Are you aware of any current health problems? No Yes
- Now under medical care or taking medicines? No Yes
- Has there been any surgery, injury, illness, allergy, or change in health status since last complete physical examination? No Yes

Give dates and full details below for any "yes" answers.

IS THERE DISEASE OF (OR PAST OR PRESENT) HISTORY OF:

	No	Yes	Year	Details/Medicines
Serious illness	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Serious injury	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Deformity	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Surgery	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Skin, glands	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Ears, eyes	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Nose, sinus	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Teeth, tonsils	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Dentures	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Bridge	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Chest, lungs	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Heart	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Murmur	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Rheumatic fever	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Stomach, bowels	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Appendicitis	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Kidneys or urine	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Albumin	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Sugar	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Infection	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Bed-wetting	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Menstrual problems	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Hernia (rupture)	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Back, limbs, joints	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Sleepwalking	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Nervous condition	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Other (explain)	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____

Please list ALL medications taken in the 30 days prior to arrival at the Scouting activity where this form is to be used:

VII. HEALTH EXAMINATION

Licensed Health-Care Practitioner:

The applicant will be participating in a strenuous activity that will include one or more of the following conditions: athletic competition, adventure challenge or wilderness expedition (afloat or aloft) that may include high altitude, extreme weather conditions, cold water, exposure, fatigue, and/or remote conditions where readily available medical care cannot be assured.

- Please insist applicant furnish complete medical history (VI) before exam.
- Review immunizations; for youth (18 or younger) tetanus and diphtheria toxoids, measles, mumps, and rubella vaccines, and trivalent oral polio vaccine are required; youths and adults must have had tetanus booster within 10 years. A measles booster is recommended at age 12.
- After completing section VII, summarize any restrictions and/or recommendations in sections II and V, above, and sign.

Date _____	VISION: _____	HEARING: _____
Ht. _____ Wt. _____	Normal _____	Normal _____
B.P. _____ / _____ Pulse _____	Glasses _____	Abnormal _____
	Contacts _____	

Check box if normal; circle if abnormal and give details below:

- | | | |
|--|---|--|
| <input type="checkbox"/> Growth, development | <input type="checkbox"/> Teeth, tonsils | <input type="checkbox"/> Genitourinary |
| <input type="checkbox"/> Skin, glands, hair | <input type="checkbox"/> Respiratory | <input type="checkbox"/> Skeletomuscular |
| <input type="checkbox"/> Head, neck, thyroid | <input type="checkbox"/> Cardiovascular | <input type="checkbox"/> Neuropsychiatric |
| <input type="checkbox"/> Eyes, ears, nose | <input type="checkbox"/> Abdomen, hernia, rings | <input type="checkbox"/> Other (specify) _____ |

COMMENTS

FOR THOSE ATTENDING PHILMONT OR NATIONAL HIGH-ADVENTURE BASES:

* The minimum age for all participants is 13 by January 1 of the year of participation, or have completed the seventh grade. No exceptions.

† Trail food is by necessity a high-carbohydrate, high-calorie diet. It is high in wheat, milk products, sugar, corn syrup, and artificial coloring/flavoring. Dinner meals contain meat. If these food products cause a problem in your diet, you need to bring appropriate substitutions with you and so advise base personnel.

Note: Licensed health-care practitioners representing high-adventure bases reserve the right to deny access to the trails or other program activity on the basis of a medical evaluation performed at the base after arrival.

REVIEW FOR CAMP OR SPECIAL ACTIVITY

DATE	AGENCY AND ACTIVITY	BY	"OK"	PHYSICIAN RECHECK NEEDED	RESULTS OF RECHECK	INITIAL

INTERVAL RECORD

(CAMP, CAMPOREE, TOURNAMENT, TRAVEL, ETC.)

DATE, TIME, PLACE, ETC.	FINDINGS, DIAGNOSES, TREATMENT, INSTRUCTIONS, DISPOSITION, ETC.	BY:

#34412A



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