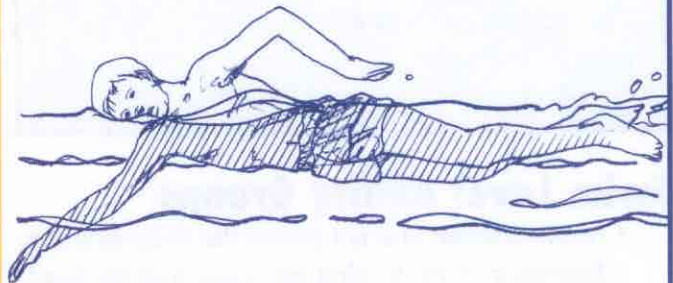


# Cub Scout Sports: Swimming



## REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

### Belt Loop

Complete these three requirements:

- \_\_\_ 1. Explain the rules of Safe Swim Defense. Emphasize the buddy system.
- \_\_\_ 2. Play a recreational game in the water with your den, pack, or family.
- \_\_\_ 3. While holding a kick board, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area.

### Sports Pin

Earn the Swimming belt loop, and complete five of the following requirements:

- \_\_\_ 1. Practice the breathing motion of the crawl stroke while standing in shallow water. Take a breath, place your head in the water, exhale, and turn your head to the side to take a breath. Repeat.
- \_\_\_ 2. Learn two of the following strokes: crawl, backstroke, elementary backstroke, sidestroke, or breaststroke.
- \_\_\_ 3. Learn two of the following floating skills: jellyfish float, turtle float, canoe (prone) float.
- \_\_\_ 4. Using a kickboard, demonstrate three kinds of kicks.
- \_\_\_ 5. Pass the "beginner" or "swimmer" swim level test.
- \_\_\_ 6. Visit with a lifeguard and talk about swimming safety in various situations (pool, lake, river, ocean). Learn about the training a lifeguard needs for his or her job.
- \_\_\_ 7. Explain the four rescue techniques: Reach, Throw, Row, and Go (with support).
- \_\_\_ 8. Take swimming lessons.
- \_\_\_ 9. Attend a swim meet at a school or community pool.
- \_\_\_ 10. Tread water for 30 seconds.
- \_\_\_ 11. Learn about a U.S. swimmer who has earned a medal in the Olympics.
- \_\_\_ 12. Demonstrate the proper use of a mask and snorkel in a swimming area where your feet can touch the bottom.

## Resources

Check with your local school, community pool, or local Scout troops for lifeguards and instruction.

### USA Swimming

One Olympic Plaza

Colorado Springs, CO 80918

Phone: 719-578-4578

Web site: <http://www.usswim.org>

## Swim Level Ability Groups

- **Nonswimmer:** Has not passed the swimming test.
- **Beginner:** Jump feetfirst into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.
- **Swimmer:** Jump feetfirst into water over the head in depth, level off, and begin swimming. 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 with minimum movement for one minute.

## Rules for Safe Swimming

- Be physically fit.
- Have a qualified adult present whenever you swim.
- Swim in areas that have already been checked for safe swimming.
- If you can't swim, don't go in water that is more than 3½ feet deep. Go in deep water only if you are a good swimmer.
- Swim with a buddy.
- Obey the rules of the swimming area.

## Safe Swim Defense

- **Qualified Supervision.** A responsible adult (at least 21 years of age) must supervise.
- **Physical Fitness.** Require evidence of fitness for swimming activity, using a health history.
- **Safe Area.** Before swimming in unknown waters, check the swimming area for varying depth, currents, holes, rocks, or other dangerous conditions.
- **Lifeguard on Duty.** Swim where lifeguards are on duty.
- **Lookout.** Station an adult on shore where he or she can see and hear everything in all areas.
- **Ability Groups.** Divide Cub Scouts into non-swimmers, beginners, and swimmers. Mark off areas in the swimming area for the different ability groups.
- **Buddy System.** Pair each boy with another boy in his ability group. They must stay together the entire time they are swimming.
- **Discipline.** Insist upon strict but fair discipline.

For a more complete description of Safe Swim Defense, see the *Cub Scout Leader Book*, No. 33221, or Safe Swim Defense pamphlet, No. 34370.

## Water Rescue Methods

Cub Scouts only do the first two water rescue methods, but they need to be aware of all four:

1. **REACH** with whatever is available or at hand.
2. **THROW** a line, a buoy, or a floating object to provide support.
3. **ROW** in a watercraft to the victim. A rowing rescue requires a minimum of one person to retrieve the victim and one person to handle the boat. Any person in the boat must wear a PFD (personal flotation device).
4. **GO** with support. Those who "go" to the victim and make a swimming rescue must be trained in swimming and lifesaving. In the rare instance when a swimming rescue is tried, the rescuer takes with him something that can be used for flotation or extended to the victim to avoid direct contact.

No Cub Scout should ever put himself in danger or at risk. If reaching and throwing don't work, **Get help!**