

## Lifesaving Merit Badge

### Day 1:

- Req 1a: Complete Second Class rank requirements 5a through 5d and First Class Requirements 6a through 6e.
  - 5a. Tell what precautions must be taken for a safe swim
  - 5b. Demonstrate the ability to pass the BSA Beginners test
  - 5c. Explain and Demonstrate reaching and throwing rescues, have each scout do all rescues
  - 5d. Explain why and how a rescue swimmer should avoid contact with the victim
  - 6a. Successfully complete the BSA swimmer test. Take this time to demonstrate the strokes they will need to use in the 400-yard swim. (Evaluate swimming ability and remind scouts tomorrow they will be swimming 400 yards)
  - 6b. Tell what precautions must be taken for a safe trip afloat
  - 6e. Explain and Demonstrate the line and tender have each scout do both
- Req 1b. Swim continuously for 400 yards using each of the following strokes in a strong manner, in good form with rhythmic breathing for at least 50 continuous yards: front crawl, sidestroke, breaststroke, and elementary backstroke.
- Req 2. Discuss the principles of BSA Safe Swim Defense (Practice and quiz daily)
- Req 3. Explain the following
  - A. Common drowning situations and how to prevent them.
  - B. How to identify persons in the water who need assistance.
  - C. The order of methods in water rescue.
  - D. How rescue techniques vary depending on the setting and the condition of the person needing assistance (Don't be the second victim)
  - E. Situations for which in-water rescues should not be undertaken.
- Req 15. Demonstrate knowledge of resuscitation procedures
  - A. Describe how to recognize the need for rescue breathing and CPR.
  - B. Demonstrate CPR knowledge and skills, including rescue breathing.

- Req 17. Discuss causes, prevention and treatment of other injuries or illnesses that could occur while swimming or boating, including hypothermia, dehydration, heat-related illnesses, muscle cramps, sunburn, stings, and hyperventilation.

### Day 2:

- Review the order of methods and Safe Swim Defense
- Req 4. Demonstrate Reaching rescues using various items (arm, leg, reach poles, guard tubes, shirts)
- Req 5. Demonstrate throwing rescues using various items (ring buoy, line, free floating support). Successfully place at least one aid within reach of a victim 25 feet away.
- Req 6. View in person rowing rescue using a rowboat, canoe, kayak or stand up paddle board. Discuss the effectiveness of the rescue.
- Req 7. List various Items that can be used as aids in a “go” rescue. Explain why buoyant aids are preferred.
- Remind the Scouts to come to come fully dressed to the second session of day 4.

### Day 3:

- Req 8. Correctly demonstrate rescues of a conscious victim at least 30 feet away, in deep water, using two types of buoyant aids. Use a proper entry and strong approach stroke. Speak to the victim to determine condition and provide encouragement and instruction.
  - A. Present one aid to a subject, release it, and swim at a safe distance as the subject moves to safety.
  - B. In a separate rescue, present the other aid to a subject and use it to tow the subject to safety.
- Req 10. Discuss the importance of avoiding contact with an active victim and demonstrate lead and wait techniques
- Req 11. Perform the following non-equipment rescues for a conscious victim. Start in the water and speak to the victim to give encouragement and instruction.
  - A. Perform an armpit tow for a calm, responsive, tired swimmer resting with a back float
  - B. Perform a cross-chest carry for an exhausted, responsive subject treading water.

- Req 13. Perform the following rescues for an unconscious victim, at the surface. Use a proper entry, strong approach stroke, ready reverse. Quickly remove the victim from the water with assistance if needed and position for CPR.
  - A. Perform an equipment assist using a buoyant aid.
  - B. Perform a front approach and wrist tow.
  - C. Perform a rear approach and armpit tow.
- Remind Scouts to come to the second session tomorrow fully dressed.

Day 4:

- Req 14. Discuss how to respond if a victim submerges before being reached by a rescuer.
  - A. Recover a 10-pound weight in 8 to 10 feet of water using feet first surface dive.
  - B. Repeat using head first surface dive.
- Req 16. Demonstrate management of a spinal injury
  - A. Discuss the causes, signs, and symptoms of a spinal injury.
  - B. Support a face-up victim in calm water of standing depth.
  - C. Turn a subject from a face-down to a face-up position in water of standing depth.
- Req 9. Discuss when it is appropriate to remove heavy clothing before attempting a swimming rescue. Remove street clothes in 20 seconds or less, enter the water and approach a conscious victim at the surface. Speak to the victim and use a non-buoyant aid (shirt) to tow the subject to safety.
- Req 12. In deep water, show how to escape from a victim's grasp on your wrist. Repeat for front and rear holds about the head and shoulders (Suck, Tuck and Duck).
- Use the remaining time to practice rescues or skills that need work.