

Swimming Merit Badge

1. Do the following:

- (a) Explain to your counselor how Scouting's Safe Swim Defense plan anticipates, helps prevent and mitigate, and provides responses to likely hazards you may encounter during swimming activities.
- (b) Discuss the prevention and treatment of health concerns that could occur while swimming, including hypothermia, dehydration, sunburn, heat exhaustion, heatstroke, muscle cramps, hyperventilation, spinal injury, stings and bites, and cuts and scrapes.

2. Before doing the following requirements, successfully complete the BSA swimmer test: Jump feet first 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.

3. Correctly perform the following strokes:

- (a) Demonstrate the front crawl or the trudgen using good form.
- (b) Demonstrate the back crawl using good form.
- (c) Demonstrate the sidestroke using good form.
- (d) Demonstrate the breaststroke using good form.
- (e) Demonstrate the elementary backstroke using good form.

4. Swim continuously for 150 yards in a strong manner using each of the following strokes in any order; front crawl or trudgen (25 yards); back crawl (25 yards); sidestroke (25 yards); breaststroke (25 yards); and elementary backstroke (50 yards).

5. Do the following:

- (a) Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.
- (b) With a helper and a practice victim, show a line rescue both as tender and as rescuer. The practice victim should be approximately 30 feet from shore in deep water.

6. Do the following:

- (a) Float faceup in a resting position for at least three minutes with minimal movement.
- (b) Demonstrate survival floating for at least five minutes.

- (c) While wearing a properly fitted U.S. Coast Guard-approved life jacket, demonstrate the HELP and huddle positions. Explain their purposes.
- (d) Explain why swimming or survival floating will hasten the onset of hypothermia in cold water.

7. In water over your head, but not to exceed 10 feet, do each of the following:

- (a) Use the feet first method of surface diving and bring an object up from the bottom.
- (b) Do a headfirst surface dive (pike or tuck), and bring the object up again.
- (c) Do a headfirst surface dive to a depth of at least 5 feet and swim underwater for three strokes. Come to the surface, take a breath, and repeat the sequence twice.

8. Following the guidelines set in the BSA Safe Swim Defense, in water at least 7 feet deep*, show a standing headfirst dive from a dock or pool deck. Show a long shallow dive, also from the dock or pool deck.

9. Explain the health benefits of regular aerobic exercise, and discuss why swimming is favored as both fitness and therapeutic exercise.

Materials Needed

- Reach poles
- Ring Buoys
- Line and Tender
- Type 2 PFD's
- Milk jugs filled with sand

Schedule

***In event of poor weather resulting in no swimming, use day five's lesson plan**

Day 1: Beginners section, bring reach poles

- Req 1a. Introduce Safe Swim Defense (PDQBALLS). This information should be covered daily so by the end of the week everyone will be able to explain Safe Swim Defense to the instructor. Use the waterfront as an example, describe how we follow Safe Swim Defense.

- Split the class into buddy groups randomly, these will be their buddies for the week.
- Req 2. Explain in depth each part of the BSA swimmers test and why its practical in evaluating peoples swimming ability. Explain and demonstrate jumping in feet first, the sidestroke, breaststroke, trudgen, front crawl, elementary back stroke and floating. In their new buddy pairs have one buddy take the swimmers test while the other guards with a reach pole (give brief explanation on how to use reach pole)
- Req 3. Correctly perform the following strokes:
 - (a) Demonstrate the front crawl or the trudgen using good form.
 - (b) Demonstrate the back crawl using good form.
 - (c) Demonstrate the sidestroke using good form.
 - (d) Demonstrate the breaststroke using good form.
 - (e) Demonstrate the elementary backstroke using good form.

Day 2: Beginners section, bring reach poles, ring buoys and line

- Reinforce Safe Swim Defense during class.
- Req 5a. Explain “Reach, Throw, Row, Go”. Explain and demonstrate reaching and throwing rescues, then have each scout demonstrate (have one buddy be the victim while the other does the rescue then switch, make sure you correct any bad form)
- Req 5b. Explain and Demonstrate Line and Tender rescue. Have each scout be both the rescuer and the tender. This will be easiest if you are the victim for each one.
- Req 4. Have each scout swim 150 yards continuously; 25 yards front crawl (or trudgen), 25 yards back crawl, 25 yards side stroke, 25 yards breast stroke, and 50 yards elementary back stroke. Must be good form and strong manner in order to get the requirement.
- Req 6a. Float face up in a resting position for at least three minutes with minimal movement.

Day 3: Swimmers section, bring PFD’s and milk jugs

- Reinforce Safe Swim Defense during class.
- Req 6d. Explain why swimming or survival floating will hasten the onset of hypothermia
- Req 6b. Explain and Demonstrate survival floating, then have the scout’s survival float for five minutes.

- Req 6c. Explain HELP and Huddle positions, with PFD's on have scout's demonstrate both.
- Req 7a. Using the feet first method of surface diving, bring an object up from no more than 10 feet
- Req 7b. Do head first surface dive (tuck or pike) to retrieve the object
- Req 7c. Do head first surface dive at least 5 feet, swim three strokes under water, surface, take a breath, repeat twice more.

Day 4: Swimmers section

- Req 1b. Discuss the prevention and treatment of health concerns the could occur while swimming, including hypothermia, dehydration, sunburn, heat exhaustion, heat stroke, muscle cramp, hyperventilation, spinal injury, slings and bites and cuts and scrapes.
- Req 9. Explain the health benefits of regular aerobic exercise, and discuss why swimming is favored as both fitness and therapeutic exercise.
- Req 8. Explain and demonstrate diving from the raft. Each scout must complete a deep and shallow dive.