



SWIMMING

Merit Badge Requirements

1) Show that you know first aid for injuries or illnesses that could occur while swimming, including hypothermia, dehydration, heat reactions, muscle cramps, stings and bites, cuts and scrapes, spinal injuries, and hyperventilation.

2) Do the following:

- A) Identify the conditions that must exist before performing CPR on a person. Explain how to recognize such conditions.
- B) Demonstrate proper technique for performing CPR using a training device approved by your counselor.

3) Before doing the following requirements, successfully complete Second Class requirements 7a-7c and First Class requirements 9a-9-c.

Second Class Rank Requirements

7A) Tell what precautions must be taken for a safe swim.

7B) Demonstrate your ability to jump feetfirst into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place. (This requirement may be waived by the troop committee for medical or safety reasons.)

7C) 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.

First Class Rank Requirements

9A) Tell what precautions should be taken for a safe trip afloat.

9B) Before doing the following requirements, successfully the BSA swimmer test:

Jump feet first into water over your head in depth, 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 swum continuously and include at least one sharp turn. After completing the swim, rest by floating.

9C) 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.

4) Demonstrate survival skills by leaping into deep water wearing clothes (shoes, socks, swim trunks, long pants, belt, and long-sleeved shirt). Remove shoes and socks, remove and inflate the shirt, and show that you can float using the shirt for support. Remove and inflate the pants for support. Swim 50 feet using the inflated pants for support, then show how to reinflate the pants while using them for support. (This requirement may be waived by the troop committee for medical or safety reasons.)

5) Swim continuously for 150 yards using the following strokes in good form and in a strong manner: front crawl or trudgen for 25 yards, back crawl for 25 yards, sidestroke for 25 yards, breaststroke for 25 yards, and elementary backstroke for 50 yards.

6) Do the following:

A) Float faceup in a resting position for at least one minute.

B) Demonstrate survival floating for at least five minutes.

C) While wearing a properly fitted personal floatation device (PFD), 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 3 strokes. Come to the surface, take a breath, and repeat the sequence twice.

8) Do ONE of the following:

A) Demonstrate snorkeling and scuba diving knowledge:

- 1) Demonstrate selection and fit of mask, snorkel, and fins; discuss safety in both pool and open-water snorkeling.
- 2) Demonstrate proper use of mask, snorkel, and fins for underwater search and rescue.
- 3) Describe the sport of scuba diving, and demonstrate your knowledge of BSA policies and procedures relating to that sport.

B) Demonstrate the following competitive swim skills:

- 1) Racing dive from a pool edge or dock edge (no elevated dives from racing platforms or starting blocks).
- 2) Racing form for 25 yards on one competitive stroke (front crawl, back crawl, breaststroke, or butterfly)
- 3) Racing turns for eth stroke you chose in 8B2, OR If the camp facilities cannot accommodate the racing turn, repeat the 8B2 with an additional stroke.
- 4) Describe the sport of competitive swimming.

9) In water at least 8 feet deep, show a headfirst dive (*kneeling start, bent-knee start, or standing dive*) from a dock or pool deck. Show a long shallow dive, also from the dock or pool deck. If a low board (not to exceed 40 inches above water at least 9 feet deep) is available, show a plain front dive.

10) Do the following:

A) Explain the health benefits of regular aerobic exercise, and explain why many people today do not get enough of the beneficial kinds of exercise.

B) Discuss why swimming is favored as both a fitness and a therapeutic exercise.

C) Write a plan for a swimming exercise program that will promote aerobic/vascular fitness, strength and muscle tone, body flexibility, and weight control for a person Scout age. Identify resources and facilities available in you home community that would be needed for such a program.

D) Discuss with your counselor the incentives and obstacles for staying with the fitness program you created in requirement 10c. Explain the unique benefits that could be gained from this program, and discuss how personal health awareness and self-discipline would relate to your willingness and ability to pursue such a program.

Requirement 1

Show that you know first aid for injuries or illnesses that could occur while swimming.

Hypothermia: _____

Dehydration: _____

Heat Reactions: _____

Muscle Cramps: _____

Stings & Bites: _____

Cuts & Scrapes: _____

Spinal Injuries: _____

Hyperventilation: _____

Other: _____

Requirement 2

What conditions must exist before performing CPR on a person? _____

How are such conditions recognized? _____

Demonstrate to your leader or counselor, the proper technique for performing CPR using a training device approved by your counselor.

Date completed: _____

Requirement 3

Before doing the following requirements, successfully complete Second Class requirements 7a-7c and First Class requirements 9a-9c.

Second Class Rank Requirements

Tell what precautions must be taken for a safe swim: _____

___ Demonstrate your ability to jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place. (This requirement may be waived by the troop committee for medical or safety reasons.)

___ Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. (This requirement may be waived by the troop committee for medical or safety reasons.)

Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible: _____

Explain why and how a rescue swimmer should avoid contact with the victim: _____

First Class Rank Requirements

Tell what precautions should be taken for a safe trip afloat: _____

Scout Name: _____ Unit #: _____ Date: _____

Before doing the following requirements, successfully complete the BSA swimmer test:

___ Jump feet first into water over your head in depth.

The following 100 yard swim must be done continuously and include at least one sharp turn

___ Swim 75 yards/meters in a strong manner using one or more of the following strokes: Sidestroke, Breaststroke, Trudgen, or Crawl

___ Swim 25 yards/meters using an easy, resting backstroke.

___ After swimming the 100 yards, rest by floating.

Requirement 4

Demonstrate survival skills by leaping into deep water wearing clothes (shoes, socks, swim trunks, long pants, belt, and long-sleeved shirt). (This requirement may be waived by the troop committee for medical or safety reasons.)

___ Remove shoes and socks, remove & inflate the shirt, and show that you can float using the shirt for support.

___ Remove and inflate the pants for support.

___ Swim 50 feet using the inflated pants for support, and then show how to reinflate the pants while using them for support.

Requirement 5

Swim continuously for 150 yards using the following strokes in good form and in a strong manner:

___ Front crawl or Trudgen for 25 yards ___ Back crawl for 25 yards ___ Sidestroke for 25 yards

___ Breaststroke for 25 yards ___ Elementary backstroke for 50 yards

Requirement 6

Do the following:

___ Float face up in a resting position for at least one minute.

___ Demonstrate survival floating for at least five minutes.

___ While wearing a properly fitted personal floatation device (PFD), demonstrate the HELP and huddle positions.

Explain the purpose of the HELP and huddle positions: _____

Explain why swimming or survival floating will hasten the onset of hypothermia in cold water: _____

Requirement 7

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

- ___ Use the feet first method of surface diving and bring up an object up from the bottom.
- ___ Do a headfirst surface dive, pike, or tuck, and bring the object up again.
- ___ Do a head first surface dive to a depth of at least 5 feet and swim underwater for 3 strokes. Come to the surface, take a breath, and repeat the sequence twice.

Requirement 8

For this requirement you have been given TWO options (A & B). Select and complete ONE of them.

If you selected **Option A**:

Demonstrate selection and fit of mask, snorkel, and fins: _____

Discuss safety in both pool and open-water snorkeling: _____

Demonstrate proper use of mask, snorkel, and fins for underwater search and rescue. Tell how you demonstrated this: _____

Describe the sport of scuba diving or snorkeling: _____

Demonstrate your knowledge of BSA policies and procedures relating to this sport: _____

If you selected **Option B**:

Demonstrate the following competitive swim skills:

- ___ Racing dive from a pool edge or dock edge (no elevated dives from racing platforms or starting blocks)
- ___ Racing from for 25 yards on one competitive stroke (front crawl, back crawl, breaststroke, or butterfly).
- ___ Racing turns for the stroke you chose in 8b2, OR, if the camp facilities cannot accommodate the racing turn, repeat 8b2 with an additional stroke.

Describe the sport of competitive swimming: _____

Requirement 9

___ In water at least 8 feet deep, show a headfirst dive (kneeling start, bent-knee start, or standing dive) from a dock or pool deck.

___ Show a long shallow dive, also from the dock or pool deck. If a low board (not to exceed 40 inches above water at least 9 feet deep) is available, show a plain front dive.

Requirement 10

Explain the health benefits of regular aerobic exercise: _____

Explain why many people today do not get enough of the beneficial kinds of exercise: _____

Discuss why swimming is favored as both a fitness and a therapeutic exercise: _____

Write a plan for a swimming exercise program that will promote aerobic/vascular fitness, strength and muscle tone, body flexibility, and weight control for a person Scout age: _____

Identify resources and facilities available in your home community that would be needed for such a program: _____

Discuss with your counselor the incentives and obstacles for adherence to the fitness program you created in requirement 10c: _____

Explain the unique benefits that could be gained from this program, and discuss how personal health awareness and self-discipline would relate to your willingness and ability to pursue such a program: _____

