



LIFESAVING

Merit Badge Requirements

- 1) Before doing requirements 2-14:
 - A) Earn the Swimming merit badge
 - B) Swim 400 yards
- 2) Explain:
 - A) Safe Swim Defense and Safety Afloat
 - B) The order of methods in water rescue
- 3) Show reaching rescues using such things as arms, legs, branches, sticks, towels, shirts, paddles, and poles
- 4) Show rescues using items that can be thrown, such as lines, ring buoys, rescue bags, and free-floating supports
- 5) Show or explain the use of rowboats, canoes, and other small craft in making rescues
- 6) With a helper and a practice victim, show a line rescue both as tender and as rescuer. Perform the rescue with the practice victim approximately thirty feet from the tender. Use a 100-foot length of 3/16in line
- 7) Show that you can remove street clothes (meaning low shoes, socks, underwear (or trunks), pants, belt, and long-sleeve shirt. A jacket, sweater, or sweatshirt also may be worn) on shore (except underwear or swim trunks) in 20 seconds or less. Explain the importance of disrobing before a swimming rescue
- 8) Explain the importance of avoiding contact with a victim; explain “lead” and “wait” tactics; and explain why equipment should be used in a swimming rescue
- 9) Swim 30 feet and make the correct approach to a tired swimmer. Move the tired swimmer 30 feet to safety using the following:
 - A) Underarm swim-along
 - B) Two-person assist
- 10) Make rescues on a practice victim 30 feet from shore, using the correct entry and a strong approach stroke, and bringing the victim back to pier or poolside, using:
 - A) A rescue tube or torpedo buoy
 - B) A shirt, towel, or other equipment
 - C) A front approach and wrist tow
 - D) A rear approach and single armpit tow
 - E) A rear approach and single armpit tow, changing to the cross-chest carry
 - F) Discuss the different methods for removing a victim from the water. Choose the appropriate method for your situation. Remove the practice victim from the water and place in position for resuscitation
- 11) Show in deep water your defense against grasps by blocking and escaping. Free yourself from a wrist hold, rear head-hold, and a front head-hold
- 12) Make four surface dives in 8 to 10 feet of water. Retrieve an object on each of the first three dives. Bring up a 10-pound weight on the fourth dive
- 13) Show search techniques as part of a lost-swimmer drill. Discuss search techniques using mask, fins, and snorkel (not scuba)
- 14) Do the following:
 - A) Explain how to recognize and confirm cardiac arrest
 - B) Demonstrate proper technique for CPR using a training device approved by your counselor
- 15) Demonstrate proper management of a spinal injury by:
 - A) Explaining the signs and symptoms of a spinal injury
 - B) Supporting a face-up victim in calm, shallow water
 - C) Turning a person from a facedown to a face-up position while maintaining support

Requirement 1

Before doing requirements 2-14:

_____ Earn the Swimming merit badge

_____ Swim 400 yards

Requirement 2

Explain:

Safe Swim Defense and Safety Afloat: _____

The order of methods in water rescue:

_____, _____, _____, _____

Requirement 3

_____ Show reaching rescues using such things as arms, legs, branches, sticks, towels, shirts, paddles, and poles

Requirement 4

_____ Show rescues using items that can be thrown, such as lines, ring buoys, rescue bags, and free-floating supports

Requirement 5

Explain the use of rowboats, canoes, and other small craft in making rescues:

Requirement 6

With a helper and a practice victim:

_____ Show a line rescue both as tender and as rescuer. Perform the rescue with the victim 30 feet away. Use 100 ft of 3/16 line

Requirement 7

_____ On shore, remove your street clothes in 20 seconds or less

Why should you disrobe before attempting a swimming rescue? _____

Requirement 8

In a rescue, why should you avoid contact with the victim:

Explain "Lead" and "Wait" tactics: _____

Why should equipment be used in a swimming rescue:

Requirement 9

_____ Swim 30 feet and make the correct approach to a tired swimmer

_____ Move the tired swimmer 30 feet to safety using:

_____ Underarm swim-along

_____ Two-person assist

Requirement 10

Make rescues on a practice victim 30 feet from shore, using the correct entry and strong approach stroke. Use each of the following methods:

_____ A rescue tube or torpedo buoy _____ A shirt, towel, or other equipment _____ A front approach and wrist tow

_____ A rear approach and single armpit tow _____ A rear approach and a single armpit tow, changing to the cross-chest carry

Discuss the different methods for removing a victim from the water: _____

_____ Choose the appropriate method for your situation. Remove the victim from the water and place in position for resuscitation

Requirement 11

_____ Show in deep water your defense against grasps by blocking and escaping

Free yourself from:

_____ A wrist hold _____ A rear head-hold _____ A front head-hold

Requirement 12

_____ Make four surface dives in 8 to 10 feet of water

_____ Retrieve an object on each of the first three dives

_____ Bring up a 10 pound weight on the fourth dive

Requirement 13

_____ Show search techniques as part of a lost-swimmer drill

Discuss search techniques using mask, fins, and snorkel: _____

Requirement 14

Explain how to recognize and confirm cardiac arrest:

_____ Demonstrate proper technique for CPR using a training device approved by your counselor

Requirement 15

Demonstrate proper management of a spinal injury

Explain the signs and symptoms of a spinal injury:

_____ Demonstrate supporting a face-up victim in calm, shallow water

_____ Demonstrate turning a person from a facedown to a face-up position while maintaining support