



SWIMMING

Merit Badge Requirements

- 1) Show that you know first aid for injuries or illnesses that could occur while swimming, including hypothermia, heatstroke, heat exhaustion, dehydration, sunburn, insect stings, tick bites, blisters, and hyperventilation.
- 2) Do the following:
 - A) Identify the conditions that must exist before performing CPR on a person. Explain how such conditions are recognized.
 - B) Demonstrate proper technique for performing CPR using a training device approved by your counselor.
- 3) Before doing the following requirements, successfully complete the BSA swimmer test. Jump feet first into water over your head in depth, swim 75 yards or 75 meters in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards or 25 meters using an easy, resting backstroke. The 100 yards or 100 meters must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating as motionless as possible. Explain how the Safe Swim Defense plan is used to protect Scout troops and other groups when they are swimming.
- 4) Swim continuously for 150 yards using the following strokes in good form and in a strong manner: sidestroke for 50 yards, elementary backstroke for 50 yards, front crawl or trudgen for 25 yards, and either the breaststroke or back crawl for 25 yards.
- 5) 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.
- 6) In water at least 8 feet deep, show a headfirst 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.
- 7) Enter water over your head wearing clothes (shoes and socks, underwear or swim trunks, long pants, belt, long-sleeved shirt). Remove the shoes and socks. Inflate the shirt and show that you can float using the shirt for support. Remove the pants and use them for support while floating. Swim 50 yards using inflated clothing for support. (NOTE: If the bottom surface of the swimming area is dark or objects cannot be seen easily, practice removing shoes and socks in neck-deep water, then leave shoes and socks on land or in a protected area to prevent loss, and demonstrate the above.)
- 8) Do the following:
 - A) Float face-up in a resting position as nearly motionless as possible for at least a minute.
 - B) While wearing a properly fitted personal flotation device (PFD), demonstrate the "HELP" and "huddle" positions. Explain their purpose.
 - C) In warm water (at least 70 F or 21 C), show survival floating. If water is cooler than 70 F, discuss the purpose, technique, and limitations of survival floating.
- 9) Do the following:
 - A) Demonstrate rescuing a person from water by reaching with an arm or leg, by reaching with a suitable object, and by throwing lines and objects.
 - B) Explain why swimming rescues should not be attempted when a reaching or throwing assist or boat rescue can be done instead. Explain why and how a person making a swimming rescue should avoid contact with the victim.

Requirement 1

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

Hypothermia: _____

Heatstroke: _____

Heat Exhaustion: _____

Dehydration: _____

Sunburn: _____

Insect Stings: _____

Tick Bites: _____

Blisters: _____

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 on an adult mannequin for at least 3 minutes.

I have completed at least 3 min of CPR on an adult: Yes No

Requirement 3

I have completed the BSA swimmer test: Yes No *(This must be done before completing the following requirements)*

Do the following:

_____ 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 as motionless as possible.

Explain how the Safe Swim Defense plan is used to protect Scout troops and other groups when they are swimming:

Requirement 4

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

_____ Sidestroke for 50 yards _____ Elementary Backstroke for 50 yards _____ Either Breaststroke or Back Crawl for 25 yards

Requirement 5

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 6

_____ In water at least 8 feet deep, show a headfirst 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 7

Enter water over your head wearing clothes (shoes and socks, underwear or swim trunks, long pants, belt and a long-sleeved shirt). Then do the following:

- _____ Remove the shoes and socks
- _____ Inflate the shirt and show that you can float using the shirt for support
- _____ Remove the pants and use them for support while floating.
- _____ Swim 50 yards using inflated clothing for support (***see note on first page requirements***)

Requirement 8

Do the following:

- _____ Float face-up in a resting position as nearly motionless as possible for at least one minute.
- _____ While wearing a properly fitted personal flotation device, demonstrate the “HELP” and “HUDDLE” positions.

Explain the purpose of “HELP”: _____

Explain the purpose of “HUDDLE”: _____

_____ In warm water, show survival floating. If water is cooler than 70 F, discuss the purpose, technique and limitations of survival floating: _____

Requirement 9

Demonstrate to your counselor or adult leader, how to rescue a person from water using the following methods:

_____ Reaching with an arm or leg

_____ Reaching with a suitable object

_____ Throwing lines and objects

Why should swimming rescues NOT be attempted when a reaching or throwing assist or boat rescue can be done instead: _____

Why should a person making a swimming rescue avoid contact with the victim:

How should a person making a swimming rescue avoid contact with the victim:
