

JUST A REMINDER: NAVIGATE FROM SCOUTING.ORG OR QR CODE

- Program
- Cub Scouts
- (scroll down) Cub Scout Adventures





Pack 200
Indianapolis, IN



Montana Council

Activity Center	Content	Comments
Prior to Pack Meeting	Review Safe Swim Defense.	Adult Leaders + AOL Den
	Learn how to treat hypothermia.	AOL Den
	Secure a swimming location and lifeguard. Collect medical forms and activity permission slips.	Cubmaster
Gathering	<u>Swimming Safety Relay</u> <ul style="list-style-type: none"> • Buddy System • Swim Levels • Order of Rescue 	All Dens
Opening	Scout Oath & Law	

Activity Center	Content	Comments
Station 1 – Swim Test	While waiting for their turn to take the swim test, identify the swimming ability groups.	Bear Den
	Attempt the swim test, including how to safely enter and exit the water.	All Dens
Station 2 – Swim Relay Race 10-15 minutes	Swimming Relay Race	All Dens
Station 3 – Free Swim 30 minutes	Free swim including 3 buddy checks.	All Dens
	Jump feet first into water that is chest high or deeper.	Wolf Den
Closing	Cubmaster Minute	
After the Meetings	Police line for trash, clean and properly store any gear used.	

Swim Classification Test

- Should be administered BSA Aquatics Instructor, BSA Swimming & Water Rescue Instructor, any lifeguard, any swimming instructor
- Needs to be done in water over the head in depth
- Should have ample room in the pool
- Need to:
 - Jump feetfirst into water over the head in depth
 - Swim 75 yards in a strong manner
 - No dog paddle or underwater stroke
 - Perfect form is not necessary
 - Swim 25 yards using an easy, resting backstroke
 - Must be completed in one swim without stops, and include one sharp turn
 - After completing the swim, rest by floating
 - Can be a back float or facedown floating



Safe Swim Defense

- Adult leaders supervising swimming activities must have completed Safe Swim Defense training within the previous two years.
- You always need at least one leader trained in Safe Swim Defense, even if you are somewhere that provides lifeguards.
- Should have at least one lifeguard for every ten participants, or two adult rescue personnel.
- Must have additional lifeguards or rescue personnel for each additional 10 youth.
- Must have an appropriate number of lookouts, as defined by the [Aquatics Supervision](#) manual.
- Use the buddy system.



Safe Swim Defense

- When lifeguards are *not* present, you need additional rescue personnel trained in Safe Swim Defense.
- Require an adult supervisor, who must provide instruction and rescue equipment and assign areas of responsibility as outlined in [Aquatics Supervision](#).
- Minimum of two rescue personnel, with additional numbers to maintain a ratio of one rescuer to every 10 participants.



Safe Area

- Controlled Access
- Bottom Conditions and Depth
- Visibility
- Diving and Elevated Entry
- Water Temperature
- Water Quality
- Moving Water
- Weather
- Life Jacket Use





Pack 266
Olympia, WA



Pack 500
Georgetown, MA

Before the Meeting



Time to Swim	Tigers in the Water	Paws for Water	Salmon Run	Aquanaut	Swimming
				3) Learn how to prevent and treat hypothermia.	1) Review Safe Swim Defense.
1) Learn about the swimming safety rules that you need to follow.	1) Learn about the swimming safety rules that you need to follow.	1) Learn about the swimming safety rules that you need to follow.	1) With your den or an adult, identify the attributes of qualified adult supervision at a swimming activity.	1) State the safety precautions you need to take before doing any swimming activity.	2) Explain the meaning of "order of rescue"...
				2) Explain the meaning of "order of rescue"...	

Station 1 – Swim Test



Time to Swim	Tigers in the Water	Paws for Water	Salmon Run	Aquanaut	Swimming
2) Demonstrate how to enter the swimming area properly.	2) Demonstrate how to enter the swimming area properly.	2) Demonstrate how to enter the swimming area properly.	2) Learn the three swimming ability groups for Scouting America and water depths appropriate for each.	5) Attempt the BSA Swimmer test.	3) Attempt the BSA Swimmer test.
5) Demonstrate how to exit the swimming area properly.	5) Demonstrate how to exit the swimming area properly.	5) Demonstrate how to exit the swimming area properly.	5) Attempt the BSA beginner swim test.		

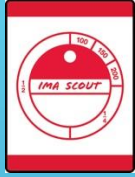
Activity Snapshot Work as a pack to complete Swimming Adventure requirements across all ranks
Meeting Space Icon Travel
Energy Level Icon 5
Supply List Icon 5
Prep Time Icon 5
Supply List <ul style="list-style-type: none">● Swimming area● Kickboards (one per group)● Reaching poles/paddle (one per group)● Ring buoys/lifejacket (one per group)
Directions <p>Before the meeting:</p> <ol style="list-style-type: none">1. All leaders review Safe Swim Defense.2. Arrange for a swimming location, a lifeguard, and a lookout.3. Confirm adult supervision ratio of at least one trained adult supervisor to every five participants.4. Gather supplies.5. Select a safe space for the relay course that will allow nonswimmers and learners to stand with water no deeper than their chest, preferably with reasonable proximity to a wall they can hold on to when waiting their turn. <p>During the meeting:</p> <ol style="list-style-type: none">1. Divide the pack into groups with 1 Lion or Tiger, 1 Wolf, 1 Bear 1, 1 Webelos, and 1 AOL (if they are there).2. Explain that the Lions and Tigers will be using a kickboard and blowing bubbles from point A to point B with their adult buddy nearby in the water.3. The Wolves will then swim front crawl, breaststroke, or backstroke (they can pick) from point B to point C.4. A Webelos Scout or AOL Scout will tread water near point C and the Bear Scout will complete a reaching rescue then switch places and the other person completes a reaching rescue.

Station 2 – Swim Relay Race



Time to Swim	Tigers in the Water	Paws for Water	Salmon Run	Aquanaut	Swimming
4) Place your face in the water and blow bubbles.	4) Place your face in the water and blow bubbles.	4) Attempt at least one swimming stroke: front crawl, restful backstroke, or breaststroke.	6) Demonstrate both a reach rescue and a throw rescue.	2) ...and demonstrate the reach and throw rescue techniques from land.	2) ...and demonstrate the reach and throw rescue techniques from land.
	5) Demonstrate a flutter kick.			4) Attempt to tread water.	

Station 2 – Swim Relay Race



Time to Swim	Tigers in the Water	Paws for Water	Salmon Run	Aquanaut	Swimming
<p>3) With your Lion adult partner as your buddy, be active in water depths matching your ability for 20 minutes.</p>	<p>3) With your Tiger adult partner as your buddy, be active in water depths matching your ability for 20 minutes.</p>	<p>3) Using the buddy system and staying within your ability group, go swimming with your den, pack, or family for 30 minutes.</p>	<p>3) Go swimming with your den, pack, or family for 30 minutes using the buddy system.</p>	<p>6) Have 30 minutes or more of free swim time where you practice the buddy system and stay within your ability group. The qualified adult supervision should conduct at least three buddy checks per half hour of swimming.</p>	<p>4) Have 30 minutes or more of free swim time where you practice the buddy system and stay within your ability group. The qualified adult supervision should conduct at least three buddy checks per half hour of swimming.</p>
		<p>5) Jump feet first into water that is chest high or deeper.</p>	<p>4) Demonstrate the use of the buddy system, buddy checks, and ability groups with your den or an adult.</p>		



Pack 1550
Spring, TX



Pack 870
Clear Lake, TX

Resources to Check Out

Cub Scout Den Meeting Resources: <https://www.scouting.org/programs/cub-scouts/adventures/>

[Aquatics Safety](#)

[Swim Classification Record](#)

[Aquatics Supervision Guide](#)

Trainings: [Hazardous Weather](#) / [Safe Swim Defense](#) / [Safety Afloat](#)

[Facebook Groups:](#)

- Cub Scouting Tips and Tricks
- Cub Scout Volunteers
- Cub Scout Leaders Scouting Cubmasters Den Leaders

Adventure: Swimming
Multirank
Activity: Pack Swimming Relay

Previously Defined Activity
Activity Snapshot Work as a pack to complete Swimming Adventure requirements across all ranks
Meeting Space Icon Travel
Energy Level Icon 5
Supply List Icon 5
Prep Time Icon 5
Supply List <ul style="list-style-type: none">● Swimming area● Kickboards (one per group)● Reaching poles/paddle (one per group)● Ring buoys/lifejacket (one per group)
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Additional Resources