



Swimming Adventures 2018-2019

Tiger: Floats and Boats
 Wolf: Spirit of the Water
 Bear: Salmon Run
 Webelos-Arrow of Light: Aquanaut

Den and Pack leaders can schedule their own Adventure events with
 Goldfish Swim School – Charlotte
 13403 S Ridge Drive
 Charlotte, NC 28273
 704 625 6251

Website: <https://www.goldfishswimschool.com/charlotte/contact-us/>

Minimum class size: 18

Goldfish Swim School will coordinate scheduling so that multiple dens for the same pack or from different packs can participate in an Aquatics Adventure simultaneously.

Maximum class size: 24

Cost: Cost is \$8 for each Cub Scout.

Duration of program: Each Adventure will include a 20-minute class on water safety and 1 hour of swimming time in the pool for skill instruction and practice and fun.

Method of registration: Dens or packs must register and pay in advance.

Registration opens: When this announcement is publicized by email distribution.

Registration closes: Not applicable

Age requirement: All Tiger, Wolf, Bear, Webelos, and Arrow of Light Scouts are eligible to participate.

Parents are welcome to attend all sessions. At least one parent of each Cub Scout is required to attend each Adventure session to provide continuous 2-deep adult leadership and to support a disciplined environment throughout the session. Goldfish Swim School lifeguards will be on duty at the pool. Goldfish Swim School staff will provide instruction.

Food: Food will not be available for purchase at Goldfish Swim School. Scouts may pack their own snacks and eat them in the designated area during any breaks in the class. All Scout families are asked not bring peanut or other nut-containing foods because of the risk of a nut allergy among participants. Eating or drinking during the class sessions will not be allowed.

Clothing: Scouts should wear uniforms (or Scout T-shirts) as determined by leaders. Scouts must wear and/or bring swim wear and a towel. Goggles are recommended but are not required. Scout should bring dry clothes to change into for their rides home. Parents and leaders are welcome to participate in pool or pool-side activities but should be properly attired in swim suits.

Water temperature is 90 degrees. Parents and leaders may observe activities from a closed air-conditioned space next to the pool.

Cell phones: Electronic devices are not permitted in the pool area.

Parent and leader preparation before class:

1. Please read the Adventure requirements and the Cub Scout Adventure meeting guide (below):

* indicates a requirement that will not be addressed by activities at Goldfish Swim School –Charlotte.

http://www.scouting.org/filestore/cubscouts/pdf/Tiger_Addendum.pdf
<https://cubscouts.org/wp-content/uploads/2015/05/Floats-and-Boats.pdf>

Floats and Boats

Complete requirements 1–4 plus at least one other.

- *1. With your den, say the SCOUT water safety chant.
- *2. With your den, talk about why it's important to have a buddy and then play the buddy game.
- 3. Show how to safely help someone who needs assistance in the water, without having to enter the water yourself.
- 4. Show how to enter the water safely, blow your breath out under the water, and do a prone glide.
- *5. Identify five different types of boats.
- *6. Build a boat from recycled materials, and float it on the water.
- 7. Show that you can put on and fasten a life jacket correctly.

http://www.scouting.org/filestore/cubscouts/pdf/Wolf_Addendum.pdf
<https://cubscouts.org/wp-content/uploads/2015/05/Spirit-of-the-Water.pdf>

Spirit of the Water

Complete the following requirements.

- *1. Discuss how the water in your community can become polluted.
- *2. Explain one way that you can help conserve water in your home.
- 3. Explain to your den leader why swimming is good exercise.
- 4. Explain the safety rules that you need to follow before participating in swimming or boating.
[Safe Swim Defense, Safety Afloat]
- 5. Visit a local pool or public swimming area with your family or den. With qualified supervision, jump into water that is at least chest-high, and swim 25 feet or more.

http://www.scouting.org/filestore/cubscouts/pdf/Bear_Addendum.pdf

<https://cubscouts.org/wp-content/uploads/2015/05/Salmon-Run.pdf>

Salmon Run

Complete requirements 1–4 plus two others.

- 1. Explain the importance of response personnel or lifeguards in a swimming area. Tell how the buddy system works and why it is important.
- 2. Visit a local pool or swimming area with your den or family. Go swimming or take a swimming lesson.
- *3. Explain the safety rules that you need to follow before participating in boating. [Safety Afloat]
- *4. Identify the safety equipment needed when going boating.
- *5. Demonstrate correct rowing or paddling form. Explain how rowing and canoeing are good exercise.
- 6. Show how to do both a reach rescue and a throw rescue.
- 7. Demonstrate the front crawl swim stroke to your den or family.
- 8. Name the three swimming ability groups for the Boy Scouts of America.
- 9. Earn the BSA beginner swim classification.

http://www.scouting.org/filestore/cubscouts/pdf/WEBELOS_AOL_Addendum.pdf

<https://cubscouts.org/wp-content/uploads/2015/05/Aquanaut.pdf>

Aquanaut

Complete requirements 1–4 and at least two others.

- 1. State the safety precautions you need to take before doing any water activity.
- 2. Discuss the importance of learning the skills you need to know before going boating.
- 3. Explain the meaning of “order of rescue” and demonstrate the reach and throw rescue techniques from land.
- 4. Attempt the BSA swimmer test.
- 5. Demonstrate the precautions you must take before attempting to dive headfirst into the water, and attempt a front surface dive.
- 6. Learn and demonstrate two of the following strokes: crawl, sidestroke, breaststroke, or elementary backstroke.
- 7. Invite a current or former lifeguard, or member of a rescue squad, the U.S. Coast Guard, U.S. Navy, or other armed forces branch who has had swimming and rescue training to your den meeting. Find out what training and other experiences this person has had.
- 8. Demonstrate how to correctly fasten a life jacket that is the right size for you. Jump into water over your head. Swim 25 feet wearing the life jacket. Get out of the water, remove the life jacket, and hang it where it will dry.

*9. If you are a qualified swimmer, select a paddle of the proper size, and paddle a canoe with an adult's supervision.

2. Please learn about the SCOUT water safety chant:

<https://cubscouts.org/wp-content/uploads/2015/05/Floats-and-Boats.pdf>

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SCOUT Water Safety Chant

S is **Someone's** watching.

Never swim alone.

C is **Check** the rules.

Know where you can roam.

O is **Only** buddies

should go far from the shore.

U is know what "**U**" can do

Don't do any more.

T is **Tell** a grown-up

if someone's in need.

SCOUT shows safety

Now you take the lead.

3. Please learn about the buddy game:

<https://cubscouts.org/wp-content/uploads/2015/05/Floats-and-Boats.pdf>

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◆ Activity 4: Buddy Game (Requirement 4)

Tell the boys that having a buddy is not only important when you are doing an activity, but it can also be fun! Divide the Tigers into buddy pairs. Proceed through the activity with these instructions:

- With your buddy, decide on an animal that your buddy pair is going to be. (Another option is for the leader to assign an animal name to each pair.)
- Next, the entire den gathers into a big circle, and each Tiger stands on the opposite side of the circle from his buddy. When the den leader says, "Go," close your eyes, turn around twice, and locate your buddy by using the noise that your animal makes—while listening for your buddy to do the same.
- When you find your buddy, join hands, raise your joined hands in the air, and stay where you are until all buddy pairs have finished the activity.

4. Please learn about Scout Swim Ability Groups and Swimmer Tests:

<https://www.scouting.org/health-and-safety/gss/gss02/>

Point 6 of the Safe Swim Defense program:

Ability Groups

All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized BSA swim classification tests. Each group is assigned a specific swimming area with depths consistent with those abilities. The classification tests must be renewed annually, preferably at the beginning of the season even if the Scout has earned the Swimming merit badge.

Swimmers pass this test: Jump feetfirst 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.

Beginners pass this test: Jump feetfirst into water over the head in depth, level off, and swim 25 feet on the surface. Stop, turn sharply, resume swimming, and return to the starting place.

Anyone who has not completed either the beginner or swimmer tests is classified as a nonswimmer.

The nonswimmer area should be no more than waist to chest deep and should be enclosed by physical boundaries such as the shore, a pier, or lines. The enclosed beginner area should contain water of standing depth and may extend to depths just over the head. The swimmer area may be up to 12 feet in depth in clear water and should be defined by floats or other markers.

5. Learn about the “order of rescue”:

<https://cubscouts.org/wp-content/uploads/2015/05/Aquanaut.pdf>

Activity 2: Order of Rescue (Requirement 4)

1. REACH toward the person in the water with whatever is available or at hand. For instance, you can use your hand or foot, a tree branch, a canoe paddle, or a towel.
2. THROW a line, a buoy, or a floating object (like a kickboard) to the person.
3. ROW in a watercraft to the victim. A rowing rescue should only be made by a “swimmer” and one who can handle the boat. A life jacket must be worn.
4. GO, for help or into the water with support. Reach, throw, and row will not always work, for example when the person is on the bottom of a pool. Those who “go” to the victim and make a swimming rescue must be good swimmers and should be trained in lifesaving, which includes how to use flotation devices to avoid contact with active subjects.

- An order of rescues has been determined to help Scouts learn safe, effective water rescues. Although Webelos Scouts only do the first two methods (Reach and Throw) in water rescues, you need to be aware of all four methods.

- The first two methods are the easiest and safest techniques because they do not require any swimming. REMEMBER: In any water rescue, the Webelos Scout should never put himself in danger or at risk. If reaching and throwing don’t work, GO for HELP!

6. Please learn about Safe Swim Defense:

<https://www.scouting.org/health-and-safety/gss/gss02/>

1. Qualified supervision
2. Personal health review
3. Safe area
 - Controlled access
 - Bottom conditions and depth
 - Visibility
 - Diving and elevated
 - Water temperature
 - Water quality

Moving water

Weather

Life jacket use

4. Response personnel (lifeguards)
5. Lookout
6. Ability groups
7. Buddy system
8. Discipline

7. Please learn about Safety Afloat:

<https://www.scouting.org/health-and-safety/gss/gss02/>

1. Qualified supervision
2. Personal health review
3. Swimming ability
4. Life jackets
5. Buddy system
6. Skill proficiency
7. Planning
 - Float plan
 - Notification
 - Weather
 - Contingencies
8. Equipment
9. Discipline

8. Please learn about The Sweet Sixteen of BSA Safety:

<https://www.scouting.org/health-and-safety/gss/sweet16/>

1. Qualified supervision
2. Physical fitness
3. Buddy system
4. Safe area or course
5. Equipment selection and maintenance
6. Personal safety equipment
7. Safety procedures and policies
8. Skill safety limits
9. Weather check
10. Planning
11. Communications
12. Plans and notices
13. First-aid resources
14. Applicable laws
15. CPR resource
16. Discipline