



LIFESAVING

Merit Badge Requirements

- 1) Before doing requirements 2-15:
 - A) Complete Second Class requirements 7a-7c and First Class requirements 9a-9-d.

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. (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, 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. (This requirement may be waived by the troop committee for medical or safety reasons.)
- 9C) 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, 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.)
- 9D) 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. (This requirement may be waived by the troop committee for medical or safety reasons.)

- B) Swim continuously for 400 yards using each of the following strokes in a strong manner for at least 50 continuous yards: front crawl, sidestroke, breaststroke, and elementary backstroke.

- 2) Explain the following:
 - A) Common drowning situations and how to prevent them.
 - B) How to identify persons in the water who need assistance.
 - C) The order of methods in water rescue.
 - D) How rescue techniques vary depending on the setting and the condition of the person needing assistance.
 - E) Situations for which in-water rescues should not be undertaken.
- 3) Demonstrate “reaching” rescues using various items such as arms, legs, towels, shirts, paddles, and poles.

LIFESAVING MERIT BADGE REQUIREMENTS

- 4) Demonstrate “throwing” rescues using various items such as lines, ring buoys, rescue bags, and free-floating supports. Successfully place at least one such aid within reach of a practice victim 25 feet from shore.
- 5) Show or explain the use of rowboats, canoes, and other small craft in performing rescues.
- 6) List various items that can be used as rescue aids in a noncontact swimming rescue. Explain why buoyant aids are preferred.
- 7) Perform the following *equipment-based rescues for a conscious practice subject* 30 feet from shore. Use a proper entry and a strong approach stroke. Speak to the subject to determine his condition and to provide instructions and encouragement.
 - A) Present a rescue tube to the subject, release it, and escort the victim to safety.
 - B) Present a rescue tube to the subject and use it to tow the victim to safety.
 - C) Present a buoyant aid other than a rescue tube to the subject, release it, and escort the victim to safety.
 - D) Present a buoyant aid other than a rescue tube to the subject and use it to tow the victim to safety.
 - E) Remove street clothes in 20 seconds or less and use a non-buoyant aid, such as a shirt or towel, to tow the subject to safety. Explain when it is appropriate to remove heavy clothing before attempting a swimming rescue.
- 8) Explain the importance of avoiding contact with an active victim and describe lead-and-wait tactics.
- 9) Perform the following *nonequipment rescues for a conscious practice subject* 30 feet from shore. Begin in the water from a position near the subject. Speak to the subject to determine his condition and to provide instructions and encouragement.
 - A) Provide a swim-along assist for a calm, responsive, tired swimmer moving with a weak forward stroke.
 - B) Perform an armpit tow for a calm, responsive, tired swimmer resting with a back float.
 - C) Perform a cross-chest carry for an exhausted, passive victim who does not respond to instructions to aid himself.
- 10) In deep water, show how to escape from a victim’s grasp on your wrist. Repeat for front and rear holds about the head and shoulders.
- 11) Perform the following rescues for an *unconscious practice subject* at or near the surface 30 feet from shore. Use a proper entry and strong approach stroke. Speak to the subject and splash water on him to determine his condition before making contact. Remove the victim from the water, with assistance if needed, and position for CPR.
 - A) Perform an equipment assist using a buoyant aid.
 - B) Perform a front approach and wrist tow.
 - C) Perform a rear approach and armpit tow.
- 12) Describe how to respond if a victim submerges before being reached by a rescuer, and do the following:
 - A) Recover a 10-pound weight in 8 to 10 feet of water using a feetfirst surface dive.
 - B) Repeat using a headfirst surface dive.

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- 13) Demonstrate knowledge of resuscitation procedures:
- A) Describe how to recognize the need for rescue breathing and CPR.
 - B) Demonstrate proper CPR technique for at least 3 minutes using a mannequin designed to simulate ventilations and compressions.
- 14) Demonstrate 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) Turn a subject from a facedown to a face-up position while maintaining support.
- 15) Show that you know first aid for other injuries or illnesses that could occur while swimming or boating, including hypothermia, heat reactions, muscle cramps, sunburn, stings, and hyperventilation.

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LIFESAVING MERIT BADGE WORKSHEET

Requirement 1

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

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:

LIFESAVING MERIT BADGE WORKSHEET

Requirement 1

First Class Rank Requirements (Continued)

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 as motionless as possible.

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, 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.

___ 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. (This requirement may be waived by the troop committee for medical or safety reasons.)

Swim continuously for 400 yards using each of the following strokes in a strong manner for at least 50 continuous yards:

___ Front Crawl ___ Sidestroke ___ Breaststroke ___ Elementary Backstroke

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Requirement 2

Explain the following:

Common drowning situations and how to prevent them:

How to identify persons in the water who need assistance:

The order of methods in water rescue:

How rescue techniques vary depending on the setting and the condition of the person needing assistance:

Situations for which in-water rescues should not be undertaken:

Requirement 3

___ Demonstrate “reaching” rescues using various items such as arms, legs, towels, shirts, paddles, and poles.

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Requirement 4

___ Demonstrate “throwing” rescues using various items such as lines, ring buoys, rescue bags, and free-floating supports.

___ Successfully place at least one such aid within reach of a practice victim 25 feet from shore.

Requirement 5

Show or explain the use of rowboats, canoes, and other small craft in performing rescues:

Requirement 6

List various items that can be used as rescue aids in a noncontact swimming rescue:

_____	_____	_____
_____	_____	_____
_____	_____	_____

Explain why buoyant aids are preferred:

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Requirement 7

Perform the following *equipment-based rescues for a conscious practice subject* 30 feet from shore. Use proper entry and a strong approach stroke. Speak to the subject to determine his condition and to provide instructions and encouragement.

___ Present a rescue tube to the subject, release it, and escort the victim to safety.

___ Present a rescue tube to the subject and use it to tow the victim to safety.

___ Present a buoyant aid other than a rescue tube to the subject, release it, and escort the victim to safety.

___ Present a buoyant aid other than a rescue tube to the subject and use it to tow the victim to safety.

___ Remove street clothes in 20 seconds or less and use a non-buoyant aid, such as a shirt or towel, to tow the subject to safety.

Explain when it is appropriate to remove heavy clothing before attempting a swimming rescue:

Requirement 8

Explain the importance of avoiding contact with an active victim in a rescue:

Explain “Lead” and “Wait” tactics:

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Requirement 9

Perform the following *nonequipment rescues for a conscious practice subject* 30 feet from shore. Begin in the water from a position near the subject. Speak to the subject to determine his condition and to provide instructions and encouragement.

- ___ Provide a swim-along assist for a calm, responsive, tired swimmer moving with a weak forward stroke.
- ___ Perform an armpit tow for a calm, responsive, tired swimmer resting with a back float.
- ___ Perform a cross-chest carry for an exhausted, passive victim who does not respond to instructions to aid himself.

Requirement 10

- ___ In deep water, show how to escape from a victim's grasp on your wrist. Repeat for front and rear holds about the head and shoulders.

Requirement 11

Perform the following rescues for an *unconscious practice subject* at or near the surface 30 feet from shore. Use a proper entry and strong approach stroke. Speak to the subject and splash water on him to determine his condition before making contact.

- ___ Perform an equipment assist using a buoyant aid.
- ___ Perform a front approach and wrist tow.
- ___ Perform a rear approach and armpit tow.
- ___ Remove the victim from the water, with assistance if needed, and position for CPR.

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Requirement 12

Describe how to respond if a victim submerges before being reached by a rescuer:

Do the following:

___ Recover a 10-pound weight in 8 to 10 feet of water using a feetfirst surface dive.

___ Repeat using a headfirst surface dive.

Requirement 13

Demonstrate knowledge of resuscitation procedures:

Describe how to recognize the need for rescue breathing and CPR:

___ Demonstrate proper CPR technique for at least 3 minutes using a mannequin designed to simulate ventilations and compressions.

Requirement 14

Demonstrate management of a spinal injury:

Explain the signs and symptoms of a spinal injury:

___ Support a face-up victim in calm, shallow water.

___ Turn a subject from a facedown to a face-up position while maintaining support.

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Requirement 15

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

Hypothermia:

Heat Reactions:

Muscle Cramps:

Sunburn:

Stings:

Hyperventilation: _____

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