



# SWIMMING

## Merit Badge Requirements

- 1) Show that you know first aid for injuries or illnesses that could occur while swimming, including hypothermia, heat reactions, muscle cramps, sunburn, stings, cuts and scrapes, spinal injuries, 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 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.)

## **SWIMMING MERIT BADGE REQUIREMENTS**

- 4) Swim continuously for 150 yards using the following strokes in good form and in a strong manner: front crawl or trudgen for 25 yards, back crawl for 25 yards, sidestroke for 25 yards, breaststroke for 25 yards, and elementary backstroke for 50 yards.
- 5) Do the following:
  - A) Float faceup in a resting position for at least one minute.
  - B) Demonstrate survival floating for at least five minutes.
  - C) While wearing a properly fitted personal flotation device (PFD), demonstrate the HELP and huddle positions. Explain their purposes.
  - D) Explain why swimming or survival floating will hasten the onset of hypothermia in cold water.
- 6) 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.
- 7) Do the following:
  - A) Demonstrate selection and fit of mask, snorkel, and fins; discuss safety in both pool and open-water snorkeling.
  - B) Demonstrate proper use of mask, snorkel, and fins for underwater search and rescue.
  - C) Describe the sport of scuba diving, and demonstrate your knowledge of BSA policies and procedures relating to the sport.
- 8) 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.
- 9) Demonstrate the following competitive swimming skills:
  - A) Racing dive from a pool edge.
  - B) Racing turns for both the front crawl and back crawl.
  - C) Racing form for 25 yards on one competitive stroke (front crawl, back crawl, breaststroke, or butterfly).
- 10) Do the following:
  - A) Explain the health benefits of regular aerobic exercise, and explain why many people today do not get enough of the beneficial kinds of exercise.
  - B) Discuss why swimming is favored as both a fitness and a therapeutic exercise.
  - C) Write a plan for a swimming exercise program that will promote aerobic/vascular fitness, strength and muscle tone, body flexibility, and weight control for a person Scout age. Identify resources and facilities available in your home community that would be needed for such a program.
  - D) Discuss with your counselor the incentives and obstacles for adherence to the fitness program you created in requirement 10c. Explain the unique benefits that could be gained from this program, and discuss how personal health awareness and self discipline would relate to your willingness and ability to pursue such a program.

## **SWIMMING MERIT BADGE REQUIREMENTS**

**11)** Assist with instruction in basic swimming skills under the direction of a qualified swimming instructor in two or more teaching sessions for a total of three hours. The instruction may be at either the nonswimmer or beginner level in a summer camp, unit program, or any other organized program in your community. Assist with demonstrations, skill explanations, and individual coaching.

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# SWIMMING MERIT BADGE WORKSHEET

## **Requirement 1**

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

Hypothermia:

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Heat Reactions:

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Muscle Cramps:

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Sunburn:

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Stings:

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Cuts And Scrapes:

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# SWIMMING MERIT BADGE WORKSHEET

How are such conditions recognized?

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## **Requirement 2** (continued)

Demonstrate to your leader or counselor, the proper technique for performing CPR using a training device approved by your counselor.

Date completed: \_\_\_\_\_

## **Requirement 3**

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:

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\_\_\_ 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:

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Explain why and how a rescue swimmer should avoid contact with the victim:

# **SWIMMING MERIT BADGE WORKSHEET**

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# SWIMMING MERIT BADGE WORKSHEET

## Requirement 3 (continued)

### First Class Rank Requirements

Tell what precautions should be taken for a safe trip afloat:

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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.)

# SWIMMING MERIT BADGE WORKSHEET

## Requirement 4

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

- \_\_\_ Front crawl or Trudgen for 25 yards
- \_\_\_ Back crawl for 25 yards
- \_\_\_ Sidestroke for 25 yards
- \_\_\_ Breaststroke for 25 yards
- \_\_\_ Elementary backstroke for 50 yards

## Requirement 5

Do the following:

- \_\_\_ Float faceup in a resting position for at least one minute.
- \_\_\_ Demonstrate survival floating for at least five minutes.
- \_\_\_ While wearing a properly fitted personal floatation device (PFD), demonstrate the HELP and huddle positions.

Explain the purpose of the HELP and huddle positions:

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Explain why swimming or survival floating will hasten the onset of hypothermia in cold water:

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## Requirement 6

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.

# SWIMMING MERIT BADGE WORKSHEET

## **Requirement 7**

Demonstrate selection and fit of mask, snorkel, and fins:

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Discuss safety in both pool and open-water snorkeling:

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Demonstrate proper use of mask, snorkel, and fins for underwater search and rescue. Tell how you demonstrated this:

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Describe the sport of scuba diving:

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Demonstrate your knowledge of BSA policies and procedures relating to this sport:

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# SWIMMING MERIT BADGE WORKSHEET

## **Requirement 8**

\_\_\_ 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 9**

Demonstrate the following competitive swimming skills:

\_\_\_ Racing dive from a pool edge

\_\_\_ Racing turns for both the front crawl and back crawl

\_\_\_ Racing form for 25 yards on one competitive stroke (front crawl, back crawl, breaststroke, or butterfly).

## **Requirement 10**

Explain the health benefits of regular aerobic exercise:

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Explain why many people today do not get enough of the beneficial kinds of exercise:

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Discuss why swimming is favored as both a fitness and a therapeutic exercise:

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# **SWIMMING MERIT BADGE WORKSHEET**

# **SWIMMING MERIT BADGE WORKSHEET**

## **Requirement 11**

Assist with instruction in basic swimming skills under the direction of a qualified swimming instructor in two or more teaching sessions for a total of three hours. The instruction may be at either the nonswimmer or beginner level in a summer camp, unit program, or any other organized program in your community. Assist with demonstrations, skill explanations, and individual coaching. Give a brief summary of this experience:

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