

For All Leaders – March 2017

April Theme: Power Up!

Point of the Scout Law: Thrifty

DISCUSSION TOPIC: Aqua Cubs

Safety around water is extremely important for everyone. We have many opportunities in Scouting to help teach water safety and swimming skills to our families. The buddy system, buddy tags, and Safe Swim Defense are essential tools that we can use to keep our Scouts and their families safe around water.

The BSA Safe Swim Defense guidelines strongly recommend that all Scouting units engaging in swimming activities of any kind “have at least one adult or older youth member currently trained in BSA Aquatics Supervision: Swimming and Water Rescue or BSA Lifeguard to assist in planning and conducting” the activities. Leaders should complete the Safe Swim Defense training available at my.scouting.org, carry their certification card, and agree to enforce the Safe Swim Defense plan. The plan applies to any place where Scouts may swim: at a beach, private or public pool, wilderness pond, stream, lake, or anywhere else.

The following information is specific to Cub Scout swimming activities:

- The buddy system is critically important, even in a public pool. Remember, even in a crowd, you are alone without protection if no one is attentive to your circumstances. At Cub Scouting events where parents participate with their children, parent and Cub Scout should be paired as buddies.
- At large water parks where several activity features are spread over a large area, unit leaders should base supervision on age. Den leaders should accompany Cub Scouts from area to area, serve as lookouts, and assemble everyone before moving en masse to the next feature. Although it may not be practical for the entire den to line up together for each activity, buddies should be in line together.
- In pool environments, stick to the rule that people swim only in water suited for their ability and with others of similar ability. Most public pools divide shallow and deep water, and this may be sufficient for defining appropriate swimming areas.
- Aquatics activities for dens often are held in backyards with swimming pools. Safe Swim Defense must apply. A certified lifeguard, though highly recommended, is not required. A qualified supervisor must be present. It is critical that the swimming activity be supervised by a conscientious adult who knowingly accepts the responsibility for the members involved in the activity.
- Free-flowing rivers are not recommended sites for Cub Scout swimming.

Tips for Pack Activity

Practice filling out swim tags and buddy up. Divide the floor into three sections, and assign Scouters to nonswimmers, beginners, and swimmers. Have them pretend to swim and yell “Buddy up”.

Lion Breakout – March 2017

Lion Required Adventure: Mountain Lion



Do These:

1. Gather the outdoor items you need to have with you when you go on an outdoor adventure, and understand how they are used. Also understand and commit to practicing the buddy system
2. Learn what SAW (Stay, Answer, Whistle) means. Demonstrate what you can do to stay safe if you become separated from the group when you are outdoors.
3. Demonstrate an understanding of respect for animals and nature when participating in a learning hike.

Tiger Breakout – March 2017

Tiger Elective Adventure: Floats and Boats (Updated requirements)

Complete Requirements 1-4 plus at least one other.

REQUIREMENT 1. With your den, say the SCOUT water safety chant.

REQUIREMENT 2. With your den, talk about why it's important to have a buddy and then play the buddy game.

REQUIREMENT 3. Show how to safely help someone who needs assistance in the water, without having to enter the water yourself.

REQUIREMENT 4. Show how to enter the water safely, blow your breath out under the water, and do a prone glide.

REQUIREMENT 5. Identify five different types of boats.

REQUIREMENT 6. Build a boat from recycled materials, and float it on the water.

REQUIREMENT 7. Show that you can put on and fasten a life jacket correctly.



Wolf Breakout – March 2017

Wolf Elective Adventures: Spirit of the Water (Updated requirements)

Complete the following Requirements

REQUIREMENT 1. Discuss how the water in your community can become polluted.

REQUIREMENT 2. Explain one way that you can help conserve water in your home.

REQUIREMENT 3. Explain to your den leader why swimming is good exercise.

REQUIREMENT 4. Explain the safety rules that you need to follow before participating in swimming or boating.

REQUIREMENT 5. Visit a local pool or public swimming area with your family or Wolf den. With qualified supervision, jump into water that is at least chest-high, and swim 25 feet or more.



Bear Breakout – March 2017

Bear Elective Adventure: Salmon Run (Updated requirements)

Complete requirements 1-4 and two others.



REQUIREMENT 1. Explain the importance of response personnel or lifeguards in a swimming area. Tell how the buddy system works and why it is important.

REQUIREMENT 2. Visit a local pool or swimming area with your den or family. Go swimming or take a swimming lesson.

REQUIREMENT 3. Explain the safety rules that you need to follow before participating in boating.

REQUIREMENT 4. Identify the safety equipment needed when going boating.

REQUIREMENT 5. Demonstrate correct rowing or paddling form. Explain how rowing and canoeing are good exercise.

REQUIREMENT 6. Show how to do both a reach rescue and a throw rescue.

REQUIREMENT 7. Demonstrate the front crawl swim stroke to your den or family.

REQUIREMENT 8. Name the three swimming ability groups for the Boy Scouts of America.

REQUIREMENT 9. Earn the BSA beginner swim classification.

Webelos and Arrow of Light Breakout – March 2017



Webelos and Arrow of Light Elective Adventure: Aquanaut (Updated requirements)

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.

Cubmaster Breakout – March 2017

Review the requirements for all rank adventures from tonight. Make a list of local swimming areas for Cub Scouts to visit, include camps, but also discuss how they might have swimming outside of camp activities. Review all BSA swimming policies regarding training, tour plans, etc., and any additional policies at the local council or district level.

Pack Committee Breakout – March 2017

Safety is of paramount importance at any BSA water activity. During the annual pack planning meeting, leadership should address all proposed water activities to be certain all required trainings will be completed before each event, that all boys will have the opportunity to participate in some manner, and that BSA policies are understood and followed.

- Refer to the most current BSA policies in the *Guide to Safe Scouting* regarding any water activities
- Review the training requirements before a water activity can be executed (Safe Swim Defense training, etc.)
- Review administrative paperwork needs (tour and activity plans, permission slips, etc.)
- Review any policies specific to the local council regarding water activities