

## MAY 2015 - TOPIC: Aquatics for Cub Scouting

Participants will learn the following:

- The role of aquatics in the new Cub Scouting program
- Aquatics-related adventures in the new Cub Scouts program
- Implementation considerations for aquatics programs

**Overview** Aquatics activities have been a part of the Scouting program since it began, and it is an important part of most summer camp programs. Swimming and boating safely are not only an enjoyable leisure activity, but could also save the life of a Scout, or someone else!

### **Water Safety** Water Safety is a Critical Issue

- Every day, 2 children under 14 die from unintentional drowning
- Drowning is the fifth leading accidental cause of death in the US (CDC)
- Scouting events frequently involve water activities
- Scouting is a natural place to provide improvement in swimming abilities, both as an instructional body and as an experienced based skill
- We provide life skills to our Scouts on a variety of subjects – water safety is a natural fit!

**Relevant Adventures** The aquatics program is an active part of the new Cub Scout Adventure program electives:

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

### **Requirements** Tiger Elective Adventure: “*Floats and Boats*”

#### **Overview - Floats and Boats**

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

#### **The 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 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!

**Requirements** **Wolf Elective Adventure: “Spirit of the Water”**

**Overview -  
Spirit of the  
Water**

1. Demonstrate 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.
5. Show how to do a reaching rescue.
6. 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.

You can see the progressive skill instruction – as the Scout gets older, he learns a little more about each topic, reinforcing the previous information, and introducing new skills to keep it fresh!

**Requirements** **Bear Elective Adventure: “Salmon Run”**

**Overview -  
Salmon Run**

1. Explain the safety rules that you need to follow before participating in boating.
2. Identify the equipment needed when going boating.
3. Demonstrate correct rowing or paddling form. Explain how rowing and canoeing are good exercise.
4. Explain the importance of response personnel or lifeguards in a swimming area.
5. Show how to do both a reach rescue and a throw rescue.
6. Visit a local pool or swimming area with your den or family, and go swimming.
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. Attempt to earn the BSA beginner swimmer classification

**BEGINNER’S TEST:** Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.

**Requirements** **Webelos/Arrow of Light Elective Adventure: “Aquanaut”**

**Overview -  
Aquanaut**

**Complete 1–5 and any two from 6–10.**

1. State the safety precautions you need to take before doing any water activity.
2. Recognize the purpose and the three classifications of swimming ability groups in Scouting.
3. Discuss the importance of learning the skills you need to know before going boating.
4. Explain the meaning of “order of rescue” and demonstrate the reach and throw rescue techniques from land.
5. Attempt the BSA swimmer test.
6. Demonstrate the precautions you must take before attempting to dive headfirst into the water, and attempt a front surface dive.
7. Learn and demonstrate two of the following strokes: crawl, sidestroke, breaststroke, or trudgen.
8. Invite a member or former member of a lifeguard team, 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.

9. Demonstrate how to correctly fasten a life jacket that is the right size for you. Jump into water over your head. Show how the life jacket keeps your head above water by swimming 25 feet. Get out of the water, remove the life jacket and hang it where it will dry.
10. If you are a qualified swimmer, select a paddle of the proper size and paddle a canoe with an adult's supervision.

**SWIMMER TEST:** Jump feet first into water over the head in depth, level off, and begin swimming. 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 is the "Blue" classification, and would allow full access to aquatics activities at summer camp. Wouldn't it be great if every Webelos/Arrow of Light going into Boy Scouts was a "Blue" swimmer?

**Access to aquatics facilities may be an issue for many Packs**

Districts and Councils should support the earning of this elective by providing program support:

- **Cub Scouts "Swim Days"** - Cub Scouts can learn basic swim skills and improve on their ability level.
- **Cub Scout Leader Training** - Provide aquatics Instructor training (Red Cross, or other agency training for swimming instruction) to Pack Leaders who want to serve as a resource to their unit and others.
- **Motivation** - Provide local recognition – patches, etc., to generally raise the level of aquatics skills in their local program.

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- The YMCA, Faith Community Center, and McCutcheon HS have all been open to BSA swimming events in the past.

**BSA training**

Safe Swim Defense and Safety Afloat is available through the MyScouting training site and can be taken any time!

- Sagamore Council has BSA lifeguard training available for older boys during Summer Camp at Buffalo. Adults can take this training as well.
- "Lifeguard Days" at Buffalo – details TBA

**CLOSING REMINDER**

Visit [www.scouting.org/programupdates](http://www.scouting.org/programupdates) for regular program updates and links to program materials and training opportunities.

There are program planning tools available at <http://www.scouting.org/scoutsource/CubScouts/Leaders/ProgramPlanning.aspx>

**Next Month:** Campfire Programs