



# Cub Scout Aquatics Program Leader Resource Sheet

## Cub Scout Aquatics Introduction

Cub Scout Aquatics refers to the 4 elective Cub Scout Adventures:

- Tiger: Floats and Boats
- Wolf: Spirit of the Water
- Bear: Salmon Run
- WEBELOS/AOL: Aquanaut

## Summary of Resources

These resources will help you add a Cub Scout Aquatics activity to your program.

1. The Aquatics Resources Overview video: A short video that explains the resources.
2. Cub Scout Aquatics Program Video: A fifteen-minute video with Diane Stovall. Diane first proposed this District event and has run it successfully for the last 4 years.
3. Leader Resource Sheet: This includes the instruction pages that Diane shows in the video.
  - a. Rank Requirements: If you laminate the two pages of the rank requirements, you can use them over and over. It is recommended to put all the rank information, front and back, and laminate that so it serves as a resource for all the ranks. (Page 2 & 3)
  - b. Tiger Boat Pictures Teaching Aid: Laminate this to show Tigers so they can identify different types of boats which is part of their Adventure. (Page 4)

## **TIGER-FLOATS AND BOATS 1-4 PLUS 1 (5 and/or 7) (complete!)**

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, (feet first), blow your breath out under the water, and do a prone glide.
5. Identify five different types of boats.
6. Show that you can put on and fasten a life jacket correctly.

## **WOLF—SPIRIT OF THE WATER 1-5 (complete!)**

1. Discuss how water in your community can be polluted
  - a. Hazardous chemicals, soaps, detergents, trash, litter, oil, air pollution, pesticides, fertilizers can travel to water sources.
2. Explain one way you can conserve water in your home. How does your family use water?
  - a. Turn off water when you brush your teeth. Don't wash dishes under running water. Take short showers (5 min). Turn off faucet. Water your yard early or late in the day. Wash car with a bucket of water.
3. Why is swimming good exercise?
  - a. Water is 12x denser than air—you work harder to move. It works your heart and lungs.
  - b. It is a safe exercise for disabled. Water supports the body so less stress on joints.
4. Explain Safety rules that you need to follow before participating in swimming or boating. Go over Scout Chant and Boat Safety—Adult supervision, life jacket, balanced boat.
5. Visit a local pool. With qualified supervision—jump in water chest high; swim 25 feet

### **SCOUT WATER SAFETY CHANT/Tigers/Wolves**

**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 is in need.  
**Scouts** shows safety. Now you take the Lead!

### **BOAT SAFETY/Wolves, Bears, Webelos, AOL**

- Only go boating with adult supervision
- Always wear a life jacket.
- Keep the boat balanced and weight spread evenly
- Check the weather before departing
- Don't overload the boat
- Stay low and in the center of the boat
- If the boat tips over, hang on until help comes
- Keep a lookout for swimmers and other boats
- Always have a buddy

## **BEAR—SALMON RUN 1-4 PLUS two (5,6,7, 8 and/or 9)**

*Explain the importance of response personnel or lifeguards in a swimming area. Tell how the buddy system works and why it is important. Be Safe—3 people—you, your buddy (buddy check), lifeguard.*

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

*Explain the safety rules that you need to follow before participating in boating (Poster)*

*Identify the safety equipment needed when going boating. Life jackets, 1st aid kit, signaling or sound devices, water*

Demonstrating correct rowing or paddling form. Explain how rowing and canoeing are good exercise. (Canoeing— catch power, feather, recover). Paddles are provided. Demonstrate on side of pool.

Show how to both do a reach rescue and a throw rescue. (adult help first!)

A. Reach—arm, fishing pole, paddle, towel, tree branch, pool noodle—lie down, anchor—hold onto someone or something, pole—come at them from the side, not straight on. \*You can do a sink or float game with different objects that can be used for rescues, and some that are not suitable and have scouts guess sink or float and demonstrate.

B. Throw—life ring, kick board, drink cooler, rope. Throw past victim, don't bonk them on the head.

Demonstrate the front crawl swim stroke to your den. 1st—flutter kick with kick board, 2nd—practice with arms, floating, 3rd—do both together. Name the three swimming ability groups for BSA (beginner, swimmer, non-swimmer)

Earn the BSA **beginner** swim classification. Jump in feet first in 6 ft water. Level off and swim 25 feet. Stop, turn sharply and resume swimming to starting place.

**BUDDY GAME** — With buddy, decide on an animal that your buddy pair is going to be. Form a big circle with buddy on opposite side of circle. When instructor says “go”, participant turns around twice with eyes closed then locates their buddy by using the noise that the animal makes—while listening for the buddy to do the same. When the buddies find each other, they join hands, raise them in the air and remain where they are until all buddy pairs have finished.

### **WEBELOS/AOL—AQUANAUT 1-4 and at least 2 others**

1. **State the safety precautions you need to take before doing any water activity. (Safe Swim Defense and Boating Safety Afloat posters ) rules for swimming and boating.**
2. **Discuss the importance of learning the skills you need to know before going boating. (Boat Safety Poster)**
3. **Explain the meaning of “order of rescue” and demonstrate the reach and throw rescue techniques from land (see Bear #6)**
  - a. **Reach**
  - b. **Throw**
  - c. **ROW to victim, victim holds onto back of boat while rescuer rows to safety (By adult)**
  - d. **GO – swim to victim with float, life jacket or other support device. Only by trained rescuer.**
4. **Attempt BSA swimmer test**
5. **Jump feet first into water over your head**
  - a. **Level off and swim 100 yards without stopping and one sharp turn. 75 yards in a strong stroke, 25 yards in resting back stroke.**
  - b. **Rest by floating.**
6. **Elective—2 out of three**
7. **Learn and demonstrate two of the following strokes: crawl, sidestroke, breaststroke, elementary backstroke.**
8. **Invite a current or former lifeguard to your den meeting. Find out what training and other experiences this person has had. (visit with lifeguard on duty)**
9. **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.**

### **Supplies:**

Life jackets, kickboards, paddles, rescue poles, ropes, floating objects (sink or swim game) safety equipment for boating. SCOUT chant poster and Boat Safety Poster, Safe Swim Defense and Safety Afloat posters are helpful, tape.

Need minimum of 5 instructors and someone to help with check in. Be sure to get list of registered swimmers in advance.

Buddy check—hold hands out of the water until leader sees everyone is accounted for, do every 10 minutes.

Leaders need to take Safe Swim Defense and Safety Afloat online every two years and have current Youth Protection.

Some pools may have kick boards, rescue devices, life jackets, provide lifeguards and designated swim area. A combination of shallow water (standing depth) and deeper water for Scouts to jump in over-their-heads is needed as well as enough room to complete the swim requirement.

### **BOATING SAFETY AFLOAT Web/AOL #1**

- Qualified Supervision
- Physical Fitness
- Swimming ability—if not a swimmer, you must buddy with a swimmer to row or paddle a boat, or adult swimmer for canoe or other paddle craft.
- Life jackets
- Buddy System
- Know your boat
- Planning—check weather
- Equipment
- Discipline—follow rules, obey leader

### **SAFE SWIM DEFENSE Web/AOL #1**

- Qualified Supervision
- Physical fitness—not sick, open wounds
- Safe swim area—deep holes or drop offs, sharp rocks, glass, stumps.
- Lifeguard on duty—2 lifeguards, 1 rescuer lookout
- Ability groups—swimmer, beginner, non-swimmer
- Buddy System—look after each other
- Discipline—follow rules, obey leader

