



LIFESAIVING MERIT BADGE WORK SHEET (BYU/UVU PowWow)

Scout's Name

Instructor's Name

Scout's Address

City

State

Zip

Instructions

- 1) The Scout is to review the merit badge book before the first week of PowWow.
- 2) Bring this work sheet, some paper, and a pen or a pencil with you each week.
- 3) Bring swimsuits and a towel to class each week.

Requirement Instructions

- 1) All requirements will be covered and should be passed off during the two sessions of PowWow.

*All requirements may be subject to change by the Merit Badge Counselor based on time constraints at the PowWow session. Please listen to all instructions given by the instructor and be aware of any changes.

Requirement 1

Initial

Before beginning the other requirements, complete the Second-Class rank requirements and First-Class rank requirements.

Second-Class Rank Requirements

Tell what precautions must be taken for a safe swim.

Demonstrate your ability to jump feet first into water that is 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.

Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects.

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:

Successfully complete the BSA swimmer test.

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.)

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

Requirement 2

Initial

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

Initial

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

Requirement 4

Initial

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

Initial

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

Requirement 6

Initial

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

Explain why buoyant aids are preferred.

Requirement 7

Initial

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.

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

Initial

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

Explain “lead-and-wait” tactics.

Requirement 9**Initial**

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**Initial**

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**Initial**

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 water, with assistance if needed, and position for CPR.

Requirement 12**Initial**

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

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

Repeat using a head-first surface dive.

Requirement 13**Initial**

Demonstrate knowledge of resuscitation procedures.

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

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

Requirement 14**Initial**

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.

Requirement 15**Initial**

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:

Hyperventilation:

Other:

Merit badge work sheets will not be accepted at the Council Office in place of the official Merit Badge Application Card. Those who do not complete all the requirements should take their partially completed merit badge work sheet and their official application card to their local merit

badge counselors for completion.