



SWIMMING 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 worksheet, paper, and pen or pencil 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 session of PowWow.

Requirement 1

Initial

Discuss the prevention of and treatment for health concerns that could occur while swimming.

Hypothermia:

Dehydration:

Sunburn:

Heat Exhaustion:

Heatstroke:

Muscle Cramps:

Hyperventilation:

Spinal Injury:

Stings and Bites:

Cuts and Scrapes:

Requirement 2

Initial

Identify the conditions that must exist before performing CPR on a person.

How are such conditions recognized?

Demonstrate proper technique for performing CPR using a training device approved by your counselor.

Requirement 3

Initial

Before doing the remaining requirements, successfully complete the Second Class Rank requirements 7a-7c and First Class Rank requirements 9a-9c.

Second Class Rank Requirements

7a) Tell what precautions must be taken for a safe swim.

7b) Demonstrate your ability to jump feet first into water over your head in depth, level off, and swim 25 feet on the surface then stop, turn sharply, resume swimming, and then return to your starting place.

7c) Demonstrate water rescue methods by reaching with your arm or leg, 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

9a) Tell what precautions should be taken for a safe trip afloat.

9b) Successfully complete the BSA swimmer test.

Jump feet first into water over your head in depth and 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.

9c) 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.)

Requirement 4

Initial

Demonstrate survival skills by jumping feet first 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 still afloat.

Requirement 5

Initial

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

Front crawl or trudgen for 25 yards

Breaststroke for 25 yards

Back crawl for 25 yards

Elementary backstroke for 50 yards

Sidestroke for 25 yards

Requirement 6

Initial

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 flotation device (PDF), demonstrate the HELP and huddle positions.

Explain the purpose of the HELP and huddle positions.

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

Requirement 7

Initial

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 from the bottom.

Do a headfirst surface dive, pike, or tuck, and bring the object up again.

Do a headfirst surface dive to a depth of at least five feet and swim underwater for three strokes. Come to the surface, take a breath, and repeat the sequence twice.

Requirement 8

Initial

You have been given two options for this requirement. Select and complete ONE of them.

Option 1:

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

Discuss safety in both pool and open-water snorkeling.

Demonstrate proper use of mask, snorkel, and fins for underwater search and rescue.

Describe the sport of scuba diving or snorkeling and demonstrate your knowledge of BSA policies and procedures relating to that sport.

Option 2:

Demonstrate a racing dive from a pool edge or dock edge (no elevated dives from racing platforms or starting blocks).

Demonstrate racing form for 25 yards on one competitive stroke (front crawl, back crawl, breaststroke, or butterfly).

Demonstrate racing turns for the stroke you chose above (front crawl, back crawl, breaststroke, or butterfly). If the facilities cannot accommodate the racing turn, repeat your chosen stroke with an additional stroke.

Describe the sport of competitive swimming.

Requirement 9

Initial

Following the guidelines set in the BSA Safe Swim Defense, and in water at least seven feet deep, show a standing headfirst dive from a dock or pool deck.

Show a long shallow dive, also from a dock or pool deck.

Requirement 10**Initial**

Explain the health benefits of regular aerobic exercise.

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

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

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 of Scout age.

Identify resources and facilities available in your home community that would be needed for such a program.

Discuss with your counselor the incentives and obstacles for staying with the fitness program you identified. Explain the unique benefits that could be gained from this program, and discuss how personal health awareness and self-discipline would relate to your own willingness and ability to pursue such a program.

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.