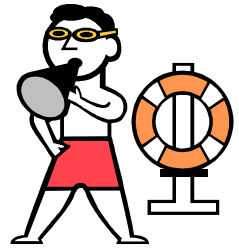


## WEBELOS AQUATICS WORKSHOP



### INFORMATION PACKET

The Webelos Aquatics Skill Center is intended for Webelos Scouts to demonstrate proficiently the skills required for the Aquanaut Pin. **Scouts attending the session should be proficient in swimming skills.**

Due to time constraints, there will not be an opportunity for Webelos to improve ability or strengthen swimming skills. Accordingly, this Workshop is considered an assessment session. However, in an effort to assist the Scout in his endeavor, this event will provide the Scout a quick refresher prior to testing and assessment.

This program is not a parent/child activity, only the Scout will be able to access the Pool Deck and enter the Pool. Dens are encouraged to participate as a group. The event will be staffed by volunteer Boy Scouts and Scouters from the New Horizon District. Pack and Den leaders and parent are invited as spectators only.

#### **Date:**

Saturday February 20, 2010

#### **Time:**

12:45	Registration and Medical Recheck
1:15 - 4:15	Instruction and Testing
4:30	Awards Ceremony
5:00	Departure

#### **Location:**

St. Louis Community College – Meramec Campus  
11333 Big Bend Road  
St. Louis, MO 63122

#### **Personal Equipment List:**

Completed Class 1 Medical Form ([www.stlbsa.org](http://www.stlbsa.org))  
Swimming Suit  
Beach Towel  
Nose Plug *Optional*  
Swim Goggles *Optional*  
Webelos effected by Asthma should bring in-halers!  
**SCOUT SPIRIT!**

## **Pre Course Work:**

It would be beneficial to review the following with your Webelos prior to arrival.

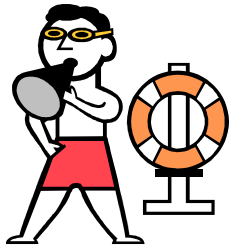
### **Rules for Safe Swimming**

- ✓ Be physically fit.
- ✓ Have a qualified adult present whenever you swim.
- ✓ Swim in areas that have already been checked for safe swimming.
- ✓ If you can't swim, don't go in water that is more than 3 1/2 feet deep. Go in deep water only if you are a good swimmer.
- ✓ Swim with a buddy.
- ✓ Obey the rules of the swimming area.

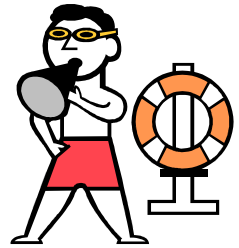
### **Safe Swim Defense**

- ✓ **Qualified Supervision.** A responsible adult (at least 21 years of age) must supervise.
- ✓ **Physical Fitness.** Require evidence of fitness for swimming activity, using a health history.
- ✓ **Safe Swim Area.** Before swimming area for varying depth, currents, holes, rocks, or other dangerous conditions.
- ✓ **Lifeguard on Duty.** Swim where lifeguards are on duty.
- ✓ **Lookout.** Station an adult on shore where he or she can see and hear everything in all areas.
- ✓ **Ability Groups.** Divide Cub Scouts into non-swimmers, beginners, and swimmers. Mark off areas in the swimming area for the different ability groups.
- ✓ **Buddy System.** Pair each boy with another boy in his ability group. They must stay together the entire time they are swimming.
- ✓ **Discipline.** Insist upon strict but fair discipline.

*For on-line training please visit. <http://www.scouting.org/pubs/aquatics/index2.html>*



## WEBELOS AQUATICS WORKSHOP



### INFORMATION PACKET

#### Water Rescue Methods

Cub Scouts only do the first two water rescue methods, but they need to be aware of all four.

- ✓ **Reach** with whatever is available or at hand.
- ✓ **Throw** a line, a buoy, or a floating object to provide support.
- ✓ **Row** in a watercraft to the victim. A rowing rescue requires a minimum of one person to retrieve the victim and one person to handle the boat. Any person in the boat must wear a PFD (personal flotation device).
- ✓ **Go** with support. Those who “go” to the victim and make a swimming rescue must be trained in swimming and lifesaving. In the rare instance when a swimming rescue is tried, the rescuer takes with him something that can be used for floatation or extended to the victim to avoid direct contact.

NO CUB SCOUT SHOULD EVER PUT HIMSELF IN DANGER OR AT RISK!  
IF REACHING AND THROWING DON'T WORK, **GET HELP!**

#### **Contact Information:**

##### **Course Director:**

Michael R. Brand  
BSA Aquatics Director  
Cell. 314.477.8120  
e-mail: [mszrbrand@sbcglobal.net](mailto:mszrbrand@sbcglobal.net)

##### **St. Louis Area Council Professional Scouters:**

Tenholder, Marc District Executive- New Horizons  
4568 W. Pine Blvd., St. Louis, MO 63108  
Phone: 314.256.3128, Fax: 314.256.3073  
[mtenholder@stlbsa.org](mailto:mtenholder@stlbsa.org)

Joshua Bollam District Executive-New Horizons  
4568 W. Pine Blvd., St. Louis, MO 63108  
Phone: 314.256-3062, Fax: 314.256.3063  
[jbollam@stlbsa.org](mailto:jbollam@stlbsa.org)

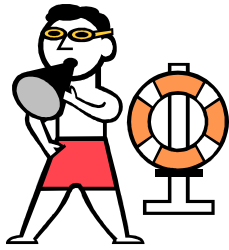
## ***Requirements Webelos Aquanaut:***

Do these:

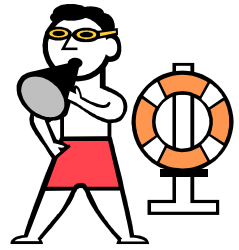
- ✓ Jump into water over head. Come to the surface and swim 100ft.  
At least half of this using the backstroke.
- ✓ Stay in the water after the swim and float on your back and front, demonstrate survival floating.
- ✓ Put on a personal flotation device that fits properly and fastened properly.  
Wearing the PFD jump into water over head.  
Show how the PFD keeps head above water by swimming 25 ft.  
Get out of the water, remove PFD, and hang it where it will dry.

And do three of these:

- ✓ Do a front surface dive and swim under water for four strokes before returning to the surface.
- ✓ Explain the four basic water rescue methods; Reach, Throw, Row, Go with support.
- ✓ Demonstrate reaching and throwing rescues.
- ✓ With an adult on board, show that you know how to handle a rowboat.
- ✓ Pass the BSA Swimmer test.
- ✓ While you are Webelos Scout earn the Cub Scout Sports belt loop for swimming.



## WEBELOS AQUATICS WORKSHOP



### INFORMATION PACKET

#### ***Requirements Swimming Belt Loop:***

Complete these three requirements:

- ✓ Explain the rules of SAFE SWIM DEFENSE.
- ✓ Play a recreational game in the water with your den, pack, or family.
- ✓ While holding a kick board, propel yourself 25 ft using a flutter kick across the shallow end of the swimming pool.

#### ***Requirements Swimming Sport Pin:***

Earn the Swimming Belt Loop, and complete five of the following requirements:

- ✓ Practice the breathing motion of the crawl stroke while standing in shallow water.
- ✓ Take a breath, place your head in the water, exhale, and turn your head to the side to take a breath. Repeat.
- ✓ Learn two of the following strokes: Crawl, Backstroke, elementary backstroke, sidestroke, or breaststroke.
- ✓ Learn two of the following floating skills: Jellyfish Float, Turtle Float, Canoe (Prone) float.
- ✓ Using a Kick board, demonstrate three kinds of kicks.
- ✓ Pass the “Beginner” or “Swimmer” Swim Level Test.
- ✓ Visit with a Lifeguard and talk about swimming safety in various situations; pool, lake, river, ocean. Learn about the training a life guard needs for their job.
- ✓ Explain the four rescue techniques; Reach, Throw, Row, and Go (with support).
- ✓ Take Swimming Lessons.
- ✓ Attend a swim meet at a school or community pool.
- ✓ Tread water for 30 seconds.
- ✓ Learn about a US Swimmer who has earned a medal in the Olympics.
- ✓ Demonstrate the proper use of a mask and snorkel in a swimming area where your feet can touch the bottom.