

(Please Print) Scout's Name \_\_\_\_\_ Phone \_\_\_\_\_ Class Time \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

**Swimming**  
**Requirements Sheet**  
**Merit Badge Powwow 2009**

The scout is to read the **Swimming Merit Badge pamphlet before the Powwow** (2008 edition or later). Some requirements may take up to 90 days to complete before coming to the Powwow. Read all the requirements below and bring necessary items to guarantee passing off the merit badge on the day of the Powwow. Bring to class paper, pen or pencil, and any other items asked for. Write your name, merit badge and class time (9:00 or 1:00) on **every** paper or project. (If there are any questions pertaining to requirements, the most recent Boy Scout Requirements handbook will always be used).

**!!! Bring to the Powwow !!!**

Bring extra shoes, socks, swim trunks, long pants, belt, and long-sleeved shirt. These will be used in requirement 4 and will need to go in the pool with them on! You will need a dry pair of clothes to go home in. (Would be smart to bring a garbage bag to put wet clothes in for the trip home).

**Prerequisite Requirments to completed before Powwow**

3. Before doing the following requirements, successfully complete Second Class rank requirements 7a through 7c and First Class rank requirements 9a through 9c. **(Bring a note from your Scout Master or Parents stating you pass off these requirements.)**

**Completed:**

**3** \_\_\_\_\_  
 Signature of counselor \_\_\_\_\_ Date \_\_\_\_\_

**Second Class rank requirements 7a through 7c:**

- (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, stop, turn sharply, resume swimming, then return to your starting place.
- (7c) 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, and explain why and how a rescue swimmer should avoid contact with the victim.

**First Class rank requirements 9a through 9c:**

- (9a) Tell what precautions must be taken for a safe trip afloat.
- (9b) Before doing the following requirement, successfully complete the BSA swimmer test:  
 Jump feet first into water over your head in depth, 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.



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**Requirments that will be passed off at the Powwow**

1. Discuss the prevention of and treatment for health concerns that could occur while swimming, including hypothermia, dehydration, sunburn, heat exhaustion, heatstroke, muscle cramps, hyperventilation, spinal injury, stings and bites, and cuts and scrapes.
2. Do the following:
  - a. Identify the conditions that must exist before performing CPR on a person. Explain how to recognize such conditions.
  - b. Demonstrate proper technique for performing CPR using a training device approved by your counselor.
4. 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. Swim 50 feet using the inflated pants for support, and then show how to re-inflate the pants while still afloat.
5. Swim continuously for 150 yards using the following strokes in good form and in a strong manner: front crawl or trudgen for 25 yards, back crawl for 25 yards, sidestroke for 25 yards, breaststroke for 25 yards, and elementary backstroke for 50 yards.
6. Do the following:
  - a. Float face up in a resting position for at least one minute.
  - b. Demonstrate survival floating for at least five minutes.
  - c. While wearing a properly fitted personal flotation device (PFD), demonstrate the HELP and huddle positions. Explain their purposes.
  - d. Explain why swimming or survival floating will hasten the onset of hypothermia in cold water.
7. In water over your head, but not to exceed 10 feet, do each of the following:
  - a. Use the feet first method of surface diving and bring an object up from the bottom.
  - b. Do a headfirst surface dive (pike or tuck), and bring the object up again.
  - c. 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.
8. Do ONE of the following: ( if you wish to do one of the other options talk with your counselors the day of the Powwow)
  - a. Demonstrate the following competitive swimming skills:
    - 1) Racing dive from a pool edge or dock edge (no elevated dives from racing platforms or starting blocks)
    - 2) Racing form for 25 yards on one competitive stroke (front crawl, back crawl, breaststroke, or butterfly)

**Completed:**

- 1 \_\_\_\_\_  
Signature of counselor \_\_\_\_\_ Date \_\_\_\_\_
- 2 \_\_\_\_\_  
Signature of counselor \_\_\_\_\_ Date \_\_\_\_\_
- 4 \_\_\_\_\_  
Signature of counselor \_\_\_\_\_ Date \_\_\_\_\_
- 5 \_\_\_\_\_  
Signature of counselor \_\_\_\_\_ Date \_\_\_\_\_
- 6 \_\_\_\_\_  
Signature of counselor \_\_\_\_\_ Date \_\_\_\_\_
- 7 \_\_\_\_\_  
Signature of counselor \_\_\_\_\_ Date \_\_\_\_\_
- 8 \_\_\_\_\_  
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- 3) Racing turns for the stroke that you chose in 8b (2), OR, if the camp facilities cannot accommodate the racing turn, repeat 8b(2) with an additional stroke.
  - 4) Describe the sport of competitive swimming.
- c. Following the guidelines set in the BSA Safe Swim Defense, in water at least 7 feet deep, show a standing headfirst dive from a dock or pool deck. Show a long shallow dive, also from the dock or pool deck.