

Swimming

Belt Loop

Complete these three requirements:

1. Explain rules of Safe Swim Defense. Emphasize the buddy system.
2. Play a recreational game in the water with your den, pack, or family.
3. While holding a kick board, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area

Sports Pin

Earn the Swimming belt loop, and complete five of the following requirements:

1. 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.
2. Learn two of the following strokes: crawl, backstroke, elementary backstroke, sidestroke, or breaststroke.
3. Learn two of the following floating skills: jellyfish float, turtle float, canoe (prone) float.
4. Using a kickboard, demonstrate three kinds of kicks.
5. Pass the "beginner" or "swimmer" swim level test (see page 2)
6. Visit with a lifeguard and talk about swimming safety in various situations (pool, lake, river, ocean). Learn about the training a lifeguard needs for his or her job.
7. Explain the four rescue techniques: Reach, Throw, Row, and Go (with support)
8. Take swimming lessons.
9. Attend a swim meet at a school or community pool.
10. Tread water for 30 seconds.
11. Learn about a U.S. swimmer who has earned a medal in the Olympics
12. Demonstrate the proper use of a mask and snorkel in a swimming area where your feet can touch the bottom.

Swimming

Beginner Test

Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.

The entry and turn serve the same purpose as in the swimmer test. The swimming can be done with any stroke, but no underwater swimming is permitted. The stop assures that the swimmer can regain a stroke if it is interrupted. The test demonstrates that the beginning swimmer is ready to learn deepwater skills and has the minimum ability required for safe swimming in a confined area in which shallow water, sides, or other support is less than 25 feet from any point in the water.

Swimmer Test

Jump feet first into water over the head in depth, level off, and begin swimming. 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 completed in one swim without stops and include at least one sharp turn. After completing the swim, rest by floating.

The swimmer test demonstrates the minimum level of swimming ability required for safe deep-water swimming. The various components of the test evaluate the several skills essential to this minimum level of swimming ability: The test administrator must objectively evaluate the individual performance of the test, and in so doing should keep in mind the purpose of each test element.