

AQUANAUT -- PHYSICAL SKILLS GROUP

Most boys stall when it comes time to get wet in a bathtub. However, at the slightest hint of swimming or boating, be prepared to move to safety-out of the line of the stampede. The aquanaut badge will help Webelos Scouts learn to feel at home in the water while developing respect for the dangers that water holds.

Swimming is one of the best sports that a boy can be involved in. It is one of the few sports in which every muscle in the body is exercised. As Webelos leaders we have the responsibility to develop self-confidence in every boy in our Den. Through learning to swim, each boy will gain a sense of achievement, as well as gaining a skill that may save his life some day.

The Aquanaut requirements are simple. They represent the most important of all Webelos requirements because life depends on them. Swimming is one of the skills that once learned, lasts a lifetime and provides excellent exercise. Some of your boys may know how to swim and others will need help in learning how. Read the pages on this activity in the Webelos Scout Book, then get your boys into the water as often as possible.

To help your boys feel at home in the water, get them to play some water games. If they have any fear of water, obtain the advice of a swimming instructor. The familiarity with water will normally lead to greater proficiency in water sports which is the aim of the requirements for this badge.

The Aquanaut badge is designed for Webelos Scouts that are good swimmers. Any Webelos Scout that is not a good swimmer deserves special attention by someone who can teach beginners. Before attempting to do any games for this badge, it is important that all boys be aware of the safety rules regarding swimming and boating. They should swim in a well-supervised area with permission from their parents.

One of the main points of this badge is to teach safety rules. These rules will be found at every Scout waterfront. The rules may not particularly impress a Webelos Scout this year at the pool where he swims daily, but next year at summer camp, their value will become apparent to him.

To use swimming pools in the cooler, off-season months, check with local YMCAs, YWCAs, and community schools.

Aquanaut Den Activities

Even though Aquanaut implies wet, there are a number of Den activities that can be done in a home or yard, and several requirements that can be accomplished "dry." Of course most of Aquanaut will have to be done in a pool or lake setting, so you

should plan on doing it during the summer months, possibly combining it with a Webelos family campout, or a pool party.

- Basic water rescue methods REACH and THROW can be demonstrated in your own yard. Teach the boys all of the basic water rescue methods demonstrating REACH and THROW in your yard and ROW and GO later at a lake or pool.
- Have an experienced boater, or member of the Red Cross explain the rules of small boat safety at an indoor Den meeting or show a film.
- At the pool do the ROW and GO portions of basic water rescue? Best bet for the ROW is an inflatable raft. All underwater requirements are best left to the pool, because of underwater visibility and readily defined boundaries. If it is permissible, water volleyball is a very good game to play in a pool. Ball tag, on the other hand, should be avoided
- by Scouts because of the temptation to run and slip, as well as retrieving over the fence balls.
- At a lake do ROW and GO portions of basic water rescue. You can use a beat here for ROW, and can more readily demonstrate row• at handling using a real rowboat and dock. You will have to set up a safe swimming area in a lake, using the safe swim defense. Boys should be rated in ability and given buddies of equal ability if possible.
- Make a simple buddy board and have buddy tags for all the boys and insist that they be used each time they go swimming. Each boy is responsible for his buddy.
- Have someone, perhaps a Den Chief who knows how; demonstrate the use of mask, fins, and snorkel. Have boys take turns using the equipment or have them use their own. Start off with the tins and show them the difference in speed with and without them. Have them practice seeing into water with masks and learning to breathe. Next, the boys try the snorkel in shallow water before venturing out into deep water. The instructor should know how to clear the snorkel and mask of water in case it gets inside while underwater.

Pack Meeting

Webelos Demonstrations: Demonstrate basic water rescue methods with props, demonstrate small boat safety with inflatable raft, rescue breathing on a practice dummy.

Aquanaut Games

Life Preserver Throws (use in the yard): Throw a weight attached to a rope. Points are awarded for both distance and accuracy

Rowboat Relay (pool only): Row or paddle across a pool, using an inflatable raft. The only rule is that the boy must be "on" the raft to make progress.

Pool Volleyball (pool only): Stretch a rope across the pool and play volleyball. Use a large beach ball, which slows the game down, allowing players more time to reach the ball.

Rowboat Slalom (lake only): Lay out a slalom course in knee to waist deep water, using homemade floats. The race can be run as a relay, or best time for each boy.

Bobbing for Apples (Pool): Surely you've tried this at Halloween, but it's much more fun in the pool. The only difference is that the boy must grab onto the apple from underneath the water.

Horse and Rider (pool): Pair the boys off. Have the larger boys be the horses and the smaller boys be the riders. While in the pool, the boys that are the riders try to push and pull the others off the backs of their "horses." This can be played in teams.

Field Trips

- ✓ Scuba demonstrations can be arranged at a local dive shops and outfitters.
- ✓ Attend a show featuring a Rescue and Recovery Unit.

Cub Scout Sports

Participation for Swimming For requirement 7, the Webelos Scout must earn the Swimming belt loop **while he is a Webelos**. If a boy has earned the belt loop earlier as a Wolf or Bear, he must earn it again as a Webelos to meet this requirement.

Basic Water Rescue Methods

Simple rescue procedures an adult can carry out or a boy can use to save a person in trouble when no one else is around. The order of methods to choose is:

Reach - Throw - Row - Go

1. REACH with whatever is available or at hand. Stay onshore and reach out with a branch, a stick, or a pole. Then pull the victim to shore.
2. THROW a line, a buoy, a floating object to provide support. Takeoff your shirt, kneel down, hold one sleeve and throw out the other sleeve. Or take off your pants and tie one leg to a sleeve if you need a longer "line"
3. ROW when the victim is further out, use a boat to save him. In a rowboat, approach the victim with the stern of the boat. In a canoe, pull up so that he can grasp the side. (Kneel in the canoe).
4. GO if the first 3 steps can't be used as a last resort swim to the victim. Keeping your eyes on the victim, kick off your shoes and disrobe. Jump; do not dive, into the water. Carry your shirt or towel in your teeth. Keep your eyes on the victim. Swim out near enough to extend your towel or shirt to him and tow him in by it. If you have nothing to extend to him, approach him from behind and tow him to safety by his hair.

5. Don't allow the victim to latch onto you. Don't attempt a rescue beyond your swimming ability.

Let's make every Webelos Scout a swimmer!

PREVENTING ACCIDENTAL HOME POOL DROWNINGS

1. FORMULATE AN EMERGENCY PLAN - Base the plan on your home surrounding and then practice various emergency situations.
2. PROVIDE ADEQUATE FENCING WITH A LATCHING GATE AROUND THE POOL AREA - Fence should be at least 5 feet. high with vertical or solid segments close enough so that children cannot climb over it.
3. THE GATE SHOULD BE SECURELY LOCKED WHEN POOL IS NOT IN USE!
4. AN ALARM SYSTEM IN THE POOL SHOULD BE CONSIDERED - Alarm sounds when someone falls in—remember to check the batteries on a regular basis.
5. TAKE A COURSE IN CPR AND WORK ON IMPROVING YOUR AQUATIC SKILLS
6. RESCUE EQUIPMENT SHOULD BE VISIBLY DISPLAYED ON THE POOL DECK - Keep basic equipment in good condition
7. POST EMERGENCY INSTRUCTIONS AND PHONE NUMBERS NEAR THE TELEPHONE - Be prepared when calling 911: Who? When? Where? How? Have victim's medical records handy if possible Know your family physician's name and phone number Post parent's work addresses and phone numbers
8. APPOINT AN EMERGENCY COVER-DOWN PERSON TO CARE FOR OTHER CHILDREN (two deep leadership)
9. REVIEW YOUR LIABILITY INSURANCE

Swimming is one of the best sports that a boy can be involved in. It is one of the few sports in which every muscle in our body is exercised. As Webelos leaders, we have the responsibility to develop self-confidence in every boy in our den or patrol. Through learning to swim, each boy will gain a sense of self-achievement, as well as gaining a skill that may save his life or other lives some day. Learning to swim at this age, well enough to pass the BSA swim test, will make his eventual advancement to the Boy Scout's First Class Rank much easier.



RULES FOR A SAFE SWIM – NEVER SWIM ALONE

1. Check health condition of participants.
2. Secure safe facilities.

3. Use qualified supervision.
4. Have lifeguards and lookouts.
5. Identify swimming ability groups.
6. Teach the Buddy System.
7. Maintain good discipline.
8. Follow pool rules.
9. Teach rescue methods.

SUGGESTED PATROL ACTIVITIES

1. Make a simple buddy board and make buddy tags for all the boys. One tag per boy with his name on it, and color the tag blue for swimmers, red for novice swimmers, and white for non-swimmers. Insist they place their tag on the board, on the same hook as their buddy's tag, when they are in a swimming or boating area.
2. Visit a SCUBA dive shop and teach boys how to use a mask, fins, and snorkel.
3. Teach basic rescue methods such as "reach, throw, row and tow."
4. Visit a high school swim meet or water polo match.
5. Instruct the boys how to use their clothes for floatation purposes.
6. Work on the Swimming Belt Loop or Sports Pin.

FLOATING AND TREADING WATER

Some boys may not be able to swim yet. Floating and treading water exercises can help overcome fear or unfamiliarity with water.

TURTLE FLOAT

In waist-deep water, take a deep breath. Reach down and wrap arms around knees. Hold the knees. Your body will bob to the surface and float. Grab quick breaths and float again.

JELLYFISH FLOAT

In waist-deep water, take a deep breath, reach down and grab ankles. Hold ankles. Your body will bob to the surface and float. Grab quick breaths and float again.

TREADING WATER

In shoulder-deep water with supervision, teach methods for treading water by efficiently kicking, and making calm sweeping hand motions. Teach them to float whenever they get tired.

WATER GAMES FOR SWIMMERS AND NON-SWIMMERS

TOWEL RELAY

Play in shoulder-deep to waist-deep water. Split into two equal teams; start with all boys on one side of the pool except for one from each team. The two boys on the opposite side of the pool each get a towel. On signal, these boys swim to the other side of the pool and then they must tow one other Scout back across the pool using the towel. Then the boy just towed does the same until all are towed across.

ADD THE NUMBERS GAME

Cut up an old hose into 2" lengths, and write a number on each (a few with much larger numbers). Scatter them in waist deep water. Players try to retrieve as many as they can within a specific time (or they're all found). Add the numbers on all of the hose pieces that each collects, and that is their score. If it's a pack event, do this in age groups, for safety purposes. Scatter at least five hose pieces per boy in the game. Try the same game with numbered corks or as teams.

POOL OBSTACLE COURSE

Time the boys successfully going through an obstacle course in the pool. Place in the pool a series of hoops that the boys must swim through one at a time. Pool noodles and hula hoops are examples of hoops that can float, or cut 6'-8' lengths of an old hose and duct tape the ends to make water-tight, hollow hoops. Have a few hoops floating on top of the water, but have most floating up-right underwater. To make the hoops stand upright underwater, duct-tape a weight onto one side. The heavier the weight, the deeper the hoop will sink. Place the hoops in their proper place for every boy's attempt.

NIGHTSHIRT RELAY

Divide the patrol into two teams. Give each team an old-fashioned nightshirt (or large pajama top or sweatshirt). On signal, the first player on each team puts on the nightshirt and swims to the other end of the pool. When he takes off, the next player puts it on and swims his lap. The team who finishes first wins. Let them find the best way to switch shirts, by racing twice.

SAILBOAT OR POOL REGATTA RACES

Have the boys build similar wooden sailboats (like rain gutter regatta boats). For a race, have them line up 5 yards from the bank and blow their sailboats back to shore by plowing through straws. No touching them during the race!

WATER RELAY RACE

One small can per team and two buckets per team

Transport water from a full bucket to another bucket, while holding the water can above their heads. Everyone on the team takes equal turns carrying water. Each carrying can has many small nail holes in the bottom edge, resulting in a shower effect on the carrier. After 5 minutes, the team that has the most water in the bucket they're carrying it to wins.

Great Salt Lake Council

- ✓ Invite a member of a scuba diving team to come to your meeting and bring equipment to demonstrate.
- ✓ Go to see a swim meet or diving competition at the high school or college. Talk to the coach.
- ✓ Invite several Boy Scouts to come to your meeting and talk about earning water merit

badges. Ask them to tell about the summer camp waterfront activities they have enjoyed.

- ✓ Visit your local police station and talk to the water search and rescue team. How often are they called out? What are some of the circumstances? What equipment do they take along?
- ✓ Discuss the importance of the buddy swimming system.
- ✓ Have a demonstration of mask, fins, and snorkel by an expert.
- ✓ Take the den swimming. Let them try to pass the 100-foot requirements, and surface dive and snorkel optional requirements.
- ✓ If a rowboat is available, have boat safety methods and rowing techniques demonstrated by an expert. Give boys a chance to practice the methods. Invite parents to come along.
- ✓ Teach the four basic rescue methods. Let boys' practice reaching and throwing a lifeline for rescue.
- ✓ Practice rescue breathing on a dummy.
- ✓ Go to a swim meet or diving exhibition.
- ✓ Go to a canoe or sailboat race.
- ✓ Invite an expert to explain how to handle emergencies in the water. (Contact a swim instructor, the YMCA or Coast Guard)
- ✓ Visit a boat yard.
- ✓ Have a quiz on boat safety rules.
- ✓ Study the safe swim defense plan.
- ✓ Learn about water pollutants in lakes and rivers in the area. How do they affect water consumption and recreation?
- ✓ At the end of the month, have a family splash party where Webelos Scouts can demonstrate proficiency in swimming, snorkeling, boating, and water rescue. Include games that the whole family will enjoy playing.
- ✓ Scuba demonstrations can be arranged at a local dive shops and outfitters.
- ✓ Attend a show featuring a Rescue and Recovery Unit.
- ✓ Have a splash party for your WEBELOS and allow them to bring their friends (a good recruiting idea). Alternately, have a parent and scout swim coupled with swim tests and instruction in using fins, mask and snorkel
- ✓ Demonstrate boat safety and practice at a local body of water. Watch the sun set from offshore.
- ✓ Invite a scuba diving expert to a den meeting to tell about his equipment and activities.
- ✓ Ask Boy Scouts to demonstrate and teach water rescue techniques.

This activity pin teaches safety precautions on, in or near the water. It will increase the boys' swimming

skills and endurance. It will introduce Webelos to snorkeling.

Places To Go, Things To Do:

- ✓ Invite a member of a scuba team to come to your meeting and bring equipment to demonstrate.
- ✓ Invite several Boy Scouts to come to your meeting and talk about earning water merit badges.
- ✓ Invite a marine photographer to visit your den.
- ✓ Visit a fish hatchery.
- ✓ Visit the YMCA
- ✓ Visit the Coast Guard.
- ✓ Have an EMT explain his gear
- ✓ Invite a lifeguard or water rescue team to come and explain what they do
- ✓ Have a splash party.
- ✓ Learn how to use fins, mask and snorkel.
- ✓ Practice water rescues.
- ✓ Discuss water pollution

Rescuing Methods

The three basic rules: DON'T PANIC, THINK, SAVE YOUR STRENGTH. Tell what to do for cramps, currents, undertows, weeds, how to disrobe in the water, using clothing for flotation, and use survival floating techniques.

CAUTION: A person not trained in life guarding techniques should not attempt a swimming rescue because the victim may drown the rescuer.

Here are 3 good non-swim methods to rescue a drowning victim after the rescuer has established his own safety.

A Ring Buoy: Since most drowning occur within 15-20 feet of safety, the victims may be able to grab a ring buoy tossed to them. Toss the ring buoy beyond the victim and pull it so that their arms or hands hit it as they extend their arms.

Extension Pole: Place the extension pole where the victims' arms will contact it - not straight into their chests which will push the victims away.

Other Rescue Devices: If a buoy or a pole is not available, use a throw bag, stick, or rolled towel or something else that the victims can grab onto and be pulled to safety.

Drown proofing (learn to float)

The following technique for staying afloat indefinitely may give confidence to boys who fear the water and don't believe they can float.

1. Relax completely. Be lazy. With the lungs full of air, float facedown, with the back of neck on the surface. Rest for 3 seconds. This isn't a test to see how long you can hold your breath underwater.
2. Get ready to raise your face above the water surface. Extend your arms forward slowly. Get ready to thrust downward with your arms and legs.
3. As you raise your head to the surface, exhale through your nose and mouth. Your shoulders should stay underwater.

Where Can Lifeguards Be Found?	Where Can You Swim?
Yourself - take a life guard course	Aquatic facilities
Boy Scout Troops	Motel Pools
Girl Scout Troops	YMCA
Swimming Clubs	Municipal Pools
YMCA	College & University Pools
College and Universities	Homeowner Association Pools
High School Swim Teams	Homeowner Pools
Water Parks	Apartment Complex Pools
Homeowner Association Pools	Country Clubs
Pool Management Companies	Health Clubs
Municipal Pools	Waterfront Facilities Camps

GENERAL POOL RULES

- Always swim with a buddy.
- Stay out of the water when you're very tired, very cold or overheated.
- If you can't see the bottom of the pool in the deep end or if the water is cloudy, don't swim there.
- Avoid swimming at night in unlighted areas. Get out of the water if you see lightning or hear thunder.
- Never swim near a dam or boat ramp.
- Avoid swimming in river currents.
- Swimming is allowed only when a lifeguard is on duty.
- Horseplay, such as running, splashing, shoving or dunking, is not allowed.
- Swimming is allowed only in designated areas.
- Diving is allowed only in designated areas (pool depth at least 9 feet deep).
- Glass containers are not allowed in the facility.
- Throwing objects in not allowed.
- Swimming is not allowed in the diving area.
- One person at a time on a ladder.
- Do not sit or hang on lifelines.
- Emergency equipment is to be used by lifeguards only.
- No eating or chewing gum allowed while swimming.
- Look before diving or jumping to make sure no one is in the way.
- Persons with rashes or open sores are not allowed.
- Use the rest room and not the pool.
- Obey the lifeguard.
- Always walk.

Games

The following are some good beginner's games:

- Catching ball in shallow water.
- Passing water ball while standing in water.
- Tunnel ball - passing a ball back and forth between the legs.
- Cat and Mouse - cat outside circle, mouse inside.
- Spoon and ping-pong ball relay.
- Kick board race for 10 to 25 yards.
- Relay race in shallow water, running and gliding on stomach.

Have a swimming spell down for the swimmers. Leader calls out a stunt, swimmers who perform it remain in the game - others are eliminated as in a spelling match.

- Swim with one arm out of water (side stroke).
- Swim on back with both arms out.
- Steamboat (arms forward and feet do crawl kick).
- Duck dive (surface dive).
- Log roll (arms and feet extended, roll the body).
- Front somersault.
- Pendulum float.

Carps and Cranes

1. Lay out a rectangular playing area with a lane line dividing the center. End lines should be clearly marked because they serve as the bases.
2. Two equally numbered teams are assembled. Each team lines up along the lane line facing each other with their end line behind them. One team is called carps, the other, cranes.
3. The leader calls out "carps" or "cranes", and each team attempts to capture opposing team members before they reach the safety of their end lines.
4. Captured players join the other team.
5. The team with the most players at the end of the game wins.

Cork Scramble

You need corks, ping-pong balls, tennis balls, small rubber balls, life jackets, etc.

1. Players turn their backs to the playing area and do not watch as the leader throws numerous floating objects into the water.
2. At the start command, players turn around, enter the water in a predetermined fashion and gather as many floating objects as possible.
3. When all objects are collected, they are then counted. The player with the most objects wins.

Forty Ways to Get There

1. Players line up at one end of the swimming course.
2. The first player swims across the course in a manner of his own choice.
3. The second player then swims across the course in a manner different from the first player.

4. Each player takes a turn swimming across the course without copying any of the prior strokes or methods used to go across the area.
5. Player positions change with each new round.

Octopus

1. Eight or more players form a circle. Each holds onto the next player's foot with one hand. A ball is tossed into the center of the circle.
2. Players must try to grab the ball with their free hand.
3. Each time there is a winner, he gets out of the circle and the circle becomes smaller.

Your Boat is Sinking (on land)

To simulate the difficulty encountered in trying to find a PFD (Personal Flotation Device), and put it on while in a sinking boat.

Materials Needed: 3 PFD's of different types, 3 chairs, a watch or clock with second hand.

1. Line the three chairs up like seats in a boat. Place a PFD under each seat, since this is where many people store them.
2. Ask a volunteer to sit in each seat.
3. At your signal, the "boat" will start to sink and each person will have one minute to find the PFD and put it on correctly. (It usually takes only one minute for a non-swimmer struggling to stay afloat to drown.)
4. After one minute, see which ones were able to save themselves and which "drowned".
5. Emphasize the importance of spending that one minute putting on a PFD before getting into a boat. It could save a life.

Shark Tag

- ✓ Play in water waist deep to chest deep.
- ✓ Boys line up on one side of the pool or swimming area.
- ✓ "It" is 20 feet in front of them.
- ✓ When he yells "Shark" all players swim or walk to the other end while "It" tries to tag them.
- ✓ Those who are tagged join "It" in trying to tag the others. Last player tagged is the winner.

Leapfrog

- ✓ Play in waist deep water.
- ✓ Divide the den into 2 groups.
- ✓ Teams line up single file, with about 4 feet between members.
- ✓ On signal, the last player on each team leapfrogs over the boy ahead,
- ✓ Then he dives and swims between the legs of the next.
- ✓ He continues leaping and diving until he reaches the head of the line. This is the signal for the boy now last in line to begin racing.
- ✓ Continue until the team is back into its original lineup.

Find the Number Game

Materials:

- 20 large flat rocks
- Permanent marker

Directions:

1. Mark numbers ranging from one to five on both sides of each rock with marker.
2. Throw these rocks into the water ranging from two to six feet deep, depending on the swimming ability of your group.
3. On a signal, everybody dunks to try to bring back as many numbered rocks as possible to his station on shore.
4. Only one rock may be carried at a time.
5. The player who collects the highest total when the numbers on his rocks are added up is the winner.

Do's and Don't In and Around Water

*San Gabriel Valley, Long Beach & Verdugo Hills
Councils*

Fill in the blank with Do or Don't for each statement.

1. _____ learn how to swim from qualified instructor.
2. _____ check with your buddy to see if he knows how to swim.
3. _____ be a "show off" or bother others.
4. _____ swim with a buddy.
5. _____ dive into water without knowing its depth.
6. _____ get out of the water when you are tired or cold.
7. _____ swim alone.
8. _____ beware of sunburn. Cover up and use sun screen.
9. _____ dive into water without knowing what is under the water's surface.

Answers: 1-do, 2-do, 3-don't, 4-do, 5-don't, 6-do, 7-don't, 8-do, 9-don't