



CUB SCOUT ACADEMICS AND SPORTS PROGRAM



Sports Swimming

Belt Loop

Complete these three requirements:

- ____ 1. Explain basic rules of safety for swimming. 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 pool.

Sports Pin

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

- ____ 1. Learn two of the following strokes: crawl, backstroke, elementary backstroke, sidestroke, or breaststroke.
- ____ 2. Learn two of the following floating skills: jellyfish float, turtle float, canoe (prone) float.
- ____ 3. Using a kickboard, demonstrate three kinds of kicks.
- ____ 4. Play a water game with your den or family.
- ____ 5. Pass the "beginner" or "Swimmer" swim level test.
The "beginner" swim level test is jump feet first into water over your head, swim 25 feet on the surface, turn sharply, resume swimming as before and return to the starting place.
The "swimmer" swim level test is jump feet first into water over your head, swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trugen, or crawl, then swim 25 yards using an easy resting backstroke. The swim must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating with minimal movement for one minute.
- ____ 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 of Reach, Throw, Row, and Go.
- ____ 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.

Cub's Name: _____ Parent's Signature: _____

Initial each item completed, sign the form, and turn in to your son's Den Leader.