

_____ **BSA First Class requirement 9a**

(Date requirement Completed)

(signature of life guard testing scout)

Tell the what precautions must be taken for a safe trip afloat

1. **Qualified Supervision** – A conscientious and experienced adult leader must supervise all activity afloat
2. **Physical Fitness** – Evidence of fitness for swimming activity is required in the form of a complete health history from a physician, parent or legal guardian (BSA Class 1, 2 or Class 3 health form). The supervisor must know the physical condition of all participants and must adjust the supervision, discipline, and protection to anticipate any potential risks associated with individual health conditions.
3. **Swimming Ability** – You must be classified as a "swimmer" to participate in Scout Activity afloat. (A Scout who has not passed the swimmer test may ride as a passenger in a row boat or motorboat with an adult classified as a swimmer, or in a canoe, raft, or sailboat with an adult certified as a lifeguard or lifesaver by a recognized agency)
4. **Personal Flotation Equipment** – Properly fitted US Coast Guard approved personal flotation Devices (PDF's) must be worn by all person engaged in activity on the open water.
5. **Buddy System** – Scouts never go on or in the water alone. Every person has a buddy, and every craft on the water has a "buddy boat"
6. **Skill Proficiency** – all persons participating in activity afloat must be trained and practiced in craft-handling skills, safety , and emergency procedures
7. **Planning** – Before scouts go afloat, they develop a "float plan" detailing their route, time schedule, and contingency plans. The float plan considers all pertinent water and weather conditions and all applicable rules or regulations, and is shared with all who have an interest (parents, local authorities, scout leaders and others
8. **Equipment** – All equipment must be suited to the craft, to the water conditions and to the individual. Equipment must be in good repair and meet all applicable standards. Appropriate rescue equipment must be available.
9. **Discipline** – Scouts know and respect the rules and always follow directions from the adult supervising the activity afloat.

 _____ **BSA Swimmer Test ~ BSA First Class requirement 9b**

(Date requirement Completed)

(signature of life guard testing scout)

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.

1. **"Jump feet first into water over the head in depth, level off, and begin swimming..."**
The swimmer must be able to make an abrupt entry into deep water and begin swimming without any aids. Walking in from shallow water, easing in from the edge or down a ladder, pushing off from side or bottom, or gaining forward momentum by diving do not satisfy this requirement.
2. **"...Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl;..."**
Completion of the distance should give evidence of sufficient stamina to avoid undue risks. Dog paddling and strokes repeatedly interrupted and restarted are not sufficient; underwater swimming is not permitted. The itemized strokes are inclusive. Any strong side or breaststroke or any strong over arm stroke (including the back crawl) is acceptable. During the testing the scout if tired can float in the rescue floating position – face down in the water lifting head if needed for breathing.
3. **"...swim 25 yards using; an easy, resting backstroke..."**
The swimmer must indicate the ability to execute a restful, free-breathing elementary backstroke that can be used to avoid exhaustion during swimming activity. This element of the test necessarily follows the more strenuous swimming activity to show that the swimmer is, in fact, able to use the backstroke as a relief from exertion. It will be the last 25 yards of the test. The change of stroke must be accomplished in deep water without any push- off or other aid. Any variation of the elementary may suffice if it clearly provides opportunity for the swimmer to rest and regain wind.
4. **"...The 100 yards must be completed in one swim and include at least one sharp turn..."**
The sharp turn simply demonstrates the swimmer's ability to reverse direction in deep water without assistance or push-off from side or bottom.
5. **"...After completing the swim, rest by floating."**
This critically important component of the test evaluates the swimmer's ability to maintain in the water indefinitely even though exhausted or otherwise unable to continue swimming. Treading water or swimming in place will further tire the swimmer and are therefore unacceptable. The duration of the float test is not significant, except that it must be long enough for the test administrator to determine that swimmer is, in fact, resting and could likely continue to do so for a prolonged time. The drown proofing technique may be sufficient if clearly restful, but it is not preferred. If the test is completed except for the float requirement, the swimmer may be retested on the floating only (after instruction) provided that the test administrator is confident that the swimmer can initiate the float when exhausted.

 _____ **BSA First Class requirement 9c**

(Date requirement Completed)

(signature of life guard testing scout)

With a helper and a practice victims, show a line rescue both as tender and as rescuer. (the practice victim should be approximately 30 feet from shore in deep water)

***** CERTIFICATION OF COMPLETION OF BSA SWIMMER TEST *****
& First Class requirements 9 a, 9b & 9c

_____ of Troop #: _____

(Name of Scout)

has successfully completed the BSA swimmer test and BSA First Class Requirements 9a, 9b and 9c.

_____ (Signature of Life Guard administering test)

LOCATION: _____