

**BSA Second Class requirement 7a**

(Date Requirement Completed) _____

(signature of life guard testing scout) _____

Tell what precautions must be taken for a safe swim.

1. **Qualified Supervision** – A conscientious and experienced adult leader must supervise all activity in, on or around the water.
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 (a BSA class 1, 2 or 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. **Safe Area** – Scouts never swim in an area that has not been carefully inspected and prepared for safe swimming. Depth, bottom and perimeter hazards, water quality and clarity, access control, other use or traffic, and temperature are all important safety factors.
4. **Lifeguards on Duty** – trained and specially equipped lifeguards must be on duty whenever and wherever scouts go swimming.
5. **Lookout** – the supervisor or someone he or she appoints must be positioned where they can see and hear everything in the swimming area
6. **Ability Groups** – Each participant's swimming ability must be evaluated, and each participant is limited to the swimming area and activity that suits his ability.
7. **Buddy System** – scouts never swim alone. Each Scout must stay close to a buddy who always knows where he is and what he is doing
8. **Discipline** – Scouts know and respect the rules, and always follow directions from the lifeguards and supervisor.

**BSA Beginner Swimmer test - Second Class requirement 7b**

(Date Requirement Completed) _____

(signature of life guard testing scout) _____

1. Demonstrate your ability to jump feet first into water over your head in depth
2. The beginner 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
3. level off and swim 25 feet on the surface,
4. 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 over arm stroke (including the back crawl) is acceptable.
5. stop, turn sharply, and resume swimming, then return to your starting place.
6. The sharp turn simply demonstrates the beginner swimmer's ability to reverse direction in deep water without assistance or push-off from side or bottom.

**BSA Second Class requirement 7c**

(Date Requirement Completed) _____

(signature of life guard testing scout) _____

Demonstrate water rescue methods by reaching with our 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

***** CERTIFICATION OF COMPLETION OF BSA BEGINNER SWIM TEST ***
& Second Class requirements 7 a, 7b & 7c**

_____ of Troop #: _____
(Name of Scout)

has successfully completed the BSA Beginners swimmer test and BSA Second Class Requirements 7a, 7b and 7c.

_____ (Signature of Life Guard administering test)

LOCATION: _____