BOY SCOUTS OF AMERICA® **SAFETY AFLOAT**

1. Qualified Supervision. All activity must be supervised by a mature adult age 21 or over. Adult/Scouts = 1:10
2. Physical fitness. Demonstration of physical fitness by completed health form.
3. Swimming ability. All persons must pass the BSA swim test.
4. Personal floatation equipment. All must wear a properly fitting and appropriate PFD.
5. Buddy System. Personal buddy and a buddy boat

Please turn over this card – not your boat

BOY SCOUTS OF AMERICA® **SAFETY AFLOAT**

6. Skill proficiency. All must be proficient in handling the watercraft.
7. Planning. Preparation, float plan, notification, weather, contingency.
8. Equipment. Must be in good repair and appropriate for intended use and individual.
9. Discipline. All should know, understand and respect the rules for safe unit activity afloat.

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BOY SCOUTS OF AMERICA® **Safe Swim Defense**

1. Qualified Supervision. All activity must be supervised by a mature adult age 21 or over. Preferable trained in Aquatics Supervision. Adult/Scouts = 1:10
2. Physical fitness. Demonstration of physical fitness by completed health form.
3. Safe Area. Water depth and condition according to ability, water hazards, weather.
4. Response Personnel. At least 2 Lifeguards in addition to supervisor. Guard/Swimmer ratio 1:10 ratio or better.

BOY SCOUTS OF AMERICA® **Safe Swim Defense**

5. Lookout. Oversees the swim area and alerts the lifeguards. This can be the supervisor.
6. Ability groups. Swimmers can swim 100 yards, Beginners 25 feet and non-swimmers don't swim.
7. Buddy System. Buddys are in the same ability group. Buddy check every 10 minutes
8. Discipline. All should know, understand and respect the rules for safe swimming.

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Safety Afloat

1.Qualified Supervision—Supervision by an adult, 21 or older, who is trained in BSA Safety Afloat.
Leadership is provided in ratios of one trained adult per 10 participants; for Cub Scouts, it is 1:5.
At least one leader must be trained in first aid that includes CPR.
Any swimming done in conjunction with the activity must be within BSA Safe Swim Defense standards.
2.Personal Health Review—Complete health history will be needed.
Are there any restrictions on the part of the participant?
3.Swimming Ability—Complete an annual swim test. Do you know what that is?
4.Life Jackets—Properly fitted U.S. Coast Guard–approved life jackets are worn by everyone engaged in boating activities.
5.Buddy System—Make sure each member is accounted for, especially when in the water.
6.Skill Proficiency—Everyone in an activity afloat must have sufficient knowledge and skill to participate safely.
7.Planning—Check for weather and contingencies as needed prior to your activity.
8.Equipment—All craft must be suitable for the activity, be seaworthy, and be capable of floating if capsized.
9.Discipline—Remember that rules are only effective when they are followed.

Safe Swim Defense

1.Qualified Supervision

1.All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of youth members in his or her care, who is experienced in the water and confident of his or her ability to respond in the event of an emergency, and who is trained in and committed to compliance with the eight points of BSA Safe Swim Defense. (It is strongly recommended that all units have at least one adult or older youth member currently trained as a BSA Lifeguard to assist in the planning and conduct of all swimming activity.)

2.Physical Fitness

1.Require evidence of fitness for swimming activity with a complete health history from physician, parent, or legal guardian. The adult supervisor should adjust all supervision, discipline, and protection to anticipate any potential risks associated with individual health conditions. In the event of any significant health conditions, an examination by a physician should be required by the adult supervisor. Those with physical disabilities can enjoy and benefit from aquatics if the disabilities are known and necessary precautions are taken.

3.Safe Area

1.When swimming in areas not regularly maintained and used for swimming activity, have lifeguards and swimmers systematically examine the bottom of the swimming area to determine varying depths, currents, deep holes, rocks, and stumps. Mark off the area for three groups: not more than 3 1/2 feet deep for nonswimmers; from shallow water to just over the head for beginners; deep water not over 12 feet for swimmers. A participant should not be permitted to swim in an area where he cannot readily recover and maintain his footing, or cannot maintain his position on the water, because of swimming ability or water flow. When setting up a safe swimming area in natural waters, use poles stuck in the bottom, or plastic bottles, balloons, or sticks attached to rock anchors with twine for boundary markers. Enclose nonswimmer and beginner areas with buoy lines (twine and floats) between markers. Mark the outer bounds of the swimmer's area with floats. Be sure that clear-water depth is at least 7 feet before allowing anyone to dive into the water. Diving is prohibited from any height more than 40 inches above the water surface; feet-first entry is prohibited from more than 60 inches above the water. For any entry from more than 18 inches above the water surface, clear-water depth must be 10 to 12 feet. Only surface swimming is permitted in turbid water. Swimming is not permitted in water more than 12 feet deep, in turbid water where poor visibility and depth would interfere with emergency recognition or prompt rescue, or in whitewater, unless all participants wear appropriate personal flotation devices and the supervisor determines that swimming with personal flotation equipment is safe under the circumstances.

4.Lifeguards on Duty

1.Swim only where there are lifeguards on duty. For unit swims in areas where lifeguards are not provided by others, the supervisor should designate two capable swimmers as lifeguards. Station them ashore, equipped with a lifeline (a 100-foot length of 3/8-inch nylon cord). In an emergency, one carries out the line; the other feeds it out from shore, then pulls in his partner and the person being helped. In addition, if a boat is available, have two people, preferably capable swimmers, take it out?one rowing and the other equipped with a 10-foot pole or extra oar. Provide one guard for every 10 people in the water, and adjust the number and positioning of guards as needed to protect the particular area and activity.

5.Lookout

1.Station a lookout on the shore where it is possible to see and hear everything in all areas. The lookout may be the adult in charge of the swim and may give the buddy signals.

6.Ability Groups

1.Divide into three ability groups: Nonswimmers, beginners, and swimmers. Keep each group in its own area. Nonswimmers have not passed a swimming test. Beginners must pass this test: jump feetfirst 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 the starting place. Swimmers must pass this test: jump feet first into water over the head in depth. Level off and 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 must include at least one sharp turn. After completing the swim, rest by floating. These classification tests should be renewed annually, preferably at the beginning of the season.

7.Buddy System

1.Pair every youth with another in the same ability group. Buddies check in and out of the swimming area together. Emphasize that each buddy lifeguards his buddy. Check everyone in the water about every 10 minutes, or as needed to keep the buddies together. The adult in charge signals for a buddy check with a single blast of a whistle or ring of a bell, and call "Buddies!" The adult counts slowly to 10 while buddies join and raise hands and remain still and silent. Guards check all areas, count the pairs, and compare the total with the number known to be in the water. Signal two blasts or bells to resume swimming. Signal three blasts or bells for checkout.

8.Discipline

1.Be sure everyone understands and agrees that swimming is allowed only with proper supervision and use of the complete Safe Swim Defense. The applicable rules should be presented and learned prior to the outing, and should be reviewed for all participants at the water's edge just before the swimming activity begins. Scouts should respect and follow all directions and rules of the adult supervisor. When people know the reason for rules and procedures they are more likely to follow them. Be strict and fair, showing no favoritism

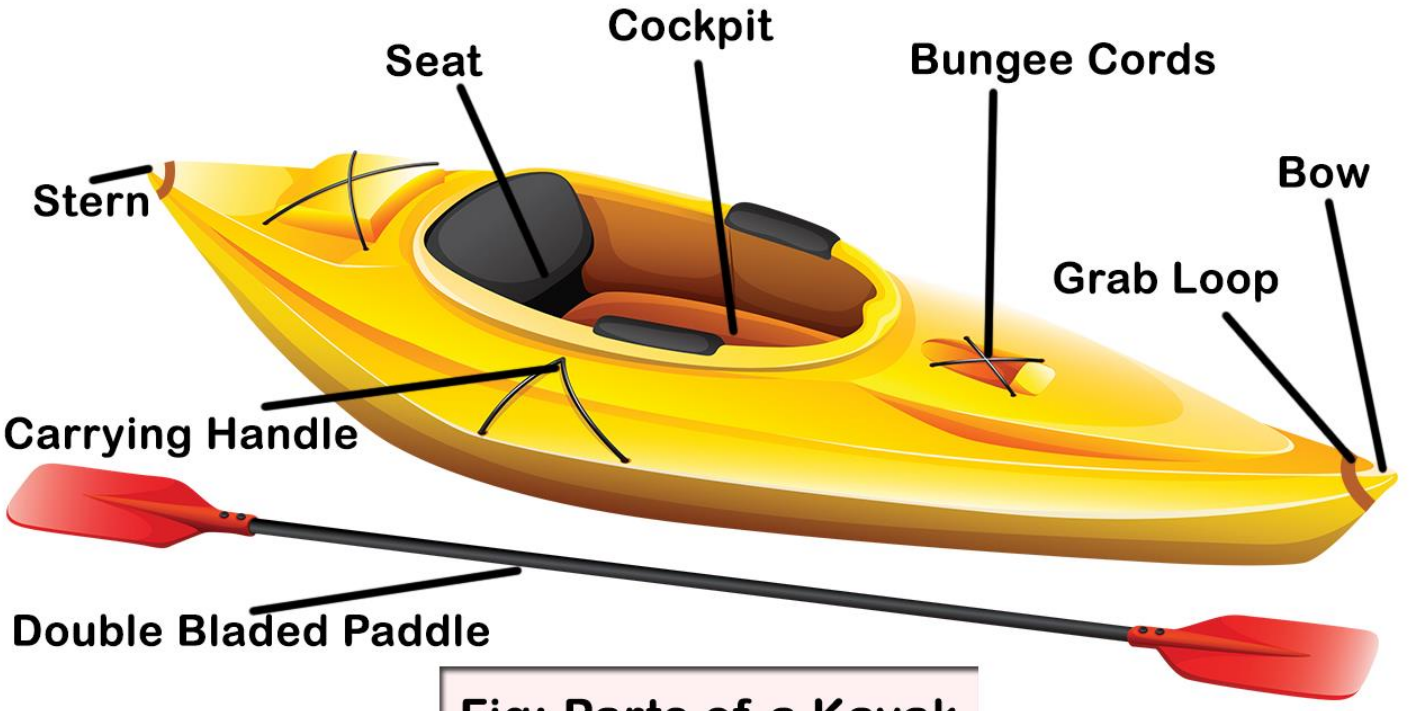

Fig: Parts of a Kayak