



BOY SCOUT

Winter

Swim

Program

2017

Swim Sessions will be held at the:
EISENHOWER POOL
 2315 E Cornell Ave, Springfield IL 62703
 (Next to South East High School)

SESSION A

January 21, 28 & February 4, 11, & 18 2017

SESSION B

February 25 & March 4, 11, 18 & 25 2017

SESSION A

BEGINNER'S 1

(Maximum 8 registrants)

Course Cost - \$20 per scout

Date:	Time:
January 21	5:30 - 6:15pm
January 29	4:00 - 4:45pm
February 4	5:30 - 6:15pm
February 11	4:00 - 4:45pm
February 18	5:30 - 6:15pm



2nd CLASS RANK

(Maximum 12 registrants)

Course Cost - \$25 per scout

Date:	Time:
January 21	6:15 - 7:30pm
January 29	4:45 - 6:00pm
February 4	6:15 - 7:30pm
February 11	4:45 - 6:00pm
February 18	5:30 - 6:15pm



SWIMMING MERIT BADGE

(Maximum 25 registrants)

Course Cost - \$25 per scout

Date:	Time:
January 21	5:30 - 7:30pm
January 29	4:00 - 6:00pm
February 4	5:30 - 7:30pm
February 11	4:00 - 6:00pm
February 18	5:30 - 7:30pm

SESSION B

BEGINNER'S 2

(Maximum 8 registrants)

Course Cost - \$20 per scout

Date:	Time:
February 25	11:30 am - 12:15 pm
March 4	11:30 am - 12:15 pm
March 11	11:30 am - 12:15 pm
March 18	11:30 am - 12:15 pm
March 25	2:00 - 2:45 pm



1st CLASS RANK

(Maximum 12 registrants)

Course Cost - \$25 per scout

Date:	Time:
February 25	12:15 - 1:30 pm
March 4	12:15 - 1:30 pm
March 11	12:15 - 1:30 pm
March 18	12:15 - 1:30 pm
March 25	2:45 - 4:00 pm



LIFESAVING MERIT BADGE

(Maximum 25 registrants)

Course Cost - \$25 per scout

Date:	Time:
February 25	11:30 am - 1:30 pm
March 4	11:30 am - 1:30 pm
March 11	11:30 am - 1:30 pm
March 18	11:30 am - 1:30 pm
March 25	2:00 - 4:00 pm

ALL PARTICIPANTS WILL BE EVALUATED ON THE FIRST NIGHT OF EACH SESSION TO ENSURE THAT THEY ARE IN THE APPROPRIATE COURSE FOR THEIR SWIMMING ABILITY.

2nd Class Rank Requirements:

- Tell what precautions must be taken for a safe swim
- Demonstrate the ability to pass the BSA beginner test*, jump first feet into water over your head in dept, level off and swim 25 yards on the surface, stop, turn sharply and return to your starting place.
- Demonstrate water rescue methods by reaching with your 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.
- Explain why and how a rescue swimmer should avoid contact with the victim.

1st Class Rank Requirements:

- Successfully complete the BSA swimmer test*.
- Tell what precautions must be taken for a safe trip afloat.
- Identify the basic parts of a canoe, kayak or other boat. Identify the parts of a paddle or an oar.
- Describe proper body positioning in a watercraft, depending on the type and size of the vessel. Explain the importance of proper body positioning in the baots.
- With the help and a practice victim, show a line rescue both as a tender and as rescuer.

What to bring:

Swim Trunks, Towel, Merit badge book or Scout book, paper, pencil and lock for locker.

**See the swimming merit badge requirements for details about the BSA Swimmer Test*

SWIMMING MERIT BADGE requirements:

- Explain Scouting's Safe Swim Defense.
- Complete the BSA swimmer test.*
- Demonstrate rescue methods using your arm or leg, or reaching for a suitable object.
- Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible.
- Explain why and how a rescue swimmer should avoid contact with the victim.
- With the help and a practice victim, show a line rescue both as a tender and as rescuer.
- Float faceup, survival floating, demonstrate help and huddle positions, explain hypothermia.
- Feet first surface dive to 5 feet, headfirst surface dive to 5 feet.
- Explain health benefits of aerobic exercise, and why swimming is favored as a fitness and therapeutic exercise

LIFESAVING MERIT BADGE requirements:

- Complete all rank and merit badge requirements.
- Explain common drowning situations, how to identify person/s in the water who need assistance, methods of water rescue.
- Demonstrate 'reaching' and 'throwing' methods.
- Explain the use of small watercraft in rescues.
- List various items that can be used as rescue aids.
- Perform *Equipment-based rescues for a conscious practice.*
- Explain the importance of avoiding contact with a victim and describe lead-and-wait tactics.
- Perform *Non-equipment rescues for a conscious practice.*
- Show how, in deep water, to escape from a victim's grasp.
- Perform rescues for an *unconscious subject.*
- Describe how to respond if a victim submerges before being reached by a rescuer.
- Demonstrate knowledge of resuscitation procedures.
- Demonstrate management of a spinal injury.
- Show that you know first aid for other injuries or illnesses that could occur while swimming or boating.

Register online at
www.alincolnbsa.org
under REGISTRATION



QUESTIONS?

CONTACT

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