



Lifesaving Merit Badge



Prerequisite:

- Safe Swim Defense must be completed! A copy of your Safe Swim Defense certificate.
- Swimming Merit Badge must be completed! A copy of your Swimming Merit Badge Blue Card.

1st Class @ Natatorium / Pool

- > Safe Swim Defense (Prerequisite)
- > Earn the Swimming merit badge (Prerequisite)
- > Reaching Rescues
- > Throwing Rescues
- > Discuss Order of Rescues Methods
- > Show & Do 10 Pound Weight - Feet & Head Dives
- > Show all the 4 Main Strokes

(Front Crawl, Side Stroke, Breaststroke, & Elementary Backstroke)

Requirement

- #1 - SIGN OFF
- #2A - SIGN OFF
- #4 - SIGN OFF
- #5 - SIGN OFF
- #3C
- #14A/B - SIGN OFF
- #2B

2nd Class @ Natatorium / Pool

- > Practice Strokes (Front Crawl & Breaststroke)
- > Why Avoiding Contact / Lead & Wait
- > Rowing Rescue - In Person
- > Blocks & Escapes (Show escape from victim grasp on Wrist, Front & Rear)
- > Make Up any Requirements

Requirement

- #2B
- #10 - SIGN OFF
- #6 - SIGN OFF
- #12
- MAKE UP

3rd Class @ Natatorium / Pool

- > Practice Strokes (Sidestroke & Elementary Backstroke)
- > Practice Equipment Rescues - Conscious & Unconscious
- > Rescue Aids
- > Make Up any Requirements

Requirement

- #2B
- #8AB #13A
- #7 - SIGN OFF
- MAKE UP

4th Class @ Natatorium / Pool

- > Spinal Management
- > Equipment Rescues Test - Conscious & Unconscious
- > Practice all the 4 Main Strokes

(Front Crawl, Side Stroke, Breaststroke, & Elementary Backstroke)

- > Make Up any Requirements

Requirement

- #15ABC - SIGN OFF
- #8AB #13A - SIGN OFF
- #2B
- MAKE UP

5th Class @ Natatorium / Pool

- > Demonstrate Non-Equipment Rescues - Conscious & Unconscious
- > Allowed to Start 400 Yards Swim Test (See below for Requirement #2B in Detail)
- > Make Up any Requirements

Requirement

- #11AB #13BC
- #2B - SIGN OFF
- MAKE UP



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6th Class @ Natatorium / Pool

- > Blocks & Escapes (Show escape from victim grasp on Wrist, Front & Rear)
- > 400 Yards Swim Test (See below for Requirement #2B in Detail)
- > Non-Equipment Test - Conscious & Unconscious
- > Explain Clothes Disrobe for Lecture Class
- > Make Up any Requirements

Requirement

- #12 - SIGN OFF
- #2B - SIGN OFF
- #11 #13BC - SIGN OFF
- #9
- MAKE UP

7th Class @ Natatorium / Pool

- > Make Up any Requirements

Requirement

- MAKE UP

8th Class @ Lecture Class

- > First Aid
- > CPR/AED
- > Methods of Rescue

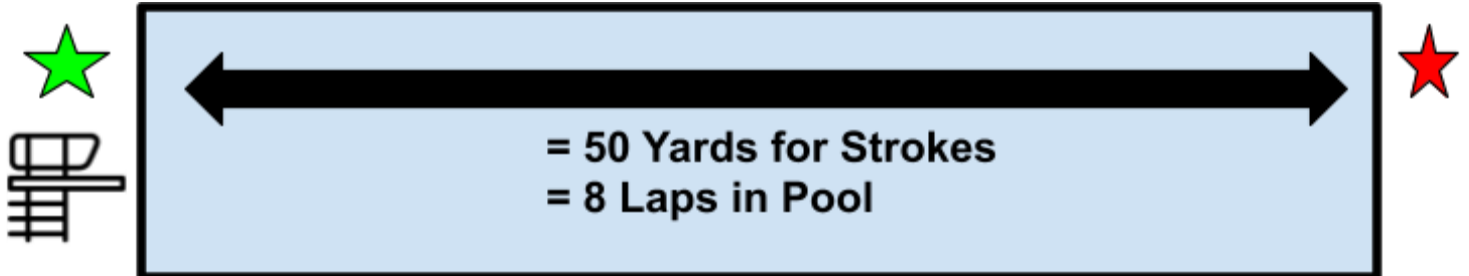
Requirement

- #17 - SIGN OFF
- #16AB - SIGN OFF
- #3ABCDE - SIGN OFF

(Drowning Situations, Identify Persons needing Rescue, Order of Rescues Methods, Rescues Techniques & Rescues not Taken)

- > Clothes Disrobe (30 feet)
- > Rowing Rescue - Video (Make Up)

- #9 - SIGN OFF
- #6 - SIGN OFF



#2B. Swim continuously for 400 yards using the following strokes in a good form and in a strong manner, in good form with rhythmic breathing, for at least 50 continuous yards: front crawl, sidestroke, breaststroke & elementary backstroke.