



Wolf Elective Adventure: Spirit of the Water



1st Class @ Natatorium / Pool

- > Water Pollution
- > Conserve Water
- > Why Swimming is Good Exercise
- > Safety Rules before Swimming/Boating (See below for Requirement #4 in Detail)
- > Jump into Water (At Least Chest-High) Swim 25 Feet or More

Requirement

- #1 - Sign Off
- #2 - Sign Off
- #3 - Sign Off
- #4 - Sign Off
- #5 - Sign Off

Requirement #4

Safe Swim Defense

(Safety Rules for Swimming)

1. Qualified Supervision
2. Personal Health Review
3. Safe Area
4. Response Personal (Lifeguard)
5. Lookout
6. Ability Groups
7. Buddy System
8. Discipline

Safety Afloat

(Safety Rules for Boating)

1. Qualified Supervision
2. Personal Health Review
3. Swimming Ability
4. Life Jackets
5. Buddy System
6. Skill Proficiency
7. Planning
8. Equipment
9. Discipline