



# Webelos Aquanaut



## 1st Class @ Natatorium / Pool

- > Safety Precautions (See below for Requirement #1 in Detail)
- > Skills for Boating
- > Order of Rescue plus Reaching/Throwing (See below for Requirement #3 in Detail)
- > BSA Swimmer Test (See below for Requirement #4 in Detail)
- > Diving Head First
- > Lifeguard What Training and Other Experiences (Backup Requirement)
- > Use of a Life Jacket (Jump into water over your head and Swim 25 feet)

## Requirement #

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

### Requirement #1

#### 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

### Requirement #3:

#### Order of Rescue

- Think
- Reach
- Throw
- Row

### Requirement #4:

#### BSA Swimmer Test

Jump feetfirst 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.