

Swimming Merit Badge

name _____

1. List the 8 concepts in the BSA Safe Swim Defense (Scout Handbook, p.98).

1. **qualified supervision**

2. **lookout**

3. **personal health review**

4. **ability groups**

5. **safe area**

6. **buddy system**

7. **lifeguards on duty**

8. **discipline**

2. List some conditions that might make a body of water dangerous for swimming.

pollution, cold water, rocks, fish hooks or other bottom hazards like glass,

water not clear, traffic on the water, rapids, waves in ocean, lightning

3. In the buddy system, what are your responsibilities with respect to your buddy?

stay close, know where he is and what he is doing

4. When should you wear a PFD? **open water in small boats**

5. Give at least three rescue methods you might try to avoid a swimming rescue.

reach with body part or other object, throw a buoy or other floating object,

row a boat to victim, call for help

6. Why should you not attempt a swimming rescue if you can avoid it? **You**

could become a victim yourself.

SWIMMING AND EXERCISE

7. Give three specific health benefits of regular, aerobic exercise.

a. **strengthen heart, ability to participate in rigorous activities, many others**

b. **feel and function better, helps you avoid obesity**

c. **protects from many diseases related to lack of physical fitness**

8. Give two reasons why swimming is a particularly good exercise?

a. **it's aerobic but not hard on your joints**

b. **works virtually every muscle of the body**

WRITE TRUE OR FALSE NEXT TO EACH STATEMENT:

9. ___ An exercise session should begin with a warm-up activity and end with a cool-down activity.
10. ___ Your heart rate during exercise is a good guide to the aerobic (endurance) benefit you can expect to get out of it.
11. ___ A complete exercise program includes endurance training, strength training, and flexibility training.
12. ___ Your exercise program will be more effective if you commit to at least three fairly intense sessions per week.

SURVIVAL SKILLS

13. Why is immersion in cold water dangerous? **can cause hypothermia**
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14. What are the early symptoms of hypothermia? **shivering, fatigue and anxiety, confusion, irritability, bad decisions, stumbling/falling down (mumbles, stumbles, bumbles)**

15. Describe survival floating (deadman's float). Is it used in warm or cold water?
float with minimal movement to preserve energy; used in warm water (because head can drop below surface).

16. If you are in cold water, waiting for rescue, what are some things you can do to increase your chances of survival? What is something you should *not* do?
float motionless with your PFD and clothes on, your head out of the water, and your legs drawn up close to your trunk (HELP posture), get out of the water onto a floating object, HUDDLE with others if not alone; rigorous swimming or even treading water will chill you