

Swimming Merit Badge

name _____

1. List the 8 concepts in the BSA Safe Swim Defense.

1. _____

5. _____

2. _____

6. _____

3. _____

7. _____

4. _____

8. _____

2. List at least 5 conditions that might make a body of water dangerous for swimming.

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

4. When should you wear a PFD?

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

6. Why should you NOT attempt a swimming rescue if you can avoid it?

SWIMMING AND EXERCISE

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

a. _____

b. _____

c. _____

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

a. _____

b. _____

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? Why is it more dangerous than exposure to cold air?

- 14. What are the early symptoms of hypothermia? _____

- 15. Describe survival floating (deadman's float). Is it used in warm or cold water?

- 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?
