

Visit the "Scouting with Mr. R." web site at:
<http://www.relia.net/~thedane/scouting.html>

This passport belongs to:



© 2005 Kerry Rasmussen, Mr. R.



Visit the "Scouting with Mr. R." web site at:
<http://www.relia.net/~thedane/scouting.html>

This passport belongs to:



© 2005 Kerry Rasmussen, Mr. R.



FIRST AID (1)

Show that you know first aid for injuries or illnesses that could occur while swimming, including:

hypothermia (Body temperature drops below 96° F. *Symptoms: Slow or irregular speech; shallow or very slow breathing; fatigue; confusion; slow pulse; weakness or drowsiness; shivering; cold pale skin.*)

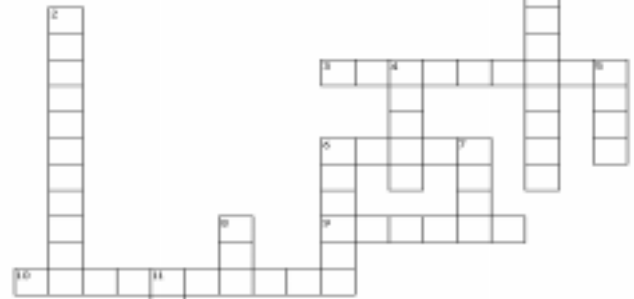
dehydration (Body does not have enough fluids to function properly. Often caused by fluid loss (improper intake, vomiting, diarrhea or excessive urination).)

heat exhaustion (Body encounters excessively high temperatures that it can't manage. Body temperatures that are very high, but usually less than 104°F. *Symptoms: Signs of dehydration, weakness, headache, and nausea.*)

SWIMMING

ACROSS

3. Person who watches for swimmer's safety.
6. The first action taken in a rescue if possible.
9. You get these if muscles constrict too much.
10. Type of swimming where the head faces up away from the water.



DOWN

1. Breathing much faster than normal.
2. When the body temperature goes below 96°.
4. The act of keeping ones head above water without swimming.
5. To jump headfirst into the water.
6. Attempt to save a victim from harm.
7. Floating technique for an individual to reduce heat loss.
8. Used for victims whose heart has stopped.
11. The act of propelling oneself through the water.

FIRST AID (1)

Show that you know first aid for injuries or illnesses that could occur while swimming, including:

hypothermia (Body temperature drops below 96° F. *Symptoms: Slow or irregular speech; shallow or very slow breathing; fatigue; confusion; slow pulse; weakness or drowsiness; shivering; cold pale skin.*)

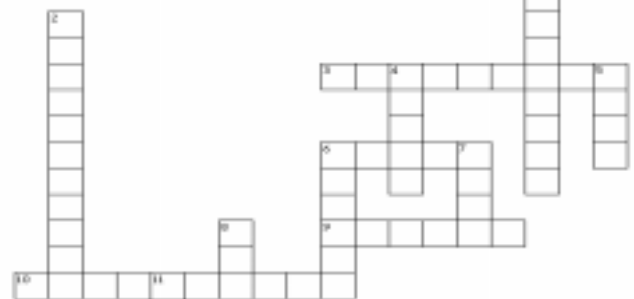
dehydration (Body does not have enough fluids to function properly. Often caused by fluid loss (improper intake, vomiting, diarrhea or excessive urination).)

heat exhaustion (Body encounters excessively high temperatures that it can't manage. Body temperatures that are very high, but usually less than 104°F. *Symptoms: Signs of dehydration, weakness, headache, and nausea.*)

SWIMMING

ACROSS

3. Person who watches for swimmer's safety.
6. The first action taken in a rescue if possible.
9. You get these if muscles constrict too much.
10. Type of swimming where the head faces up away from the water.



DOWN

1. Breathing much faster than normal.
2. When the body temperature goes below 96°.
4. The act of keeping ones head above water without swimming.
5. To jump headfirst into the water.
6. Attempt to save a victim from harm.
7. Floating technique for an individual to reduce heat loss.
8. Used for victims whose heart has stopped.
11. The act of propelling oneself through the water.

□ Discuss with your counselor the incentives and obstacles for staying with the fitness program you created.



.....
.....
.....
.....

Explain the unique benefits that could be gained from this program.

.....
.....

How would personal health awareness and self-discipline relate to your willingness and ability to pursue such a program.

.....
.....
.....

□ Discuss with your counselor the incentives and obstacles for staying with the fitness program you created.



.....
.....
.....
.....

Explain the unique benefits that could be gained from this program.

.....
.....

How would personal health awareness and self-discipline relate to your willingness and ability to pursue such a program.

.....
.....
.....

heat stroke (**Severe** injury from high body temperatures (usually greater than 104°F.) that cause damage to many organs. Two categories: **exertional**-exercising in excessively warm conditions; **classic**-remaining in warm environments too long. *Symptoms: Same as heat exhaustion plus confusion hallucinations, bizarre behavior, seizure, coma.*)

.....
.....
.....

muscle cramps (Painful, sustained contractions of fibers in the muscle lasting from a few seconds to hours. *Symptoms: Sharp, sudden spasm of muscle. Muscle is hard to the touch and may twitch beneath the skin.*)

.....
.....
.....

stings & bites (Puncturing of the skin by a insect or animal. *Symptoms: Sudden pain at injury site. Swelling and reddening may appear around injury. CAUTION: May show signs of allergic reaction.*)

.....
.....
.....

heat stroke (**Severe** injury from high body temperatures (usually greater than 104°F.) that cause damage to many organs. Two categories: **exertional**-exercising in excessively warm conditions; **classic**-remaining in warm environments too long. *Symptoms: Same as heat exhaustion plus confusion hallucinations, bizarre behavior, seizure, coma.*)

.....
.....
.....

muscle cramps (Painful, sustained contractions of fibers in the muscle lasting from a few seconds to hours. *Symptoms: Sharp, sudden spasm of muscle. Muscle is hard to the touch and may twitch beneath the skin.*)

.....
.....
.....

stings & bites (Puncturing of the skin by a insect or animal. *Symptoms: Sudden pain at injury site. Swelling and reddening may appear around injury. CAUTION: May show signs of allergic reaction.*)

.....
.....
.....

cuts & scrapes (Laceration or opening of the skin. May be clean cut or a jagged tear. *Symptoms: Usually painful. May vary from a small amount of bleeding to a great deal of bleeding.*)

spinal injuries (If you suspect a back injury, DO NOT MOVE the victim. Assume they have a spinal injury if these symptoms exist: *There is evidence of a head injury. Victim goes in and out of consciousness. They complain of pain in neck or back. They complain of weakness, numbness or lacks control of their limbs. The neck or back is positioned oddly.*)

hyperventilation (Breathing faster than normal. *Symptoms: Victim's heart pounds and they feel like they can't get enough air. Arms, legs and mouth tingle and may feel numb because they are taking in too much oxygen and not giving off enough carbon dioxide. Sometimes loss of consciousness.*)

Large empty rectangular box with horizontal lines for notes.

cuts & scrapes (Laceration or opening of the skin. May be clean cut or a jagged tear. *Symptoms: Usually painful. May vary from a small amount of bleeding to a great deal of bleeding.*)

spinal injuries (If you suspect a back injury, DO NOT MOVE the victim. Assume they have a spinal injury if these symptoms exist: *There is evidence of a head injury. Victim goes in and out of consciousness. They complain of pain in neck or back. They complain of weakness, numbness or lacks control of their limbs. The neck or back is positioned oddly.*)

hyperventilation (Breathing faster than normal. *Symptoms: Victim's heart pounds and they feel like they can't get enough air. Arms, legs and mouth tingle and may feel numb because they are taking in too much oxygen and not giving off enough carbon dioxide. Sometimes loss of consciousness.*)

Large empty rectangular box with horizontal lines for notes.

Write a plan for a swimming exercise program that will promote aerobic/vascular fitness, strength and muscle tone, body flexibility, and weight control for a person of Scout age. Identify resources and facilities available in your home community that would be needed for such a program.

My Exercise Program

Lined writing area for the exercise program plan.

(continued)



CPR (2)

Identify the conditions that must exist before performing CPR on a person. Explain how to recognize such conditions.

Horizontal lines for writing the answer to the first question.



Demonstrate proper technique for performing CPR using a training device approved by your counselor.

See:

<http://www.firstaidweb.com/cpr.php>

CPR TIME LINE

0-4 mins. brain damage unlikely
4-6 mins. brain damage possible
6-10 mins. brain damage probable
over 10 mins. probable brain death



Write a plan for a swimming exercise program that will promote aerobic/vascular fitness, strength and muscle tone, body flexibility, and weight control for a person of Scout age. Identify resources and facilities available in your home community that would be needed for such a program.

My Exercise Program

Lined writing area for the exercise program plan.

(continued)



CPR (2)

Identify the conditions that must exist before performing CPR on a person. Explain how to recognize such conditions.

Horizontal lines for writing the answer to the first question.



Demonstrate proper technique for performing CPR using a training device approved by your counselor.

See:

<http://www.firstaidweb.com/cpr.php>

CPR TIME LINE

0-4 mins. brain damage unlikely
4-6 mins. brain damage possible
6-10 mins. brain damage probable
over 10 mins. probable brain death



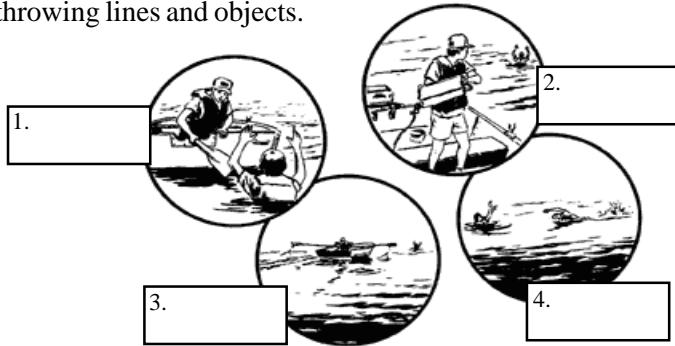
2ND & 1ST CLASS REVIEW (3)

Tell what precautions must be taken for a safe swim.



☐ Demonstrate your ability to jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.

☐ Demonstrate water rescue methods by reaching your arm or leg, by reaching with a suitable object, and by throwing lines and objects.



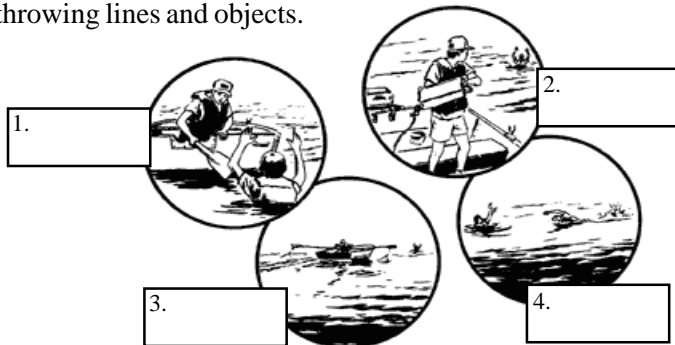
2ND & 1ST CLASS REVIEW (3)

Tell what precautions must be taken for a safe swim.



☐ Demonstrate your ability to jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.

☐ Demonstrate water rescue methods by reaching your arm or leg, by reaching with a suitable object, and by throwing lines and objects.



Safe Swim Defense

This is to verify that _____

has satisfactorily completed specific instruction in Safe Swim Defense and has agreed to use the eight defenses in this plan on every occasion when _____ (Unit and No.) goes swimming.

This card is good for two years from date _____

_____ Council

Boy Scouts of America

Signed _____ Aquatics Counselor Approved by Council

BOY SCOUTS OF AMERICA

1. Qualified Supervision
2. Physical Fitness
3. Safe Area
4. Lifeguards on Duty
5. Lookout
6. Ability Groups
7. Buddy System
8. Discipline



Safe Swim Defense

This is to verify that _____

has satisfactorily completed specific instruction in Safe Swim Defense and has agreed to use the eight defenses in this plan on every occasion when _____ (Unit and No.) goes swimming.

This card is good for two years from date _____

_____ Council

Boy Scouts of America

Signed _____ Aquatics Counselor Approved by Council

BOY SCOUTS OF AMERICA

1. Qualified Supervision
2. Physical Fitness
3. Safe Area
4. Lifeguards on Duty
5. Lookout
6. Ability Groups
7. Buddy System
8. Discipline




FITNESS (10)

□ Explain the health benefits of regular aerobic exercise.

□ Explain why many people today do not get enough of the beneficial kinds of exercise.

□ Discuss why swimming is favored as both a fitness and a therapeutic exercise.



Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible.

Explain why and how a rescue swimmer should avoid contact with the victim.


Tell what precautions should be taken for a safe trip afloat.

FITNESS (10)

□ Explain the health benefits of regular aerobic exercise.

□ Explain why many people today do not get enough of the beneficial kinds of exercise.

□ Discuss why swimming is favored as both a fitness and a therapeutic exercise.



Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible.

Explain why and how a rescue swimmer should avoid contact with the victim.

Tell what precautions should be taken for a safe trip afloat.

Before doing the following requirements, successfully complete the **BSA swimmer test**:

❑ Jump feetfirst into water over your head in depth, 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 swum continuously and include at least one sharp turn.

❑ After completing the swim, rest by floating.

❑ With a helper and a practice victim, show a line rescue both as tender and as rescuer. The practice victim should be approximately 30 feet from shore in deep water.



Before doing the following requirements, successfully complete the **BSA swimmer test**:

❑ Jump feetfirst into water over your head in depth, 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 swum continuously and include at least one sharp turn.

❑ After completing the swim, rest by floating.

❑ With a helper and a practice victim, show a line rescue both as tender and as rescuer. The practice victim should be approximately 30 feet from shore in deep water.



b. Demonstrate the following competitive swim skills:

❑ Racing dive from a pool edge or dock edge (no elevated dives from racing platforms or starting blocks)

❑ Racing form for 25 yards on one competitive stroke (front crawl, back crawl, breaststroke, or butterfly)

❑ Racing turns for the stroke you chose in 8b2, OR, if the camp facilities cannot accommodate the racing turn, repeat 8b2 with an additional stroke.

❑ Describe the sport of competitive swimming.



HEADFIRST DIVE (9)

❑ In water at least 8 feet deep, show a headfirst dive (*kneeling start, bent-knee start, or standing dive*) from a dock or pool deck. Show a long shallow dive, also from the dock or pool deck. If a low board (not to exceed 40 inches above water at least 9 feet deep) is available, show a plain front dive.



b. Demonstrate the following competitive swim skills:

❑ Racing dive from a pool edge or dock edge (no elevated dives from racing platforms or starting blocks)

❑ Racing form for 25 yards on one competitive stroke (front crawl, back crawl, breaststroke, or butterfly)

❑ Racing turns for the stroke you chose in 8b2, OR, if the camp facilities cannot accommodate the racing turn, repeat 8b2 with an additional stroke.

❑ Describe the sport of competitive swimming.



HEADFIRST DIVE (9)

❑ In water at least 8 feet deep, show a headfirst dive (*kneeling start, bent-knee start, or standing dive*) from a dock or pool deck. Show a long shallow dive, also from the dock or pool deck. If a low board (not to exceed 40 inches above water at least 9 feet deep) is available, show a plain front dive.



DIVING OR RACING (8)

Do **ONE** of the following (either **a** or **b** completely):

a. Demonstrate snorkeling and scuba diving knowledge:

- ❑ Demonstrate selection and fit of mask, snorkel, and fins; discuss safety in both pool and open-water snorkeling.
- ❑ Demonstrate proper use of mask, snorkel, and fins for underwater search and rescue.
- ❑ Describe the sport of scuba diving or snorkeling, and demonstrate your knowledge of BSA policies and procedures relating to that sport.

**DIVING OR RACING (8)**

Do **ONE** of the following (either **a** or **b** completely):

a. Demonstrate snorkeling and scuba diving knowledge:

- ❑ Demonstrate selection and fit of mask, snorkel, and fins; discuss safety in both pool and open-water snorkeling.
- ❑ Demonstrate proper use of mask, snorkel, and fins for underwater search and rescue.
- ❑ Describe the sport of scuba diving or snorkeling, and demonstrate your knowledge of BSA policies and procedures relating to that sport.

**SURVIVAL SKILLS (4)**

- ❑ Demonstrate survival skills by leaping into deep water wearing clothes (shoes, socks, swim trunks, long pants, belt, and long-sleeved shirt). Remove shoes and socks, remove and inflate the shirt, and show that you can float using the shirt for support. Remove and inflate the pants for support. Swim 50 feet using the inflated pants for support, then show how to reinflate the pants while using them for support.

150 YARD SWIM (5)

- ❑ Swim continuously for 150 yards using the following strokes in good form and in a strong manner: front crawl or trudgen for 25 yards, back crawl for 25 yards, sidestroke for 25 yards, breaststroke for 25 yards, and elementary backstroke for 50 yards.

**SURVIVAL SKILLS (4)**

- ❑ Demonstrate survival skills by leaping into deep water wearing clothes (shoes, socks, swim trunks, long pants, belt, and long-sleeved shirt). Remove shoes and socks, remove and inflate the shirt, and show that you can float using the shirt for support. Remove and inflate the pants for support. Swim 50 feet using the inflated pants for support, then show how to reinflate the pants while using them for support.

150 YARD SWIM (5)

- ❑ Swim continuously for 150 yards using the following strokes in good form and in a strong manner: front crawl or trudgen for 25 yards, back crawl for 25 yards, sidestroke for 25 yards, breaststroke for 25 yards, and elementary backstroke for 50 yards.



FLOATING (6)

- a. Float faceup in a resting position for at least one minute.
- b. Demonstrate survival floating for at least five minutes.
- c. While wearing a properly fitted personal floatation device (PFD), demonstrate the HELP and huddle positions.

Explain their purposes.

- d. Explain why swimming or survival floating will hasten the onset of hypothermia in cold water.



http://www.wildthingstodo.com/hypo_water.htm

FLOATING (6)

- a. Float faceup in a resting position for at least one minute.
- b. Demonstrate survival floating for at least five minutes.
- c. While wearing a properly fitted personal floatation device (PFD), demonstrate the HELP and huddle positions.

Explain their purposes.

- d. Explain why swimming or survival floating will hasten the onset of hypothermia in cold water.



http://www.wildthingstodo.com/hypo_water.htm

SURFACE DIVING (7)

In water over your head, but not to exceed 10 feet, do each of the following:

- Use the feetfirst method of surface diving and bring an object up from the bottom.
- Do a headfirst surface dive (pike or tuck) and bring the object up again.
- Do a headfirst surface dive to a depth of at least 5 feet and swim underwater for three strokes. Come to the surface, take a breath, and repeat the sequence twice.



SURFACE DIVING (7)

In water over your head, but not to exceed 10 feet, do each of the following:

- Use the feetfirst method of surface diving and bring an object up from the bottom.
- Do a headfirst surface dive (pike or tuck) and bring the object up again.
- Do a headfirst surface dive to a depth of at least 5 feet and swim underwater for three strokes. Come to the surface, take a breath, and repeat the sequence twice.

