

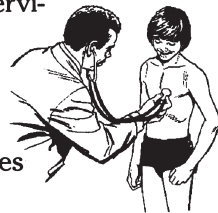
Safe Swim Defense Plan for Units

This plan has been most successful throughout the years in making unit swims safe and giving Scouts and their leaders an understanding of basic principles of group swimming under adequately supervised and safe conditions. If every Scout thoroughly understands the plan, he can cooperate in using it and help teach other Scouts its basic principles.

1. *Qualified supervision*—All swimming activity must be supervised by a mature and conscientious adult who is at least 21 years of age and who understands and knowingly accepts responsibility for the well-being and safety of the youth in his or her care; who is experienced in the water and confident of being able to respond in the event of an emergency; and who is trained in and committed to compliance with the eight points of the BSA Safe Swim Defense. (It is strongly recommended that all units have at least one adult or older youth member currently certified as a BSA Lifeguard to assist in the planning and conduct of all swimming activity.)



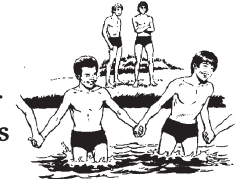
2. *Physical fitness*—It is important that the swim supervisor be aware of the physical condition of all participants in or on the water and take special precaution when needed. A current individual health history provided by a licensed medical practitioner, parent, or legal guardian, that includes information on heart, lung, breathing, and ear/hearing conditions is normally sufficient.
3. *Safe swimming area*—The bottom of the swimming area is examined to make sure it's safe, with no deep holes, stumps, or rocks. It's then marked off in three sections: not more than 3½ feet deep



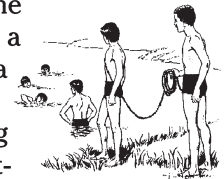
"PDQBALLS:" For Second Class Rank Requirements

P Physical Fitness	Be fit to Swim - physical exam by doctor may be needed
D Discipline	Pay attention to leaders, instructions & rules
Q Qualified Supervision	Qualified Adult Supervision in & out of water
B Buddy System	Everyone is paired with a buddy to stay with
A Ability Groups	Everyone is tested and stays within their limits
L Lifeguard	A trained & equipped lifeguard is on duty
L Look-Out	Positioned to hear and see everything in area
S Safe Swimming Area	Evaluate the area and determine safety & limits

for nonswimmers, up to a 6-foot depth for beginners, and deep water for swimmers (not over 12 feet).



4. *Lifeguards*—Two older Scouts who are good swimmers are guards. They stand at the edge of the water, equipped with a life-line, ready to assist any swimmer in trouble. In addition, if a boat is available, it should be standing by with two older Scouts, preferably good swimmers. One should be at the oars. The other should be equipped with a reaching pole, a throwing device, or an extra oar, and should be in the stern, but turned around so both he and the oarsman are facing the swimmers. The boat is stationed just outside the swimming area, with the stern toward the swimmers, ready to "backwater" toward anyone who needs help.

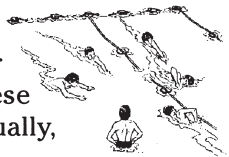


5. *Lookout*—A lookout, a responsible person, stands where he can watch all swimmers. It's best if he is high above so his view is never blocked.
6. *Ability groups*—Before group swimming starts, each Scout's swimming ability is tested. The Scouts are then divided into three groups, each staying in its own area during the swim: nonswimmers who are just learning; beginners who have jumped feetfirst into deep water and swum 25 feet, then reversed direction and swum another 25 feet to their starting point; and swimmers, who have passed this test: jump feetfirst into water

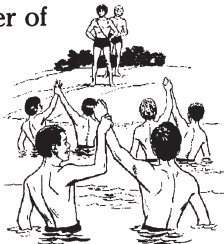


over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke.

The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating. These classification tests should be retaken annually, preferably at the beginning of each season.



7. *Buddy system*—Each Scout is paired with another of about the same swimming ability. The two check in together on a buddy board or its equivalent, keeping within 10 feet of each other at all times, and check out together. Whenever a buddy signal is sounded (at least every 10 minutes), buddies grasp each other by the hand and hold their arms high so that the lookout can check the number of buddy teams. In deep water, buddies should swim to a dock, raft, or a place where they can stand.



8. *Discipline*—The adult supervisor sees to it that there is intelligent discipline—strict attention to the rules, but a chance for everyone to have a good time and become a better swimmer. Remember, the rules are for everybody.



Scouting's Safe Swim Defense plan can easily be used when you are swimming with your own family or with any other group.

When you go to a public swimming pool or beach, the management should provide supervision, lifeguards, and lookouts, so you need only concern yourself with things that affect you individually.

Be sensible and keep within the proper area for swimmers of your ability. You should **always swim with a buddy**, regardless of where you are swimming. This assures that every swimmer is always watched by at least one other person. If a check-in and check-out plan is not provided by the management, be sure to make some sort of an arrangement to provide it for your own immediate group. It can be as simple as a scribbled list of swimmers by buddy pairs, with names crossed off as they leave the pool.

Of course, all the rules posted and announced by the management should be obeyed by any Scouting group. The Safe Swim Defense plan is simple and **effective**. Use it, enjoy it, and **teach it to everyone!**