

# AQUANAULT



# Aquanaut Activity Badge

Fourth grade

## DEN MEETINGS



July Cub Scout Theme: Our National Treasures

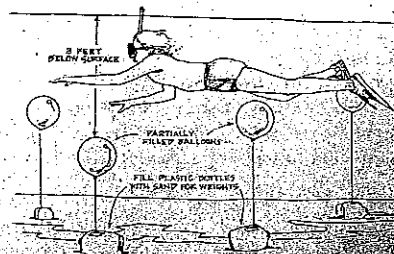
Physical Skills Group

(If possible, conduct some or all den meetings at pool or waterfront.)

	FIRST WEEK	SECOND WEEK	THIRD WEEK	FOURTH WEEK
<b>BEFORE THE MEETING STARTS</b>	Supplies: <i>Cub Scout Leader How-To Book</i> ; bell for Blind Bell (page 2-11, <i>Cub Scout Leader How-To Book</i> ); <i>Cub Scout Sports: Swimming</i> booklet, No. 34288; <i>Cub Scout Leader Book</i> .	Supplies: <i>Cub Scout Leader How-To Book</i> ; materials for Buddy Tags (page W28); mirrors, paper, and pencils for Mirror, Mirror game in "Hard Lessons" module of Ethics in Action, Chapter 11, <i>Cub Scout Leader How-To Book</i> .	Invite a skin diver to teach snorkeling. Supplies: <i>Cub Scout Leader How-To Book</i> ; mask, fins, and snorkel.	Supplies: equipment for Lifeline Throwing Test (page 11, <i>Webelos Den Activities</i> ); <i>Cub Scout Songbook</i> .
<b>GATHERING (Keep early arrivals busy.)</b>	Establish Safe Swim Defense (page 12-3, <i>Cub Scout Leader Book</i> ). Have free swim. OR Play Blind Bell.	Establish Safe Swim Defense. Have free swim. OR Play Chain Tag (page 2-17, <i>Cub Scout Leader How-To Book</i> ).	Establish Safe Swim Defense. Have free swim. OR Play Blob (page 2-17, <i>Cub Scout Leader How-To Book</i> ).	Establish Safe Swim Defense. Have free swim. OR Have Lifeline Throwing Test.
<b>OPENING (Ceremony)</b>	Form living circle. Denner leads Cub Scout Promise.	Denner leads Scout Oath. Ask a boy what duty to God and country means to him.	Denner leads Scout Law.	Sing "Tarzan of the Apes" ( <i>Cub Scout Songbook</i> ).
<b>Brief business period—roll call, dues, uniform inspection.</b>				
<b>ACTIVITY BADGE FUN (Instruction, practice, games, and contests related to Webelos skills)</b>	Test boys' swimming skills and separate into nonswimmers, beginners, and swimmers. Have swimming instruction for nonswimmers and beginners; swimmers play water games (pages 2-44 to 2-47, <i>Cub Scout Leader How-To Book</i> ). For tips on teaching swimming, see pages 10-25 in <i>Cub Scout Sports: Swimming</i> . OR Discuss small-boat safety. See "Safety Afloat" on pages 12-4 to 12-5 of the <i>Cub Scout Leader Book</i> .	Continue instruction for nonswimmers and beginners. Swimmers play water games. OR Make Buddy Tags.	Continue instruction for nonswimmers and beginners. Skin diver instructs swimmers in mask, fins, and snorkel use. OR Have instructor demonstrate and boys practice how to put on mask, fins, and snorkel, and how to care for them.	Have demonstration and practice of water rescue methods ( <i>Webelos Scout Book</i> ). If at a pool or waterfront, conduct Aquanaut tests.
<b>PREPARATION (Making props and equipment; getting set for future special events)</b>	Announce this month's Cub Scout theme and tell what Webelos den will do at pack activity.	Play Mirror, Mirror game in "Hard Lessons" from Ethics in Action. Hold reflecting discussion on how the boys felt while playing.		Check den's preparations for pack activity.
<b>Sign boys' books for activity badge requirements passed.</b>				
<b>CLOSING (Announcements, ceremony)</b>	Assign boys to explain one point of Scout Law for closing of next three meetings. Form living circle. Denner leads Law of the Pack.	Assigned boy discusses point of Scout Law. Ask boys to observe moment of reverence.	Assigned boy discusses point of Scout Law. Ask boys to observe moment of reverence.	Assigned boy discusses point of Scout Law.

**DEN MEETING CLEANUP UNDER SUPERVISION OF DENNER.**  
FOR MORE INFORMATION AIDS, READ *BOYS' LIFE*, *SCOUTING*, and ATTEND DISTRICT ROUNDTABLE.

**SNORKELING SLALOM COURSE.** Anchor several barely inflated balloons about every 3 feet on a course 50 to 100 feet long. Swimmers pass over each balloon.



## AQUANAUT ACTIVITY BADGE



To most ten year boys in our area, the Aquanaut Activity Badge will be one of the easiest to earn. It will be fun for both the boys and the Webelos leader.

One of the main points of this badge is to teach water safety rules. These rules will be found at every Scout waterfront. The rules may not particularly impress a Webelos Scout at a neighborhood pool where he swims daily, but next year at summer camp, their value will become apparent to him.

### DEN ACTIVITIES

1. Assign buddies and explain the importance of the buddy swimming system.
2. Have a demonstration of mask, fins and snorkel by an expert. People who have completed the scuba class at the YMCA would be good. Have boys take turns using the equipment, or have them use their own. Start with the fins and show them the difference in speed with and without them. Have the boys practice seeing in the water with the masks on and learning how to breathe. Next, the boys can try the snorkel, in shallow water (learning to breathe) before venturing into deeper water.
3. Take the den swimming. Classify boys according to swimming ability. Assign boys to areas according to ability. Let them try to pass the 100 - foot requirements and the surface dive optional requirement and the snorkel optional requirement.
4. If a rowboat is available, have boat safety methods and rowing techniques demonstrated by an expert. Give the boys a chance to practice these methods.
5. Have the boys learn the four basic rescue methods as illustrated by the words: "Reach", "Throw", "Row", "Go", "Tow". Have them practice a reaching rescue with a shirt, pole, or by throwing a rope, ring, or other lifeline.
6. Take boys to a swim meet or diving exhibition.
7. Make buddy boards.
8. Invite an expert to explain to the boys how to handle emergencies in the water. Contact a swimming instructor, the YMCA or Coast Guard. Three rules to remember are: Don't panic.....think.....save your strength.
9. Learn about water pollutants in the lakes and rivers in our area. How do they affect water used for consumption and recreation?
10. Study the Safe Swim Defense Plan.

The following are some good beginner games:

1. Catching ball in shallow water.
2. Passing water ball while standing in the water.
3. Tunnel ball-passing a ball back and between the legs.
4. Cat and mouse — cat outside circle, mouse inside.
5. Spoon and Ping-Pong ball relay.
6. Kickboard race to 25 yards away.
7. Kickboard relay - width of the pool.
8. Relay race in shallow water — running and gliding on stomach.

### PACK ACTIVITIES

Exhibit: Mask, fins, snorkel, boat equipment, practice-breathing dummy.  
Demonstrate: Swimming strokes, rescue assists, artificial respiration.

## HELP WITH THE HEAT!!

The dog days of summer are here! Even though "dog days" refer to a constellation in the sky this time of year, most people think of them as the hottest days of the summer. As for me, I can see there are two ways to handle the heat: stay still inside or get into the water. Here are some good water ideas to try out:

### GIANT SLIPPERY SLIDE

"This could be the most popular spot in your backyard all summer!"

WHAT YOU NEED: A long sheet of plastic about 2 yards wide  
Duct tape or plastic tape  
Scissors A water hose

#### HOW DO I DO IT:

1. You can make the garbage bags into one long sheet of plastic by cutting them with a pair of scissors along the edge on either side.
2. Lay the bags flat end to end and carefully tape them together with the tape. Make sure that they overlap in the same direction every time.
3. When you have a long sheet of plastic, lay it out on the lawn. Run the water hose to one end of the plastic and turn on the water. When the sheet gets wet, it will be very slippery. Who can slide the farthest standing up? Who can make it down the slide the fastest on their stomach? Your back? Or sitting down?
4. Have a relay. Get several of your friend to play. Divide into teams and give each team a container of water. Make sure the container is not breakable. Each person then runs and slides on the wet surface, holding the container over his head. When he gets to the end of the slide, he empties his container into a bucket. The other team has its own bucket. The team that has the most water in five minutes is the winner.

### MUSICAL WASHPAILS

This game is alot like musical chairs but it will keep you cool at the same time.

WHAT YOU NEED: A washtub or pail for every player. Make sure they are big enough for the players to sit in.

A whistle or tape player for music.

HO TO DO IT:

1. Fill all tubs with water and stand them in a circle. Keep a water hose handy for refills when you need them. Be sure to set out one less washtub than people playing the game.

2. Everyone marches around the tubs until the music stops playing or until a whistle blows. When the music stops, everyone must find a tub or pail to sit in. The person without a tub is eliminated. One tub is removed and the game continues. This goes on until there is one tub left. The person who gets the last tub wins.

### WEBELOS AQUANAUT SWIMMING GAMES

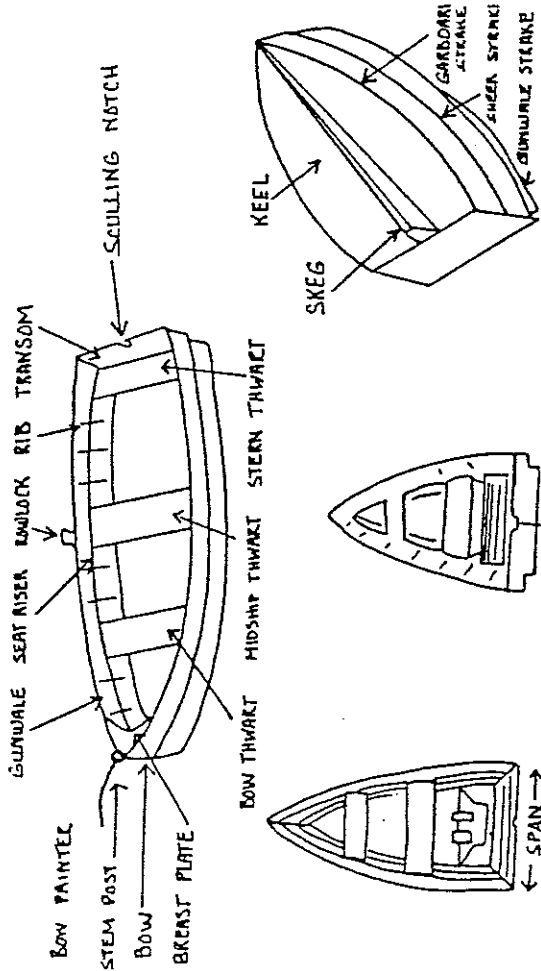
Underwater Balloon Blowing: Each den member receives a balloon. On signal, everyone ducks under in waist deep water and tries to blow up his balloon. Winner is the first team with all its balloons inflated to (at least) a minimum size.

Balloon Dive: Inflated balloons are partially filled with different amounts of water (so they stay submerged at various depths.) On signal, competitors jump into the water and dive to retrieve as many balloons as possible. Winner is the individual or team collecting the most balloons.

Water Touch Football: In waist deep water, players advance the ball by running, swimming, or passing. A player with the ball is stopped when tagged while part of his body is above the surface. Teams have only four downs to score, or they must give up the ball. Team size depends on swim space available.

**ROWBOATS**

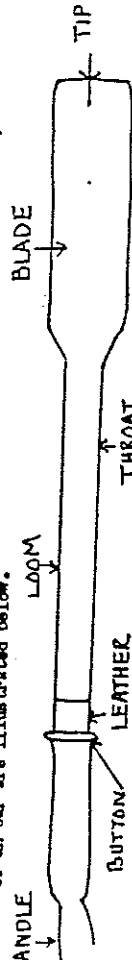
The following terms apply to parts of rowboats, regardless of how the boat is constructed or what the materials are.



Rowboats can be capsized or swamped. It usually takes an effort to do it. If it should happen - STICK BY THE BOAT!!! The boat will float and will easily support or carry you until someone comes to help. You are safe to HANG ON!

Aluminum rowboats are light, rugged and require little maintenance. Flotation units are usually built in. Fiberglass boats also use flotation units. They require little care but can be heavy to handle.

With oars you propel the boat. Rowlocks hold the oars in place. The parts of an oar are illustrated below.



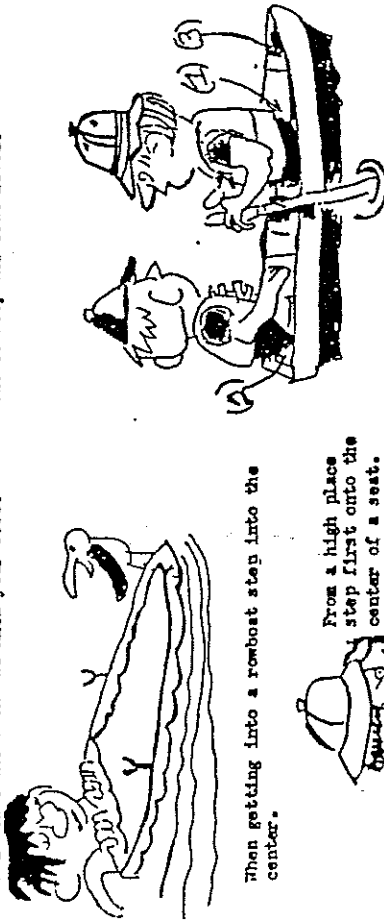
Oars are made of straight grained spruce or hardwood. Spruce, while light, wears quickly. Hardwood oars are heavy but last longer and can take more hard knocks.

Safe in a rowboat. In some ways a rowboat is like a person. It can carry you but it can carry only so much. It can be caught off balance. It gets hurt if it slams into anything. Take care of the rowboat you go out in. It will then take care of you and bring you back.

Each person sitting in the boat must have his own life preserver. Don't crowd too many people in one boat. That is unsafe, takes the fun out of boating, and makes more work for the rower. One person on a seat is enough. Once you are in the boat sit. Never stand up.

Hang onto a swamped boat. Rest for a while, then try to get back into the boat, OR - Point the boat at the shore. Hold onto the back and kick your feet.

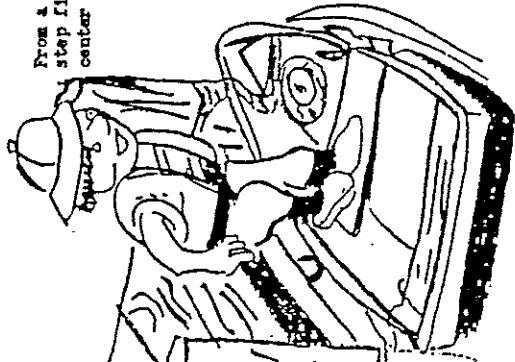
Padding a water-filled boat is easier when the passengers spread out to keep the boat level.



When getting into a rowboat step into the center.

From a high place step first onto the center of a seat.

DO NOT JUMP!



The rower usually sits on the middle seat (1). His passenger sits on the stern seat (2). If he has another passenger, he sits on the forward seat (3).

-Boys' Life Magazine

# PHYSICAL SKILLS GROUP

## REQUIREMENTS:

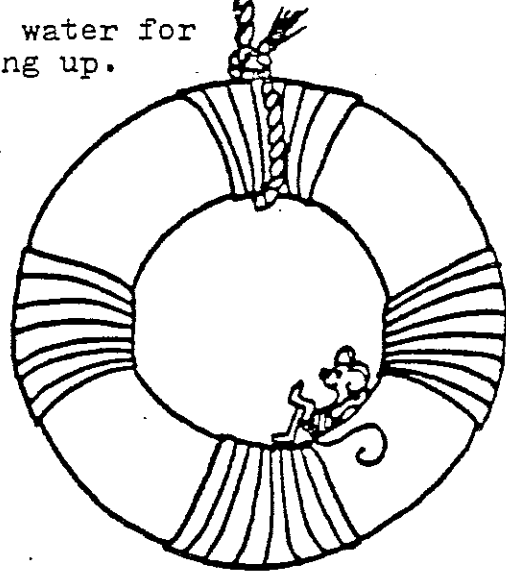
### DO THESE:

1. Jump into water over your head. Level off and swim 100 feet, half of this using the elementary backstroke.
2. Right after the swim, stay in the water and float on your back in a resting position with as little motion as possible for 1 min.

# AQUANAUT

### AND DO THREE OF THESE:

3. Do a surface dive and swim under water for at least two strokes before coming up.
4. Swim on the surface for 50 feet, properly using a mask, fins, and snorkel.
5. Explain 3 basic water rescue methods. Show reaching and throwing, and describe going with support.
6. Know the rules of small-boat safety. Show that you know how to handle a rowboat.
7. While a Webelos Scout, earn the Cub Scout Sports Participation Recognition for Swimming.





Aquanaut -- a relatively new term -- might be defined as one at home in and the water. Today, swimming and water safety go hand in hand and it is important that all Webelos Scouts not only be able to swim but also be water-safety conscious. Being at home in the water is self-defense against water tragedies.

The Aquanaut requirements are simple but they represent the most important of all Webelos requirements because life depends on them. Swimming is one of the skills that, once learned, lasts a lifetime and provides excellent exercise. Some of the boys may know how to swim and others will need help in learning how. To help your boys feel at home in the water, get them to play some of the games listed and described on the following pages. If they have any fear of water, generally it will be forgotten in the heat of the game. This familiarity with the water will normally lead to greater proficiency in water sports which is the aim of the requirements for the Aquanaut badge.

#### IDEAS FOR DEN MEETINGS:

1. Make a simple buddy board and have buddy tags for all the boys and insist that they are used each time they go swimming. Each boy is responsible for his buddy.
2. Take your den swimming and classify the boys according to swimming ability. See how many can pass the 100-foot requirement.
3. After your boys are classified, play some water games and observe your boys carefully. Determine which ones need help and encourage them to become better aquanauts. If you have no non-swimmers, get another father to help you and, using the instructions from the Cub Scout Water Fun book, help them to become better swimmers.
4. Have someone, perhaps a den chief who knows how, demonstrate the use of a mask, fins and snorkel. Have boys take turns using the equipment, or have them use their own.
5. Have the boys learn the basic safe rescue methods. Have them practice a reaching rescue with a shirt, pole, or by throwing a rope, ring buoy or other lifeline.
6. If a rowboat is available, have boat safety methods and rowing techniques demonstrated. Give them a chance to practice these methods.
7. Explain how to set up a safe swim area and have the boys set one up.
8. Have someone tell the boys about "How to Help Yourself in an Emergency" -- the 3 basic rules: don't panic, think, and save your strength. Tell what to do for cramps, currents, undertows, weeds; how to disrobe in the water; use clothing for flotation and use survival floating techniques.

#### IDEAS FOR PACK MEETING:

- Exhibit: Mask, fins, snorkel, boat equipment, practice-breathing dummy.
- Demonstrate: Swimming strokes, rescue assists, artificial resuscitation.

## SNORKELING

Dolphins live out their whole lives in the water. Of all the mammals, they are probably the most skillful swimmers. It follows, therefore, that the closer you can come to imitating these swift and friendly creatures, the more easily you'll swim and the more you'll enjoy the water.

Just a few pieces of simple equipment and a little practice are all you need to start making the water your second home. The key to new fun and adventure in the water is a simple J-shaped plastic tube with a soft rubber mouthpiece fitted on one end. This is a snorkel tube. When the snorkel is combined with a rubber face mask that has a glass faceplate, you can swim face down in the water while you breathe through the snorkel. Add a pair of swim fins for your feet and you can slide, streamlined, along the surface of the water while you enjoy the underwater world below, with your vision enormously improved by the presence of the face mask.

There are a few sensible safety rules that go along with snorkeling:

- Before you try snorkeling, you should be able to swim at least 100 feet comfortably.
  - When you buy your face mask, make sure the headband fastens near the faceplate. A dark color is best, and no bright metal parts should show on the rim of the faceplate or the buckles of the strap if you plan to swim in tropical waters. Test the mask by fitting it over your eyes and nose, without the head strap, and inhaling gently. The suction should hold the mask in place easily if the fit is good. Keep on trying masks until you find a comfortable one.
  - Be equally careful in choosing your swim fins. There are two types: adjustable and slipper style. It is easier to find an adjustable pair to fit your feet, and they are usually cheaper. The slipper style is more expensive and must be carefully fitted. Slippers offer greater foot protection on rough terrain.
  - A snorkel should be a simple, curved, semiflexible tube. The mouthpiece fits on the short end of a J-shaped tube. The long end of the "J" should not extend more than 12 inches above the mouthpiece. Longer tubes interfere with breathing. The long stem of the "J" should be straight with no curves or valves. When worn with the mask, the snorkel tube runs from the mouth, under the strap of the mask in front of the ear, and above the back of your head.
  - Practice with your mask and snorkel in shoulder-depth water. If the mask fogs up and obscures your vision, rub the inside of the faceplate with saliva and rinse it out. Excess water in the mask can be cleared by pressing the top of the mask against your forehead and exhaling your nose. The snorkel tube can be cleared of water with a sharp puff of breath before you start to inhale. Breathe naturally through the snorkel. If you pant, you will soon find yourself dizzy.
  - Swim fins will more than double the normal power of your swimming kick. Use an easy flutter kick or scissors kick, bending your knees more than normal. Breaststroke, crawl or dog-paddle with your arms. Don't try for speed.
- With a swim buddy, whose skills equal your own, you can begin to explore deeper water with the use of a buoy, part of float.

# AQUANAUT



REACH

IF THE VICTIM IS WITHIN REACH - EXTEND A POLE OR STURDY STICK FOR HIM TO GRAB AND PULL HIM TO SAFETY. OR USE ANY OTHER OBJECT THAT'S HANDY AND LONG ENOUGH.

THROW

TIE ROPE TO INNER TUBE. THROW TUBE AS A WHEEL ROLLS - LOOP ON END OF ROPE AROUND YOUR WRIST. ALLOW REST OF ROPE TO PLAY OUT FREELY. HOLD ROPE IN ONE HAND - ALLOW PLENTY OF SLACK. THROW INNER TUBE OVER AND BEYOND VICTIM AND PULL HIM TO SAFETY.

ROW

WHEN VICTIM IS FURTHER OUT, USE A BOAT TO SAVE HIM. IN A ROWBOAT, APPROACH HIM STERN FIRST. IN A CANOE, PULL UP SO HE CAN GRASP ITS SIDE. KNEEL IN CANOE.

GO

IF THE FIRST THREE STEPS CAN'T BE USED, AND AS A LAST RESORT - SWIM TO THE VICTIM. DO NOT ATTEMPT A RESCUE BEYOND YOUR SWIMMING ABILITY. GET HELP QUICKLY!

KICK OFF SHOES - DISROBE QUICKLY, KEEPING YOUR EYES ON VICTIM AT ALL TIMES. JUMP! DON'T DIVE INTO WATER. CARRY YOUR SHIRT OR A TOWEL IN YOUR TEETH. KEEP YOUR EYES ON VICTIM. FLIP SHIRT OR TOWEL TO VICTIM. TOW HIM TO SHORE WITH IT. IF YOU HAVEN'T EITHER, APPROACH VICTIM FROM REAR - TOW TO SAFETY BY HIS HAIR.



## AQUANAUT ACTIVITY BADGE

### DROWNPROOFING

Archimedes' Principle: "When an object is immersed in a liquid the apparent loss in weight of the object is equal to the weight of liquid displaced."

Capable and experienced swimmers are obviously skilled in the water, yet the possibility of a cramp or tiredness is always present. This possibility requires learning to stay afloat while using a minimum of effort.

Knowing how to float is important. In an emergency it could mean the difference between surviving until help arrives and drowning.

Drownproofing is based on the principle that a person who is relaxed in the water will float at, or just below, the surface of the water. No effort is required when floating. But, regular renewals of air are a must and drownproofing includes simple movements so that a regular breathing pattern can be maintained.

Many swimming courses include instruction on "drownproofing".

Remember, don't let the boy try to be a superman! This isn't a test to see how long he can hold his breath underwater. Holding your breath longer than 10 seconds will tire you. The purpose of this float is rest, not exercise.

1. Relax completely. Be lazy. With lungs full, float face down, back of neck on the surface. Rest for three seconds.
2. Get ready to raise face above water surface. Extend your arms forward slowly. Get ready to thrust downward with your arms and legs.
3. Exhale through your nose as you rise to the surface. With mouth above water inhale. Your shoulders stay under water.
4. Keep your head straight and push downward with your hands. This keeps your head above water, while inhaling slowly. Don't gulp. There's no rush. In rough water, keep the waves at your back, so they don't break in your face.
5. With lungs full, drop head forward and thrust downward and backward with arms and legs.
6. Hold your breath. Relax. Let arms and legs dangle while you float forward and upward. Practice the "drownproof" float until it's second nature.. 'til you can do it without thinking.

SAFE SWIM SPOTS. The best place to swim is one that has qualified lifeguards. If there is not this supervision, always make sure you go with a buddy - never alone.

Weeds: It's pretty creepy to swim through weeds. They can get tangled in your legs and cause trouble. If you do get trapped in weeds, don't struggle. Take it easy with slow movements to free yourself.

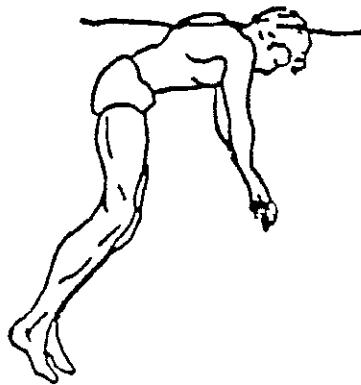
After Dark: Don't do it. Supervision is impossible. If you go under you could be spotted.

Current: Sometimes you run into these in rivers. It's best to stay away from them. But if you're caught in a current, don't try to swim against it. Swim with the flow and diagonally until you reach shore.

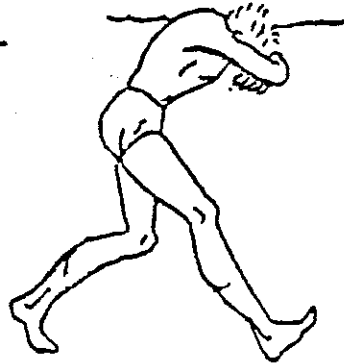


**DROWNPROOFING** can save your life -- even if you can't swim!

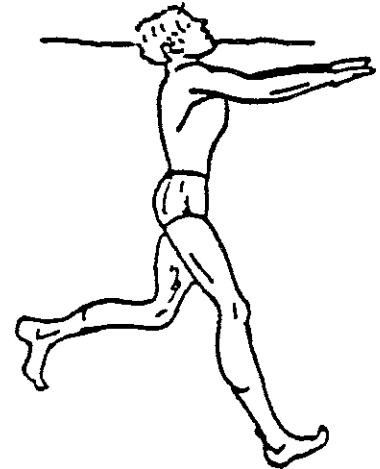
The ability to float motionless, or nearly so, in a relaxed position is an important survival skill which should be learned well and practiced. Drown-proofing takes so little energy that it can be kept up for hours, even in rough water -- provided you don't panic!



With lungs full, float face down, with back of neck on surface.



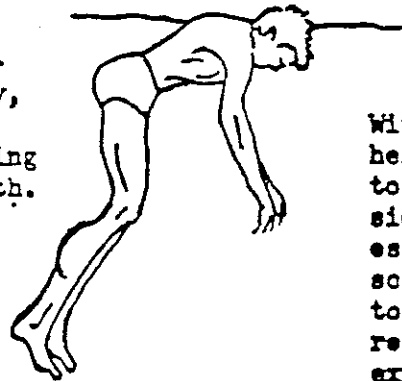
Slowly lift arms and cross them in front of forehead, as if to ward off a blow, get ready for downward thrust.



Exhale through nose while raising head until mouth is in the air, shoulders under water.



With head vertical, thrust downward, gently, with arms while inhaling through mouth.



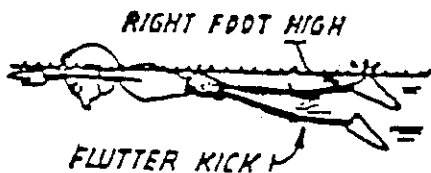
With lungs full, drop head forward and return to position #1, arms to sides; RELAX! If necessary, use gentle scissors kick to return to surface. Learners rest 3 seconds here, experts 10 seconds.

As you perfect the bobbing technique, practice tilting your body, aiming towards shore and giving frog or scissors kicks, continuing the bobbing actions until you reach safety. If you get tired, go back to the vertical position until you feel rested.

**BOBBING IS DROWNPROOF!**

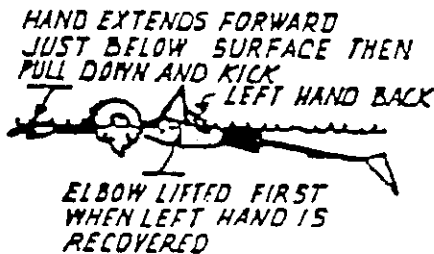
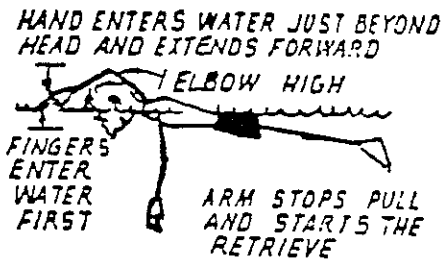
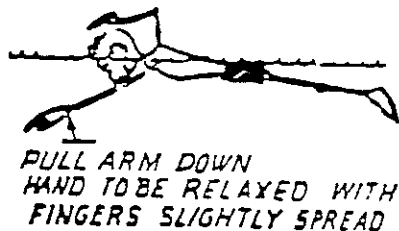
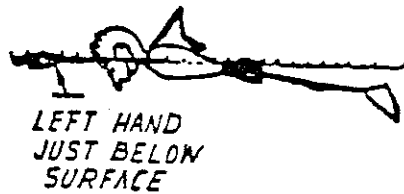
# AMERICAN CRAWL STROKE

## LEGS FLUTTER KICK

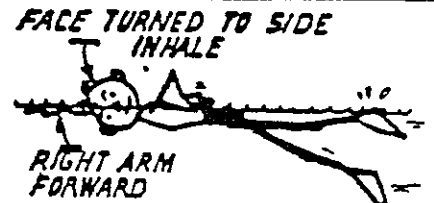


NOTE: KICK IS EXECUTED BY KICKING FROM HIP.  
USE 6 KICKS, 3 KICKS PER FOOT PER OVER ARM MOVEMENT

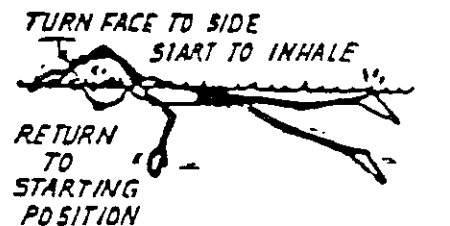
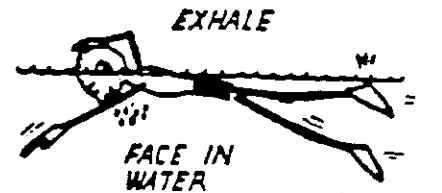
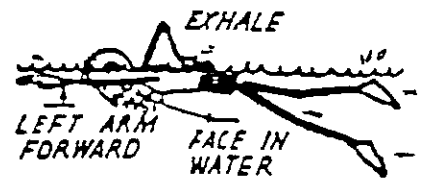
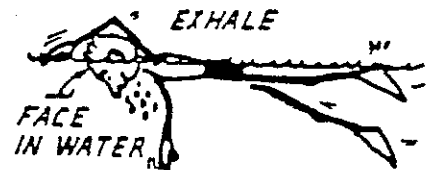
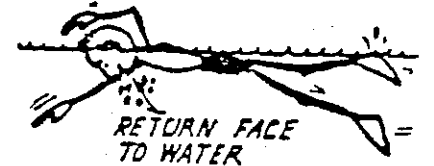
## ARMS OVER ARM PULL



## COMBINED

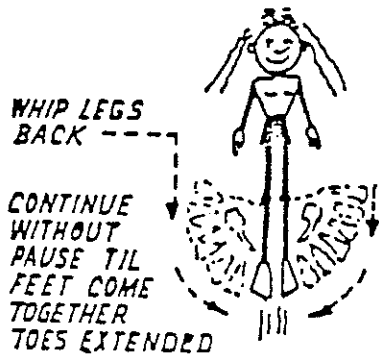
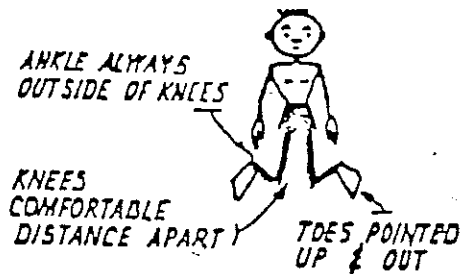
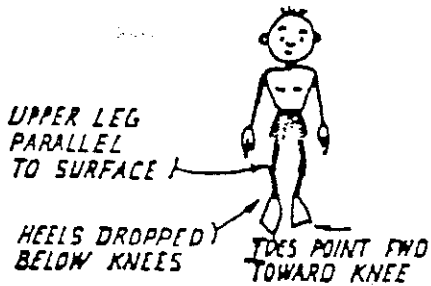
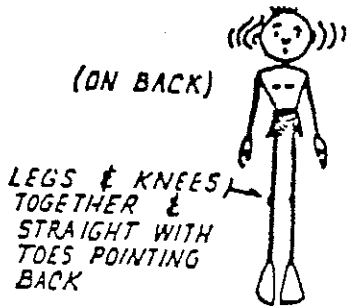


START TO EXHALE AS SOON AS INHALE IS COMPLETE

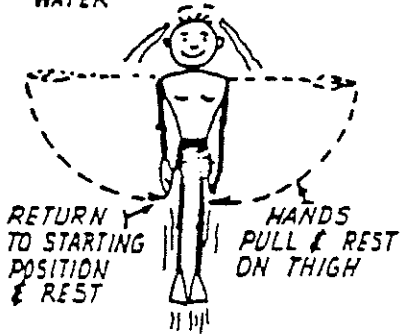
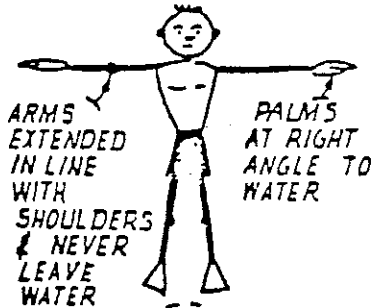
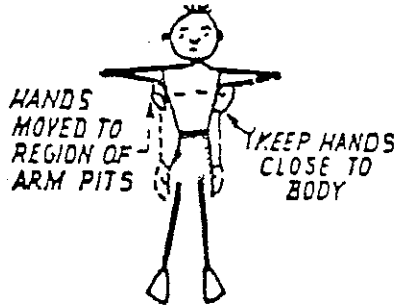
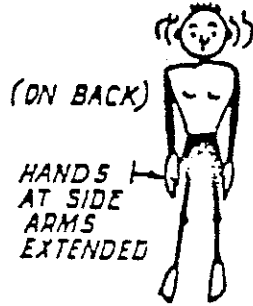


# ELEMENTARY BACK STROKE

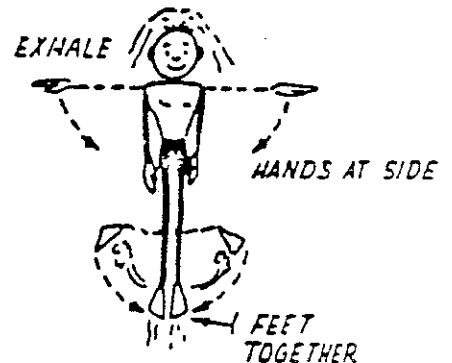
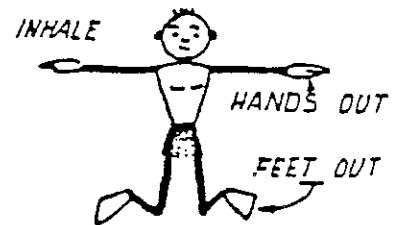
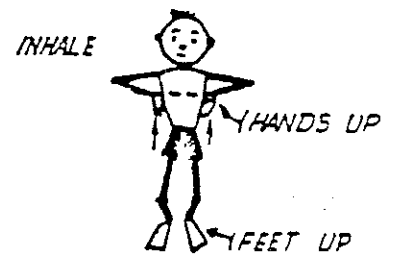
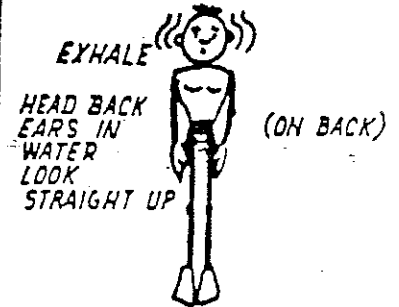
## LEGS WHIP KICK



## ARMS

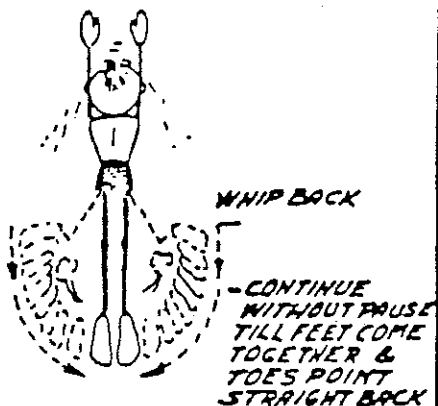
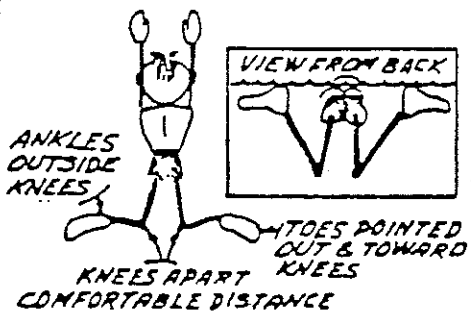
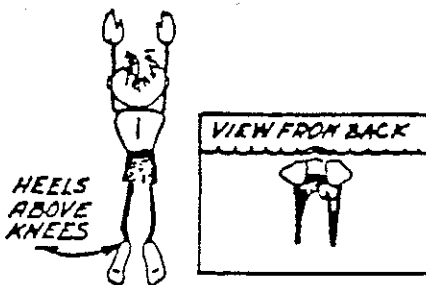
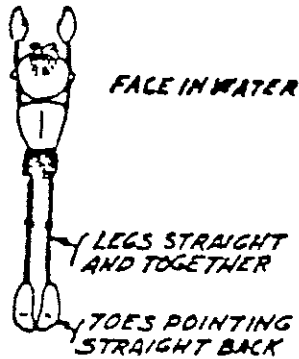


## COMBINED

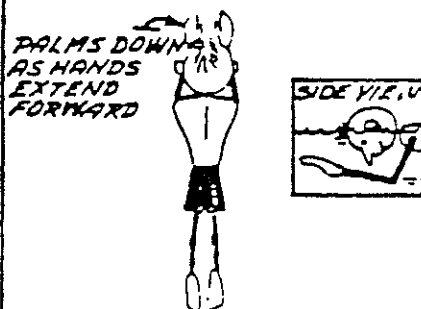
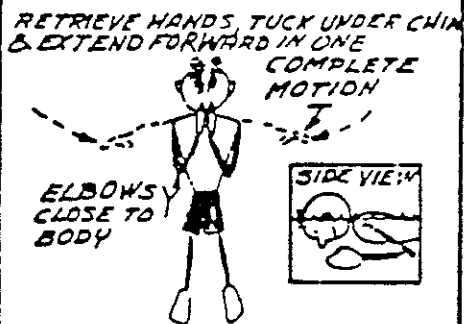
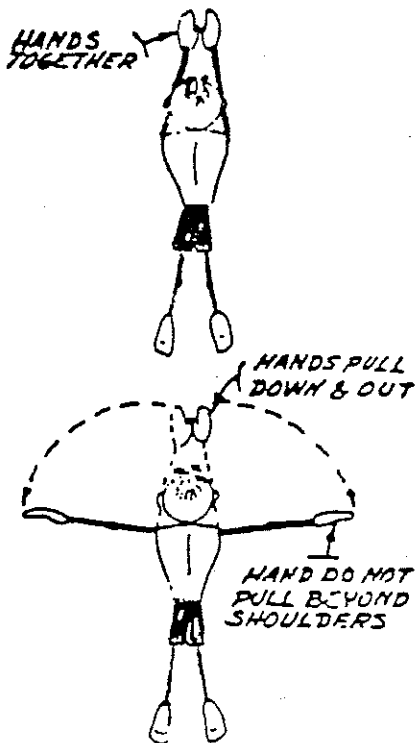


# BREAST STROKE

## LEGS

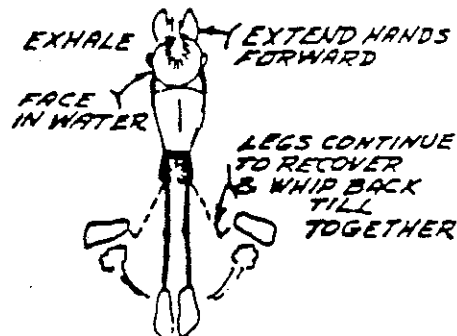
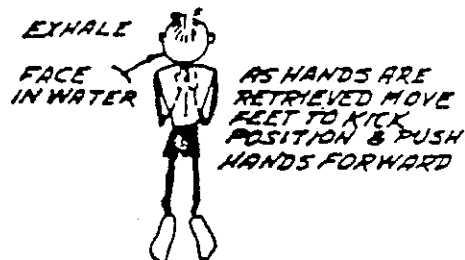
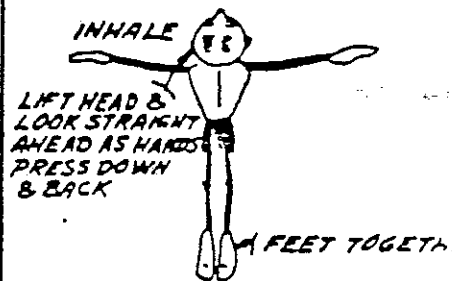
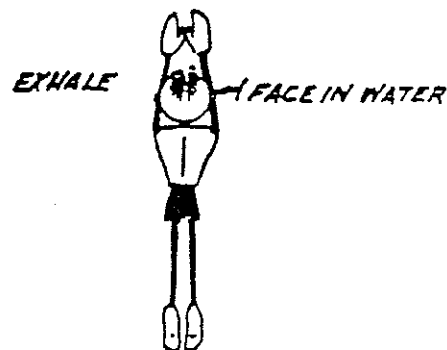


## ARMS



AQUANAUT -

## COMBINED



# SIDE STROKE

## LEGS SCISSOR KICK

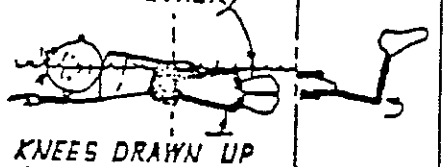
GLIDE POSITION

FEET TOGETHER



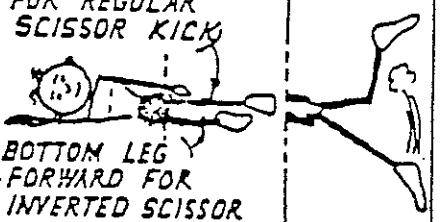
TOES POINTED & STREAMLINED

FEET TOGETHER TOP VIEW



KNEES DRAWN UP AS THOUGH IN A CROUCHING POSITION WITH HEELS IN LINE WITH TRUNK OF BODY

TOP LEG FORWARD FOR REGULAR SCISSOR KICK



BOTTOM LEG FORWARD FOR INVERTED SCISSOR KICKS. (RESCUE STROKE)

LEGS MOVED TO STRETCHED POSITION AS THOUGH RUNNING



STOP LEGS WHEN FEET COME TOGETHER

FEET ARE WHIPPED TOGETHER & STREAMLINED

## ARMS

HAND RESTS ON THIGH,



ARM EXTENDED PARALLEL TO SURFACE IN LINE WITH BODY

HAND REMAINS CLOSE TO BODY ON RECOVERY & MOVES TO CHEST POSITION AS OTHER ARM IS BEING RETRACTED



ARM PRESSED IN VERTICAL MANNER

HAND STOPS PULL DIRECTLY BELOW SHOULDER



HANDS MEET OVER CHEST

HAND PRESSED CLOSE TO BODY PULL DOWN AS OTHER ARM EXTENDS



HANDS RETURNED TO STARTING POSITION

## COMBINED

FINISH EXHALE



EAR & ONE EYE IN WATER

INHALE AS LOW HAND STARTS TO PULL

TOP HAND RECOVERS



LEGS MOVE TO TUCKED POSITION

LOW HAND PRESSES

START EXHALE

FEET MOVE TO RUNNING POSITION



HANDS MEET ON CHEST

EXHALE



HANDS RETURNED TO STARTING POSITION

FEET WHIPPED TOGETHER

## WATER GAMES

### CORK RETRIEVE:

Assign a small area of the poolside to each player. Scatter a dozen or more small corks or blocks of wood on the water close to the far side of the pool. On signal, each player dives into the pool and brings back corks one at a time and places them in his assigned area. The player who retrieves the most corks wins.

### DOG RACE:

Racers line up, bark three (3) times, like a dog, and swim with a dog-paddle stroke to the finish line.

### FROG IN THE SEA:

This is a good pack game that can be played in a yard or in shallow water. Players form a circle around five 'frogs' who sit with their feet crossed. The players in a circle skip (if on land) or walk (if in the water) close to the frogs and try to tap them on the head as they repeat the words, "Frog in the sea, can't catch me". The frogs try to tag the players without rising or uncrossing their feet. If a player is tagged, he changes places with the frog.

### PIRATES' GOLD HUNT:

Glid 3/4-inch washers with gold paint. Scatter them over a roped-off area of water that is between knee and waist depth. On signal, the boys recover as many gold pieces as they can in an allotted time. Be sure boys have to duck for most of the gold pieces.

### SAILBOAT RACES:

Have the boys build small sailboats. For a race have them line up 5 yards from the bank and blow their sailboats back to shore.

### SIMON IN THE WATER:

When leader prefaces a command by saying "Simon says", each player must follow instructions immediately. If he gives a command without saying "Simon says" no player may move. Commands may deal with any stunt in the water such as swimming, floating, ducking head, touching bottom, etc.

### TABLE WAITER RACE:

For this race each swimmer carries a paper plate containing a stone or cork on the plate when he crosses the finish line. If it falls off, the swimmer may replace it.

### TOWEL RELAY RESCUE RACE:

Divide group into two teams. Station one boy from each team on the shore. Give him a bath towel. The other team members stand in shoulder-deep water, facing the shore. On signal, the boy on shore runs into the water, heaves an end of the towel to first teammate, and pulls him to shore. Boy just rescued jumps back into water and rescues next boy, etc.

## WATER GAMES - (continued)

### TURTLE FLOAT:

The boys pretend to be turtles. They start by standing in a circle in waist-deep water. On signal, they take deep breath, grasp their ankles, and pull their knees against their chests. If their chins are kept on their chests, the boys will float with their backs out of the water. Demonstrate this for them and allow practice until they learn that the body will rise and float by itself.

### WATER LOG:

Line the players up at either end of a pool or establish goals about 60-feet apart in open water. Have one player act as a 'log' and float on his back midway between the goals. The other players swim around him. Suddenly the log rolls over and gives chase. The players try to reach their goal before being tagged. Those tagged become 'logs' and float in the center with the first 'log'. The last one caught is the 'log' in the next game.

### WATER POISON:

Players join hands in a circle around some floating object (poison) that is anchored. On signal, all try to pull the others into the 'poison' and avoid touching it themselves. All who touch it are out. If two players break their grip, both are eliminated.

### WATER POLO:

Use the entire pool as the playing area. Line the teams up at opposite ends of the pool and have them change sides after each score. Toss the ball in the center of the pool. The players may advance it by any means while they and the ball remain in the pool. A score is made by placing the ball in the goal at either end of the pool. The game consists of two 10-minute halves.

### NIGHTSHIRT RELAY:

You will need one nightshirt (or pajama top or sweat shirt) for each team. Dads may be on the teams with the boys. Each team member wears the shirt while swimming his lap in the water, then he passes it on to the next player, who puts it on and swims his turn. First team to finish is the winner.

### SHALLOW-WATER SCAVENGER HUNT:

Place a number of objects (all different) in shallow water and then line up the boys at the water's edge. Call out a specific object that is in the water...flat stone, golf ball, piece of brick, etc. The boys then go into the water to try to find that object and return it to the leader.

### TREASURE DIVE:

Divide the players into two teams. Have them line up on opposite sides of the pool. Toss a coin into the center of the pool, and have one player from each team dive at the same time. The one who brings up the coin scores for this team. Continue until all have tried.

## WEBELOS - AQUANAUT

### WATER GAMES

Games are useful in teaching swimming (or in improving swimming). Competition tends to make the boy try harder. You will find many games in CUB SCOUT WATER FUN. Others you may want to try (especially if your boys are poor swimmers) can be played in water waist-to-shoulder deep.

MINNOW AND CATFISH - One player is the minnow who tries to keep away from another, the catfish. The rest of the den forms a circle, holding hands. The game begins with the minnow inside the circle and the catfish outside. The players in the circle may raise or lower their arms to keep the catfish from tagging the minnow, who may dodge in and out of the circle as he wishes. When the catfish finally tags the minnow, two others are chosen as fish and the game starts over.

FISHERMAN - Establish a starting line and a goal about 30 feet away. One player, the fisherman, stands about midway between the two lines. Each of the other players names himself for a fish. When the fisherman calls his fish name the player must try to get to the goal without being tagged. The fisherman may call more than one fish at a time, and all those named must try to make the goal line. When a fish is caught, he becomes the fisherman.

THAT SHE BLOWS - For this game you need a whistle that will sink. One player is given the whistle while the others turn their backs. He throws the whistle to the water and gives a signal allowing the others to turn around and start looking for it. The first diver to locate the whistle comes up and blows it three times. The other players may try to dunk him while he is blowing. If they succeed before he can blow three blasts, the game starts over with the previous whistle tosser. If he is able to blow the whistle three times, he tosses it in for the next round.

FLOAT TAG - This is a game for nonswimmers who are just learning to float. One boy is "it". He tries to tag the others, but they are safe so long as they are in any floating position: turtle, jellyfish, back float, prone float, or vertical float.

### INFORMAL DEN ACTIVITIES

If it can be arranged, all den meetings this month should be at a pool or waterfront with adequate adult leadership. If this is not possible, such aquanaut skills as the use and care of face mask and snorkel and practice in throwing a rescue line can be done away from the water.

ACTIVITY - Have an evening of fun in the water, including games, so that you can get an idea of your Webelos Scouts' swimming skill. Invite parents to join the fun and aid in instructing poor swimmers.

ACTIVITY - Stress rescue methods as shown in the Webelos Scout Book. Make a game of rescue by throwing a line or buoy and awarding points for accuracy. Play some water games and continue to help poor swimmers.

# AQUANAUT BADGE

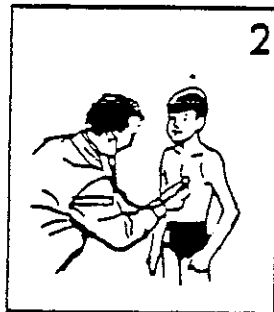
## HOME SWIM SAFETY

1. Never swim alone. Most drownings in home pools are a result of violating this rule.
2. Brush or wash dirt off feet before entering pool. Shower first, if possible.
3. Bring your own towels while visiting.
4. Note where owner keeps long pole or emergency gear for helping out a swimmer in trouble.
5. Be sure you know how deep pool is at each end and at middle.
6. Stay out of water right after eating.
7. Make no fake calls for help.
8. Keep pool gates locked at all times.
9. Dive sensibly. Don't dive into shallow end or back-dive off concrete apron. Look first.
10. Remove breakable or dangerous objects from poolside. Remove any electrical appliance that might fall in when connected.
11. Keep an eye on small children who are using inflatable toys to keep afloat.
12. Watch the sun. Too much is painful.

## SAFE SWIM DEFENSE PLAN



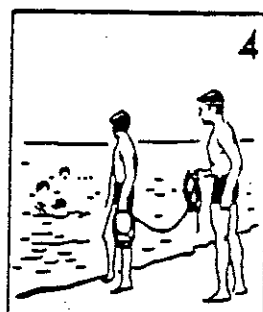
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QUALIFIED SUPERVISION



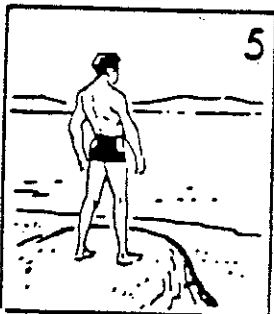
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PHYSICAL FITNESS



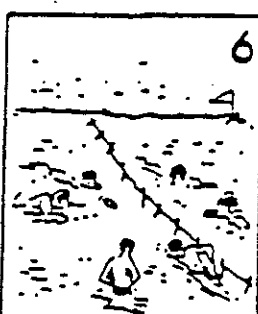
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SAFE AREA



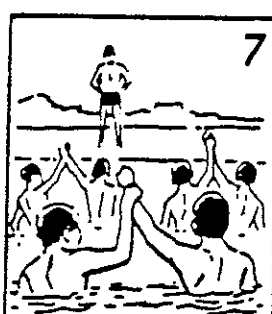
4  
LIFEGUARDS ON DUTY



5  
LOOKOUT



6  
ABILITY GROUPS



7  
BUDDY PLAN



8  
DISCIPLINE

SEE "CUB SCOUT ACTIVITIES" OR "SAFE SWIM DEFENSE" FOR DETAILS OF THE SAFE SWIM DEFENSE PLAN ILLUSTRATED ABOVE.

## AQUANAUT BADGE

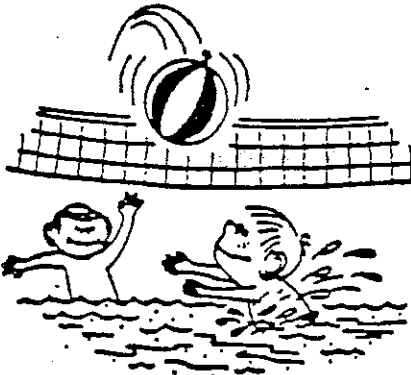


Teach Basic Rescue Methods - illustrated by the words REACH, THROW, ROW, and GO. (see *Webelos Scout Book*)

Teach Proper Snorkeling Techniques - Once a boy has passed the 100-foot swim requirement and the surface dive requirement, a den meeting on the proper use of snorkeling equipment will be fun as well as prepare them to enjoy the world underwater. A Saturday den meeting to a nearby lake or beach is a perfect time for the boys to study underwater life and to learn safe boating practices. Be sure to have a qualified snorkeling instructor.

Make Kickboards - Beginning swimmers can use these to practice kicking. Wooden kickboards can be made while working on the Craftsman badge. These can also be made from styrofoam.

Have Fun! - Remember that 15-20 minutes at one lesson as much as these boys will stand for. Add water games, but make them short. (See "Games" section of this book for ideas) Swimming is a very tiring sport. If the boys feel any fear of the water, generally it will disappear in the heat of a good water game or two.



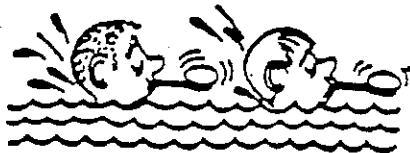
You see volleyball rules in Balloon Volley Ball. But you may find it tougher to get around in the water than in the gym. To get the game set up, stretch a net across your pool, grab a balloon and there—go, man, go.



Looks like that fish has his eye on the apple, too. But who ever heard of a fish eating apples? Not even a sucker would try that. This sporting water play is called Dive For Apples. We think it is another free-for-all because it's anybody's guess what will happen when you fill a pool with a crew of hungry boys and some bobbing apples.



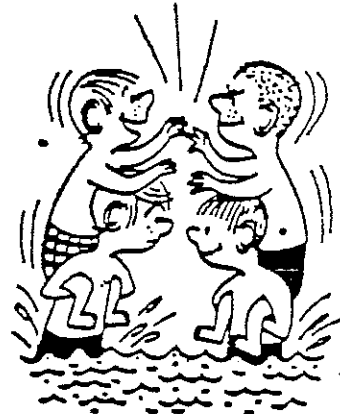
Here's where a sweet tooth and a keen eye go well together. Anybody can take part in a Candy Hunt. Just wrap hard candies in water-tight aluminum foil, scatter a bunch of them along the bottom, and duck.



The Egg and Spoon Race will test your swim skill, your balance and your patience—not to mention your teeth. If you grin in this race, you won't bear it—the egg, that is. Oh, yes—better use a hard-boiled egg. Not that we think you would ever drop it. But—



The guy bringing up the rear is this Wheel-Barrow race looks waterlogged—even if he's only in waist deep water. You don't have to be a swimmer to compete. Just pick a buddy who looks like a winner, and wheel him away.



You don't have any reins to hold onto in Horse and Kicker. These riding hombres really mean business. It takes good balance to stay aboard when your opponent is determined to upset you. The fellow underneath has to be rugged, too, and be able to outmaneuver the other horse. You can choose up teams and make this a royal free-for-all.



They call this the Two-Hand Pull and Glide Race. The one in back seems to be getting quite a kick out of it. But what about his buddy who's doing the pulling? Anyway, it takes two to make a winning team.

# Water Fun & Safety

## Water Safety

For each statement, circle the correct answer, DO or DON'T.

- DO DON'T 1. Show off in the water.  
DO DON'T 2. Dive into strange or shallow waters.  
DO DON'T 3. Go in swimming right after eating.  
DO DON'T 4. Have your family physician tell you of any problems found in your fitness checkup.

## Swimming & Rescue

Using words from the list below, fill in the correct answer for each description.

- |                 |              |              |       |
|-----------------|--------------|--------------|-------|
| Surface<br>Dive | Crawl Stroke | Backstroke   | Go    |
| Sidestroke      | Reach        | Buddy System | Throw |
- \_\_\_\_\_ 1. Swimming with a buddy is good common sense because you can help each other if one gets in trouble or help each other to improve swimming skills.
- \_\_\_\_\_ 2. This stroke begins with floating on your back.
- \_\_\_\_\_ 3. This stroke is done on either your left side or your right side.
- \_\_\_\_\_ 4. In this stroke your head changes from facing down to facing to the side so you can take a breath of air.
- \_\_\_\_\_ 5. This skill involves floating face down, then bending sharply at the waist and aiming toward the bottom.
- \_\_\_\_\_ 6. Rescue method where you extend something for the victim to grab onto.
- \_\_\_\_\_ 7. This rescue method involves providing a floating device to the victim.
- \_\_\_\_\_ 8. This is the last rescue choice where you must get to the victim, preferably in a boat or other form of support.

## Boating Safety

Circle the correct answer(s) for each statement.

1. In a rowboat ( 1 OR 2 OR 3 ) people per seat is a safe rule.
2. ( Children OR Scouts OR Adults ) should wear a life jacket in a boat 20 feet or shorter.
3. If your boat tips over ( swim to shore OR hang onto the boat ).
4. Always keep a lookout for ( other boats OR swimmers OR sharks).

## The Three Basic Rules

Use the following key to decode these three rules:

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

4   15   14   20   16   1   14   9   3

20   8   9   14   11

19   1   22   5   25   15   21   18   19   20   18   5   14   7   20   8

## Safe Swim Spots

Circle the correct answer, True or False, for each statement.

- T 1. The best place to swim is one that has qualified lifeguards. If there is no supervision, always make sure you go with a buddy... never alone.
- F
- T 2. WEEDS... It's pretty creepy to swim through weeds as they can get tangled in your legs and cause trouble. If you get trapped, don't struggle... take it easy with slow movements to free yourself.
- F
- T 3. AFTER DARK... Don't do it. Supervision is impossible. If you go under you might not be spotted.
- F
- T 4. CURRENT... Sometimes you run into these in rivers. It's best to stay away from them. If you are caught, don't try to swim against it; swim with the flow and diagonally until you reach the shore.
- F

## Rules for a Safe Swim

Match the phrase to the word that completes it:

- |                              |            |
|------------------------------|------------|
| 1. Secure adequate _____     | methods    |
| 2. Teach the Buddy _____     | rules      |
| 3. Maintain _____ discipline | System     |
| 4. Follow pool _____         | qualified  |
| 5. Teach rescue _____        | good       |
| 6. Use a _____ instructor    | facilities |

## Boat Safety

Fill in the blank with one of the following words:

weight shore hang overload middle flotation

1. Always wear a personal \_\_\_\_\_ device.
2. Don't \_\_\_\_\_ the boat.
3. Balance the \_\_\_\_\_ evenly in the boat.
4. If the boat tips over, \_\_\_\_\_ onto it and kick to shore.
5. Step into the \_\_\_\_\_ seat when changing seats or getting in.
6. Head for \_\_\_\_\_ if bad weather comes.

## Do's and Don'ts In and Around Water

Fill in the blank with **DO** or **DON'T** for each statement.

1. \_\_\_\_\_ learn how to swim from a qualified instructor.
2. \_\_\_\_\_ heck with your buddy to see if he knows how to swim.
3. \_\_\_\_\_ be a "show off" or bother others.
4. \_\_\_\_\_ swim with a buddy.
5. \_\_\_\_\_ dive into water without knowing its depth.
6. \_\_\_\_\_ get out of the water when you are tired or cold.
7. \_\_\_\_\_ swim alone.
8. \_\_\_\_\_ beware of sunburn. Cover up and use sun screen.
9. \_\_\_\_\_ dive into water without knowing what is under the water's surface.

## Scout Rules for a Safe Swim

Number these items in order of importance to you. Start with #1 being the **most important**.

- \_\_\_\_\_ Know the dangers of water.
- \_\_\_\_\_ Know your abilities and your limitations in water.
- \_\_\_\_\_ Always swim with a buddy.
- \_\_\_\_\_ Know your boat or watercraft.
- \_\_\_\_\_ Get regular physical examinations by your family doctor.
- \_\_\_\_\_ Wait a while after eating to give your food time to digest.
- \_\_\_\_\_ Practice to improve your abilities.
- \_\_\_\_\_ Know and follow all waterfront rules and beach regulations.
- \_\_\_\_\_ Never dive into unknown waters.
- \_\_\_\_\_ Never show off or take a dare.
- \_\_\_\_\_ Never swim underwater more than a few seconds.
- \_\_\_\_\_ Never drink alcoholic beverages.