

# WATER SAFETY

INTRODUCTION, 14-1

SAFE SWIM DEFENSE, 14-1

SWIMMING POOL SAFETY, 14-3

Home Swimming Pool Safety, 14-3

Public Swimming Pool Safety, 14-3

SAFETY AFLOAT (BOATING SAFETY), 14-3

WATER RESCUE, 14-5

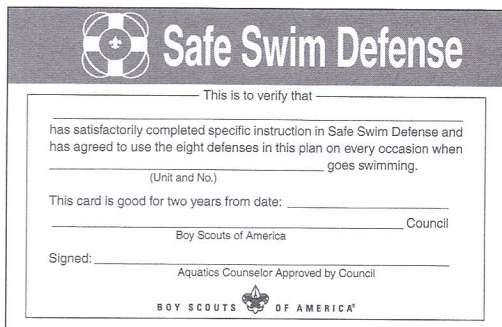
## INTRODUCTION

**W**ater activities can make good den or pack activities, but safety rules are very important any time a pack is holding an event around water. Some of the boys are probably nonswimmers, and it is likely that some who think of themselves as swimmers can't swim very far or safely in deep water.

To ensure safe aquatics activities, the Boy Scouts of America has developed the Safe Swim Defense and Safety Afloat plans. These plans establish standards and procedures to minimize inherent risks. You should be trained in these plans before conducting aquatics activities.

Safe Swim Defense and Safety Afloat training can be given by any person authorized by the council, including a BSA Aquatics resource person, a unit leader with aquatics skill, or any other person with aquatics knowledge or experience whom the local council has approved. Safe Swim Defense and Safety Afloat training can also be completed on the Internet via your council Web site.

## SAFE SWIM DEFENSE



**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 \_\_\_\_\_ goes swimming.

(Unit and No.) \_\_\_\_\_

This card is good for two years from date: \_\_\_\_\_

\_\_\_\_\_ Council  
Boy Scouts of America

Signed: \_\_\_\_\_  
Aquatics Counselor Approved by Council

BOY SCOUTS OF AMERICA

Before a BSA group may engage in any aquatics activity, a minimum of one adult leader must complete Safe Swim Defense training, have a commitment card (No. 34243) with him or her, and agree to use the eight defenses in this plan.

### Safe Swim Defense

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

**1. Qualified Supervision.** All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of the youth members in his or her care, who is experienced in the water and confident of his or her ability to respond in the event of an emergency, and who is trained in and committed to compliance with the eight points of BSA Safe Swim Defense.

It is strongly recommended that all units have at least one adult or older youth member currently trained as a BSA Lifeguard to assist in the planning and conduct of all swimming activity.

**2. Physical Fitness.** Evidence of fitness for swimming activity is required, with a complete health history from a physician, parent, or legal guardian. The adult supervisor should adjust all supervision, discipline, and protection to anticipate any potential risks associated with individual health conditions. In the event of any significant health conditions, the unit leader should require proof of an examination by a physician.

