



BOY SCOUTS OF AMERICA
Troop 146
St. Francis Church
308 Jefferson Street
Hoboken, NJ 07030
www.Troop146.org

Name _____

Second Class Requirement 5a
"Tell what precautions must be taken for a safe swim."

1. Fill in the blanks -- what does each letter of the **PDQ-BALLS** mnemonic stand for?

P	
D	
Q	
B	
A	
L	
L	
S	

2. How does the aquatics director know that you are **P**hysically fit to swim in his pool?

3. Why is it important to exercise **D**iscipline and for everyone to follow the rules?

4. Why do the Scouts insist that a responsible adult must be present to supply "**Q**ualified supervision"?

5. Why do the Scouts insist on using the **Buddy** system for all swimmers?

6. What are the three **Ability** groups? Why do you think they should be kept separated from each other?

7. How many **Lifeguards** do the Scout recommend? If they have to rescue someone, what do they do with the rope they are supposed to have?

8. What's the criteria for where to station the **Lookout**?

9. Say your hike takes you to a lake not particularly set up for swimming. In order to ensure that it's **Safe**:

Check the bottom for _____

Mark off areas for _____

Mark the areas with _____

How deep in order to allow diving? _____

BSA SAFE SWIM DEFENSE

P	<p>1. Physical fitness. Require evidence of fitness for swimming activity with a complete health history from 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.</p> <p style="text-align: center;">Those with physical disabilities can enjoy and benefit from aquatics if the disabilities are known and necessary precautions are taken.</p>
D	<p>2. Discipline. Be sure everyone understands and agrees that swimming is allowed only with proper supervision and use of the complete Safe Swim Defense. The applicable rules should be presented and learned prior to the outing, and should be reviewed for all participants at the water's edge just before the swimming activity begins. Scouts should respect and follow all directions and rules of the adult supervisor. When people know the reason for rules and procedures they are more likely to follow them. Be strict and fair, showing no favoritism.</p>
Q	<p>3. Qualified supervision. A responsible adult must be in charge. He must be experienced and qualified in water safety, swimming safety, how to use the boats, and in first aid, especially CPR.</p>
B	<p>4. Buddy system. Pair every youth with another in the same ability group. Buddies check in and out of the swimming area together. Emphasize that each buddy lifeguards his buddy. Check everyone in the water about every 10 minutes, or as needed to keep the buddies together. The adult in charge signals for a buddy check with a single blast of a whistle or ring of a bell and a call of "Buddies!" The adult counts slowly to 10 while buddies join and raise hands and remain still and silent. Guards check all areas, count the pairs, and compare the total with the number known to be in the water. Signal two blasts or bells to resume swimming. Signal three blasts or bells for checkout..</p>
A	<p>5. Ability Groups. Divide into three ability groups: Non-swimmers, beginners, and swimmers. Keep each group in its own area. <i>Non-swimmers</i> - didn't pass the swimming test <i>Beginners</i> - swim 25 feet, turn, swim back to starting point <i>Swimmers</i> - 75 yards any stroke + 25 yard elementary backstroke + float</p>

L	<p>6. Lifeguards on Duty. Swim only where there are lifeguards on duty. For unit swims in areas where lifeguards are not provided by others, the supervisor should designate two capable swimmers as lifeguards. Station them ashore, equipped with a lifeline (a 100-foot length of 3/8-inch nylon cord). In an emergency, one carries out the line; the other feeds it out from shore, then pulls in his partner and the person being helped. In addition, if a boat is available, have two people, preferably capable swimmers, take it out—one rowing and the other equipped with a 10-foot pole or extra oar. Provide one guard for every 10 people in the water, and adjust the number and positioning of guards as needed to protect the particular area and activity.</p>
L	<p>7. Lookout. Station a lookout on the shore where it is possible to see and hear everything in all areas. The lookout may be the adult in charge of the swim and may give the buddy signals.</p>
S	<p>8. Safe Area. When swimming in areas not regularly maintained and used for swimming activity, have lifeguards and swimmers systematically examine the bottom of the swimming area to determine varying depths, deep holes, rocks, and stumps. Mark off the area for three groups: not more than 3½ feet deep for non-swimmers; from shallow water to just over the head for beginners; deep water not more than 12 feet for swimmers. A participant should not be permitted to swim in an area where he cannot readily recover and maintain his footing, or cannot maintain his position on the water, because of swimming ability or water flow. When setting up a safe swimming area in natural waters, use poles stuck in the bottom, or plastic bottles, balloons, or sticks attached to rock anchors with twine for boundary markers. Enclose non-swimmer and beginner areas with buoy lines (twine and floats) between markers. Mark the outer bounds of the swimmer's area with floats. Be sure that clear-water depth is at least 7 feet before allowing anyone to dive into the water. Diving is prohibited from any height more than 40 inches above the water surface; feet-first entry is prohibited from more than 60 inches above the water. For any entry from more than 18 inches above the water surface, clear-water depth must be 10 to 12 feet. Only surface swimming is permitted in turbid water. Swimming is not permitted in water over 12 feet deep, in turbid water where poor visibility and depth would interfere with emergency recognition or prompt rescue, or in whitewater, unless all participants wear appropriate personal flotation devices and the supervisor determines that swimming with personal flotation equipment is safe under the circumstances.</p>