

# Lifesaving Merit Badge Worksheet



**ATTENTION: These tests must be performed before a Counselor who is a Certified Water Safety Instructor of the Philippine National Red Cross or who holds an Aquatic School Certificate for Life Saving from the Boy Scouts of the Philippines.**

## Follow the 8-Point Safe-Swim Defense:

1. **Qualified Supervision.** Supervision by a mature conscientious adult (21 years of age or over) knowledgeable of the 8-Point Safe-Swim Defense Plan and should be experienced in water activities. They must be able to respond in the event of an emergency able to perform lifesaving techniques including Cardio-Pulmonary Resuscitation (CPR) and Artificial Respiration (AR). The responsible adult is called the swim coordinator.
2. **Physical Fitness.** All swim participants must have a current health history and medical checkup available.
3. **Safe Swimming Area.** The swimming area must be examined to ensure it is safe to swim. It should be clearly marked for non-swimmers (maximum 3.5-foot depth), beginners (maximum 6-foot depth), and swimmers (maximum 12-foot depth).
4. **Lifeguards.** Two or more lifeguards who are good swimmers must be present and actively watching the swim area. They should be equipped or have readily available lifelines, reaching poles, or some throwing device.
5. **Lookout.** One lookout must be present and actively watching the swim area. The lookout must have a clear view of the entire swim area and at an elevated position if possible.
6. **Ability Groups.** Each Scout's swimming ability must be tested. Non-swimmers are just learning. Beginners must be able to jump feet first into deep water, swim 25 feet, turn around, and swim back to the start point. Swimmers must be able to jump feet first into deep water and swim 75 yards using one or more strong strokes. They must then swim 25 yards using a resting backstroke and then float on their back for 1 minute. The 100 yards must be swum continuously.
7. **Buddy System.** Each Scout is paired with another of about the same swimming ability. Each must stay together. Each pair will be assigned a number from 1 to the total number of pairs. When the swim coordinator calls for a buddy check each pair will sound-off their buddy number one after the other from 1 to the last numbered pair.
8. **Discipline.** The swim coordinator ensures that there is discipline and that all rules of the swim area is being followed.

## Requirement 1

Earn the Swimming Merit Badge

## Requirement 2

Do the following:

Spend at least six hours in preparing and practicing lifesaving skills. Total Hours: \_\_\_\_\_

Surface dive into open water 2-3 meters deep recovering various objects:  1     2     3  
Recover a 5-kilo Weight:  1

## Requirement 3

Show that you can remove street clothes in 30 seconds or less. Street clothes means sock, shoes, trousers, barong/shirt/sweatshirt. Record your two qualifying time below:

1<sup>st</sup> Qualifying Time: \_\_\_\_\_ seconds       2<sup>nd</sup> Qualifying Time: \_\_\_\_\_ seconds

Show the correct approach to a drowning person who is in the following position:

- Back to Scout (Back Approach)
- Face to Scout Head Above Water (Underwater Approach)

### Requirement 4

Show the following rope rescue with a buddy and a subject:

**As a Rescuer:**

- Carry the looped end of a rope 20-meters long, 1/2-centimeter in diameter across your shoulder and chest.
- Make a running or leaping entry into the water.
- Swim 20-meters to the struggling subject and tow ashore with the rope.

**As Line Tender:**

- Chain knot the rescue line.
- Tie and place loop around rescuer's shoulder.
- Pay out rope and pull rescuer and subject ashore.

### Requirement 5

Keeping in sight a struggling subject, enter the water feet first and do the following:

Swim 10-meters, make a correct approach, and tow victim 10 meters to shore using:

- Cross-Chest Carry
  - Hair Carry
  - Collar or Wrist Carry
- Swim 10-meters, make a correct approach to a tired swimmer, carry and push 10 meters to shore.

### Requirement 6

Do the following:

In water at least two meters deep, show how to block effectively and avoid the attempts of a struggling person to grasp you around the neck with right arm and with both arms. In each case, show how to tow him ashore.

- Right Arm Only       Both Arms

In water at least two meters deep, show how to disengage yourself from the following grasp:

- Wrist
  - Rear head hold
  - Arms around the body from back
  - Front head hold
  - Arms around the body, at the front, below the armpit
- Demonstrate resuscitation for two minutes using the mouth-to-mouth method with external cardiac massage.