

# Swimming Merit Badge Worksheet



**ATTENTION: These tests must be performed before a Counselor who is a recognized swimming instructor of the Philippine National Red Cross or who holds an Aquatic School Certificate for Swimming 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

Swim in good form the following strokes for at least the specified distance:

- Side-Stroke (20 Meters)
- Elementary Back-Stroke (20 Meters)
- Breast-Stroke (60 Meters)

## Requirement 2

- Surface dive in two meter in water and recover an object from the bottom.

## Requirement 3

- In water two or more meters deep: While fully dressed, remove trousers, tie an overhand knot on the bottom of each leg, inflate trousers, and float motionless for a minute using the inflated trousers as buoys **OR** While fully dressed, tread water, inflate shirt, and float motionless for one minute.

### Requirement 4

- Rest motionless in the water, or as nearly so as possible, at any angle, for one minute.

### Requirement 5

- Enter water without sound.
- Swim silently without splash for 15 meters (with breast stroke **OR** dog paddle).
- Leave water without sound.

### Requirement 6

While swimming submerge quickly using:

- Surface Dive Jackknife
- Duck Dive
- Feet First Method

Swim three strokes forward under water and return to surface.

Repeat three times:      1      2      3

### Requirement 7

- In deep water, remove street clothes (to include socks, shoes, trousers, shirts, sweater, or sweatshirt) and swim 40 meters.