



# Cub Scout Sports: Swimming

Cub Scout Pack 49

Denison, Iowa

Name of Scout: \_\_\_\_\_ Den: \_\_\_\_\_ Date: \_\_\_\_\_

**Please check what you have completed for either the loop or the pin:**

## REQUIREMENTS FOR THE SWIMMING SPORTS BELT LOOP

Complete these three requirements:

- \_\_\_ Explain rules of Safe Swim Defense. Emphasize the buddy system.
- \_\_\_ Play a recreational game in the water with your den, pack, or family.
- \_\_\_ While holding a kick board, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area.

## REQUIREMENTS FOR THE SWIMMING SPORTS PIN

- \_\_\_ Required: Belt loop previously earned (or all three of the above requirements checked).

Complete five of the following requirements:

- \_\_\_ Practice the breathing motion of the crawl stroke while standing in shallow water. Take a breath, place your head in the water, exhale, and turn your head to the side to take a breath. Repeat.
- \_\_\_ Learn two of the following strokes: crawl, backstroke, elementary backstroke, sidestroke, or breaststroke.
- \_\_\_ Learn two of the following floating skills: jellyfish float, turtle float, canoe (prone) float.
- \_\_\_ Using a kickboard, demonstrate three kinds of kicks.
- \_\_\_ Pass the "beginner" or "swimmer" swim level test.
- \_\_\_ Visit with a lifeguard and talk about swimming safety in various situations (pool, lake, river, ocean). Learn about the training a lifeguard needs for his or her job.
- \_\_\_ Explain the four rescue techniques: Reach, Throw, Row, and Go (with support)
- \_\_\_ Take swimming lessons.
- \_\_\_ Attend a swim meet at a school or community pool.
- \_\_\_ Tread water for 30 seconds.
- \_\_\_ Learn about a U.S. swimmer who has earned a medal in the Olympics
- \_\_\_ Demonstrate the proper use of a mask and snorkel in a swimming area where your feet can touch the bottom.

I certify that this Cub Scout has completed the above marked requirements to the best of his ability.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_