



Aquanaut

Webelos Activity Workbook

This workbook is not required but is designed to help you with this activity badge. No one can add or subtract from the Boy Scout Requirements. Use page backs & add pages as needed. Please send comments to: craig@craiglincoln.com. Workbook updated: December 2005.

Scout's Name: _____ Pack: _____ Activity Badge Counselor: _____

Do these:

1. Jump into water over your head. Come to the surface and swim 100 feet, at least half of this using a backstroke. _____

2. Stay in the water after the swim and float on your back and your front, and demonstrate survival floating. _____

3. Put on a personal floatation device (PFD) that is the right size for you. Make sure it is properly fastened. _____

Wearing the PFD, jump into water over your head. _____

Show how the PFD keeps your head above water by swimming 25 feet. _____

Get out of the water, remove the PFD, and hang it where it will dry. _____

And do three of these:

4. Do a front surface dive and swim under water for four strokes before returning to the surface. _____

5. Explain the four basic water rescue methods.

Demonstrate reaching and throwing rescues. _____

6. With an adult on board, show that you know how to handle a rowboat. _____

7. Pass the BSA "Swimmer" test:

• Jump feet-first into water over the head in depth, level off, and begin swimming. _____

• Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl.

• Then swim 25 yards using an easy, resting backstroke. _____

• After completing the swim, rest by floating. _____

8. While you are a Webelos Scout, earn the Cub Scout Sports belt loop for swimming. (*All boys may earn belt loops and pins more than once...Cub Scout Academics and Sports Program Guide p. 4*) _____

As you complete your Webelos work, notice the Boy Scout Requirements:

Aquanaut Requirement 1 & 2 are similar to First Class Requirement 9b.

Aquanaut Requirement 5 is similar to Second Class Requirement 7c & First Class Requirement 9c.

Aquanaut Requirement 7 is similar to Second Class Requirement 7b.

Look at the Swimming Merit Badge requirements.