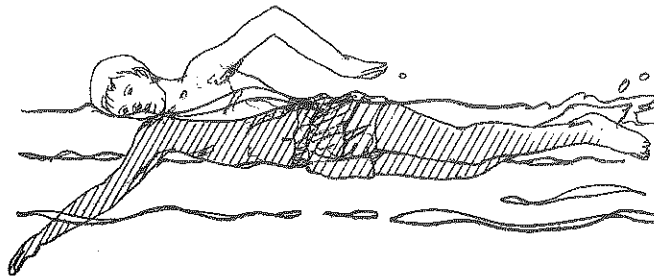
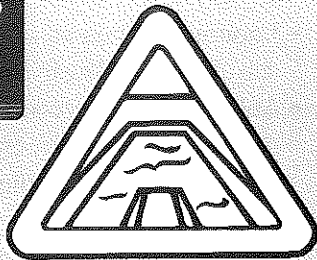
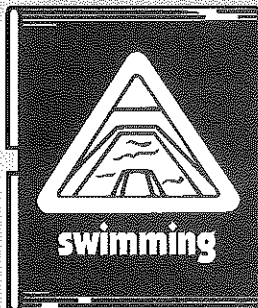


Cub Scout Sports: Swimming



REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

Belt Loop

Complete these three requirements:

- _____ 1. Explain the rules of Safe Swim Defense. Emphasize the buddy system.
- _____ 2. Play a recreational game in the water with your den, pack, or family.
- _____ 3. While holding a kick board, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area.

Sports Pin

Earn the Swimming belt loop and complete five of the following requirements:

- _____ 1. 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.
- _____ 2. Learn and demonstrate two of the following strokes: crawl, backstroke, elementary backstroke, sidestroke, or breaststroke.
- _____ 3. Learn and demonstrate the following floating skills: prone, facedown float, and back float. The purpose of the float is to provide the swimmer the opportunity to rest in the water.
- _____ 4. Using a kickboard, demonstrate three kinds of kicks.
- _____ 5. Pass the "beginner" or "swimmer" swim level test.
- _____ 6. 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 position.
- _____ 7. Explain the four rescue techniques: Reach, Throw, Row, and Go (with support).
- _____ 8. Take swimming lessons.
- _____ 9. Attend a swim meet at a school or community pool.
- _____ 10. Tread water for 30 seconds.
- _____ 11. Learn about a U.S. swimmer who has earned a medal in the Olympics. Tell your den or an adult family member what you learned about him or her.
- _____ 12. Demonstrate the proper use of a mask and snorkel in a swimming area where your feet can touch the bottom.