

# Requirements

1. Discuss the prevention of and treatment for health concerns that could occur while swimming, including hypothermia, dehydration, sunburn, heat exhaustion, heatstroke, muscle cramps, hyperventilation, spinal injury, stings and bites, and cuts and scrapes.
2. Do the following:
  - a. Identify the conditions that must exist before performing CPR on a person. Explain how to recognize such conditions.
  - b. Demonstrate proper technique for performing CPR using a training device approved by your counselor.
3. Before doing the following requirements, successfully complete Second Class rank requirements 7a-7c and First Class rank requirements 9a-9c.

## Second Class rank requirements:

- (7a) Tell what precautions must be taken for a safe swim.
- (7b) Demonstrate your ability to jump feetfirst into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.
- (7c) Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.

## First Class rank requirements:

- (9a) Tell what precautions must be taken for a safe trip afloat.
  - (9b) Before doing the following requirement, successfully complete the BSA swimmer test:

Jump feetfirst into water over your head in depth, 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. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.
  - (9c) With a helper and a practice victim, show a line rescue both as tender and as rescuer. The practice victim should be approximately 30 feet from shore in deep water.
4. Demonstrate survival skills by jumping feetfirst into deep water wearing clothes (shoes, socks, swim trunks, long pants, belt, and long-sleeved shirt). Remove shoes and socks, inflate the shirt, and show that you can float using the shirt for support. Remove and inflate the pants. Swim 50 feet using the inflated pants for support, then show how to reinflate the pants while still afloat.
  5. Swim continuously for 150 yards using the following strokes in good form and in a strong manner:

front crawl or trudgen for 25 yards, back crawl for 25 yards, sidestroke for 25 yards, breaststroke for 25 yards, and elementary backstroke for 50 yards.
  6. Do the following:
    - a. Float faceup in a resting position for at least one minute.
    - b. Demonstrate survival floating for at least five minutes.
    - c. While wearing a properly fitted personal flotation device (PFD), demonstrate the HELP and huddle positions. Explain their purposes.
    - d. Explain why swimming or survival floating will hasten the onset of hypothermia in cold water.

