

Swimming and Lifesaving Merit Badges Guide 2022 at Belk Scout Camp



Swimming Merit Badge Courses

Scouts who can complete the BSA Swimmer test (100 yards) should register for either the morning session or the afternoon course:

Saturday, July 23, 2022, check in 8:30 a.m., class 9:00 a.m. to Noon

or

Saturday, July 23, 2022, check in 12:30 p.m. 1:00 p.m. to 4:30 p.m.

Scouts who need instruction in basic swimming skills or who would have difficulty completing the BSA Swimmer test (100 yards) should register for one of the all-day courses:

Monday, July 25, 2022, check in 8:30 a.m., class 9:00 a.m. to Noon,
lunch break Noon to 1:00 p.m.,
class continues from 1:00 p.m. to 3:00 p.m.

or

Tuesday, July 26, 2022, check in 8:30 a.m., class 9:00 a.m. to Noon,
lunch break Noon to 1:00 p.m.,
class continues from 1:00 p.m. to 3:00 p.m.

Lifesaving Merit Badge Courses

Scouts who have earned Swimming Merit Badge and who can complete a qualifying swim of 400 yards should register for one of the all-day courses:

Wednesday, July 27, 2022, 8:30 a.m. to Noon,
lunch break Noon to 1:00 p.m.,
class continues from 1:00 p.m. to 4:00 p.m.

or

Thursday, July 28, 2022, 8:30 a.m. to Noon,
lunch break Noon to 1:00 p.m.,
class continues from 1:00 p.m. to 4:00 p.m.

Check-in and dismissal for all classes will occur at
Belk Scout Camp Pool, 9408 Belt Rd, Midland, NC 28107

Scouts should arrive at least 15 minutes before classes start.

Link to map to Belk Scout Camp: <https://goo.gl/maps/drs4PE3g1j57tg3J9>

Link to map of Belk Scout Camp:  Belk Scout Camp map 2022 02 20.pdf

The Swimming and Lifesaving Merit Badge courses will cover the aquatics skills and first aid portions of these merit badges. Scouts who demonstrate the skills and knowledge can receive completion sign-offs for those requirements.

Website for information and link to registration and payment:

<https://www.mccscouting.org/meritbadgescouts>

Scouts must register in advance by completing registration and payment online.

Location of event: Belk Scout Camp pool, 9408 Belt Rd, Midland, NC 28107

Minimum class sizes: 6 for Swimming, 6 for Lifesaving

Maximum class sizes: 10 for Swimming, 10 for Lifesaving

Cost: Cost is \$35 for Swimming MB class and \$45 for Lifesaving MB class.

The online payment fee is \$1.

Registration opens: When this document is published and distributed.

Registration closes: On Friday, July 22, at 5:00 p.m. or when classes are full.

Age requirement: Ages 11 through 17

Rank requirement: None. Scouts must be able to meet prerequisites for swimming skills and endurance.

Contact Information: Michael Gray, michael.gray1997@hotmail.com

Prerequisites:

For **Swimming Merit Badge**, Scouts must be able to complete Requirements 2 and 3:

2. Before doing the following requirements, successfully complete the BSA swimmer test: Jump feet first into water over the head in depth. Level off and 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 completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.

3. 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.

For **Lifesaving Merit Badge**, Scouts must be able to complete Requirement 1b:

1. b. Swim continuously for 400 yards using each of the following strokes in a strong manner for at least 50 continuous yards: front crawl, sidestroke, breaststroke, and elementary backstroke.

Blue card requirement: Each Scout must present to the counselor a separate blue card signed by their Scoutmaster indicating permission to participate in the course(s). Scouts should fill out the requirement grid portion of the card and have the Merit Badge Counselor initial this section of the card for each completed requirement. When the Scout has completed all requirements, the Merit Badge Counselor must sign and date the card in 2 places. Each Scout is responsible to obtain these signatures and to turn the card in to their Scoutmaster so that the merit badge can be registered and awarded.

More information about blue cards can be found in a Blue Card Guide posted at <https://docs.google.com/document/d/1R-9a4mZuGMgrR1SECJdKsMkt4c4kxda4/edit?usp=sharing&oid=109493158571682052737&rtpof=true&sd=true>

Parents are welcome to attend all sessions. Although the swim instruction staff will provide lookout and lifeguard functions and 2-deep adult leadership throughout the courses, parents may supplement this coverage and can support a disciplined environment throughout the courses.

Partial or Full Completion: Full completion of these merit badges is expected by the end of the course sessions. If a Scout does not finish all requirements, he or she can work with the Counselor to list and initial requirements completed on his or her blue card for later completion with the Counselor or with a Counselor identified by his or her Scoutmaster. Scouts should follow the buddy system with 2-deep adult leadership for all merit badge sessions and for all meetings with a Counselor. A Scout's buddy can be "a friend, parent, guardian, brother, sister, or other relative—or better yet, another Scout working on the same badge—along with him [or her] attending the session."

Health Precautions

Scouts will follow guidelines from the North Carolina Department of Health and Human Services (NC DHHS) and from BSA. These guidelines are subject to change with changes in the severity and features of the COVID pandemic.

2022 03 21 Update on Council policy on wearing masks

Mecklenburg County Council will follow Mecklenburg County and NC DHHS guidelines that wearing a mask is a "personal choice". Whether a person chooses to wear a mask because of comfort or lessened risk of spreading COVID or lessened risk of acquiring COVID or whether a person chooses not to wear a mask, individuals should not be singled out for either of those decisions or practices.

Although course sessions will occur outside with open ventilation, Scouts may encounter situations where 2 or more Scouts are within 6 feet of each other. Masks can reduce risk of virus transmission in these circumstances.

Health forms: Each Scout must bring a current completed and signed BSA Health and Medical Record, Parts A and B1 and B2 and C (with provider signature on part C) and copies of the front and back of their health insurance card.

If applicable, Scouts should bring a copy of the BSA Immunization Exemption Request form, available at <https://filestore.scouting.org/filestore/pdf/680-451.pdf> and/or a copy of the Request for Exemption from Medical Care and Treatment form, available at <https://filestore.scouting.org/filestore/pdf/680-452.pdf>

Medications: Any Scout who has a health condition such as asthma or severe allergies or diabetes potentially requiring emergency medication must bring appropriate medications such as inhaler or epinephrine or glucose supplement with them in their day pack.

Food and drinks: Food and drinks for purchase are not available at Belk Scout Camp. Scouts may pack their own snacks and meals and beverages. Please do not bring nut or sesame seed products because of risk of serious allergies affecting participants and staff. Scouts may drink and eat in the designated area during breaks in the class. Eating or drinking during the class sessions will not be allowed.

Please bring a personal water bottle to maintain hydration throughout the day.

Sun protection: Scouts will have prolonged sun exposure. Please bring sunblock, hat, and loose-fitting sun-protective clothing to prevent sunburn.

Clothing: Scouts are not required to wear Scout uniforms for these courses. Scouts should wear and/or bring appropriate swim attire and a towel and should bring dry clothes to change into for their rides home. They can use the male and female shower rooms at the pool for changing clothes before and after swimming.

Attire: Clothing worn by participants must not promote illegal drugs, alcohol, violence, sexual activity, racism, sexism or bigotry.

Swimming Attire: Swimsuits must be modest. For males, tight fitting swim briefs or swim bottoms short enough to allow exposure are not allowed. For females, bikinis are not allowed. Modest tankinis or one-piece swimsuits are appropriate.

Source

<https://www.bsaseabase.org/wp-content/uploads/2021/02/2022-Sailing-Participant-Guide-Editable.pdf>

page 14, accessed 2022 04 25

Jeans with holes in inappropriate places are not permitted. Shorts must extend to at least thumb-tip length. Pants, shorts, and shirts should not reveal undergarments.

Source McCrorey YMCA check-in desk, accessed 2019 06 27

Scouts participating in Lifesaving Merit Badge class must bring or wear long sleeve button up or pullover shirt, long pants, belt, socks and shoes so that they can complete requirement 9 to “remove street clothes in 20 seconds or less”. These items may get wet at the poolside but Scouts will not jump in with these clothes on.

Cell phones: A Scout is courteous. Scouts may have cell phones with them at the course, but cell phones are not allowed in the pool area. If a Scout chooses to send text messages or talk on their cell phone during classroom activities, they will be expected to lend their cell phone to the instructor or to a parent or to a Scout leader for safekeeping during the rest of the day, to be returned when the class ends.

Homework for All Merit Badges before class:

1. Please read the Merit Badge Homework Guide posted at https://docs.google.com/document/d/1jm7GIJ9V9FbZZQTVU3hO74bc_yaiXkBN/edit#
2. Scouts must read the BSA merit badge book or pamphlet **before** class.

Homework for Swimming Merit Badge before class:

3. For requirements # 1 and # 7, write out components of the BSA Safe Swim Defense. Here is a resource: <https://www.scouting.org/health-and-safety/gss/gss02/>
4. For requirement # 1b, write out notes on prevention and treatment of each of the health conditions listed.
5. For requirement # 5b, research and write out notes about HELP and huddle positions and swimming and survival floating in cold water.

Homework for Lifesaving Merit Badge before class:

3. For requirement # 1, write out components of the BSA Safe Swim Defense. Here is a resource: <https://www.scouting.org/health-and-safety/gss/gss02/>
4. For requirement # 3, write out notes on each of the parts of this requirement.
5. For requirement # 7, write out your list and notes on this requirement.
6. For requirement # 16a, write out notes on this requirement.
8. For requirement # 17, write out notes on prevention and treatment of each of the health conditions listed.



Swimming Merit Badge

Requirements

https://filestore.scouting.org/filestore/Merit_Badge_ReqandRes/Swimming.pdf

2022 04 25

1. Do the following:

- a. Explain to your counselor how Scouting's Safe Swim Defense plan anticipates, helps prevent and mitigate, and provides responses to likely hazards you may encounter during swimming activities.
- b. Discuss the prevention and treatment of 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. Before doing the following requirements, successfully complete the BSA swimmer test:

Jump feetfirst into water over the head in depth. Level off and 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 completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.

3. 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.

4. Do the following:

- a. 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.
- b. 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.

5. 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 U.S. Coast Guard–approved life jacket, 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.

6. In water over your head, but not to exceed 10 feet, do each of the following:
- a. Use the feetfirst method of surface diving and bring an object up from the bottom.
 - b. Do a headfirst surface dive (pike or tuck), and bring the object up again.
 - c. Do a headfirst surface dive to a depth of at least 5 feet and swim underwater for three strokes. Come to the surface, take a breath, and repeat the sequence twice.

7. Following the guidelines set in the BSA Safe Swim Defense, in water at least 7 feet deep*, show a standing headfirst dive from a dock or pool deck. Show a long shallow dive, also from the dock or pool deck.

*If your state, city, or local community requires a water depth greater than 7 feet, it is important to abide by that mandate.

8. Explain the health benefits of regular aerobic exercise, and discuss why swimming is favored as both fitness and therapeutic exercise.



Lifesaving Merit Badge

Requirements

[https://filestore.scouting.org/filestore/Merit_Badge_ReqandRes/35915\(21\)Lifesaving_R EQ.pdf](https://filestore.scouting.org/filestore/Merit_Badge_ReqandRes/35915(21)Lifesaving_R EQ.pdf)

2022 04 25

1. Before doing requirements 3 through 15, review with your counselor the principles of Safe Swim Defense.
2. Before doing requirements 3 through 15:
 - a. Earn the Swimming merit badge.
 - b. Swim continuously for 400 yards using each of the following strokes in a strong manner, in good form with rhythmic breathing, for at least 50 continuous yards: front crawl, sidestroke, breaststroke, and elementary backstroke.
3. Explain the following:
 - a. Common drowning situations and how to prevent them.
 - b. How to identify persons in the water who need assistance.
 - c. The order of methods in water rescue.
 - d. How rescue techniques vary depending on the setting and the condition of the person needing assistance.
 - e. Situations for which in-water rescues should not be undertaken.
4. Demonstrate “reaching” rescues using various items such as arm, leg, towels, shirts, paddles, and poles.
5. Demonstrate “throwing” rescues using various items such as a line, ring buoy, rescue bag, and free-floating support. Successfully place at least one such aid within reach of a practice victim 25 feet from shore.
6. With your counselor’s approval, view in-person or on video a rowing rescue performed using a rowboat, canoe, kayak, or stand-up paddleboard. Discuss with your counselor how effectively and efficiently the rescue was performed.
7. List various items that can be used as aids in a “go” rescue. Explain why buoyant aids are preferred.

8. Correctly demonstrate rescues of a conscious practice subject 30 feet from shore in deep water using two types of buoyant aids provided by your counselor. Use a proper entry and a strong approach stroke. Speak to the subject to determine his or her condition and to provide instructions and encouragement.
 - a. Present one aid to a subject, release it, and swim at a safe distance as the subject moves to safety.
 - b. In a separate rescue, present the other aid to a subject and use it to tow the subject to safety.
9. Discuss with your counselor when it is appropriate to remove heavy clothing before attempting a swimming rescue. Remove street clothes in 20 seconds or less, enter the water, and approach a conscious practice subject 30 feet from shore in deep water. Speak to the subject and use a nonbuoyant aid, such as a shirt or towel, to tow the subject to safety.
10. Discuss with your counselor the importance of avoiding contact with an active subject and demonstrate lead-and-wait techniques.
11. Perform the following non-equipment rescues for a conscious practice subject 30 feet from shore. Begin in the water from a position near the subject. Speak to the subject to determine his or her condition and to provide instructions and encouragement.
 - a. Perform an armpit tow for a calm, responsive, tired swimmer resting with a back float.
 - b. Perform a cross-chest carry for an exhausted, responsive subject treading water.
12. In deep water, show how to escape from a victim's grasp on your wrist. Repeat for front and rear holds about the head and shoulders.
13. Perform the following rescues for an unconscious practice subject at or near the surface 30 feet from shore. Use a proper entry and strong approach stroke. Speak to the subject and splash water on the subject to determine his or her condition before making contact. Quickly remove the victim from the water, with assistance if needed, and position for CPR.
 - a. Perform an equipment assist using a buoyant aid.
 - b. Perform a front approach and wrist tow.
 - c. Perform a rear approach and armpit tow.
14. Discuss with your counselor how to respond if a victim submerges before being reached by a rescuer, and do the following:
 - a. Recover a 10-pound weight in 8 to 10 feet of water using a feetfirst surface dive.
 - b. Repeat using a headfirst surface dive.
15. Demonstrate management of a spinal injury to your counselor:
 - a. Discuss the causes, signs, and symptoms of a spinal injury.
 - b. Support a faceup subject in calm water of standing depth.
 - c. Turn a subject from a facedown to a faceup position in water of standing depth while

maintaining support.

16. Demonstrate knowledge of resuscitation procedure:

- a. Describe how to recognize the need for rescue breathing and CPR.
- b. Demonstrate CPR knowledge and skills, including rescue breathing, on a mannequin under the guidance of a current CPR/AED instructor trained by a nationally certified provider.

17. With your counselor, discuss causes, prevention, and treatment of other injuries or illnesses that could occur while swimming or boating, including hypothermia, dehydration, heat-related illnesses, muscle cramps, sunburn, stings, and hyperventilation.