

## Aquanaut Requirements:

Do these:

1. Jump into water over your head. Come to the surface and swim 100 feet, at least half of this using the 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 flotation device (PFD) that is the right size for you. Make sure it is properly fastened. Wearing the PFD, jump into the 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 underwater 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.

The 100 yards must be completed in one swim without stops and must include at least one sharp turn.

### **8. While you are a Webelos Scout, earn the Cub Scout Sports belt loop for swimming.**

*Complete these three requirements:*

1. *Explain the rules of Safe Swimming Defense. Emphasize the buddy system. (Readyman Requirement #8) -Tell what steps must be taken for a safe swim with your Webelos den, pack, family, or other group. Explain the reasons for the buddy system.*
2. *Play a recreational game in the water with your den, pack, or family.*
3. *While holding a kickboard, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area.*