



Aquanaut

Cub Scouts · Elective · Webelos rank

Name

Started

Completed

Aquanaut is all about having fun in the water while staying safe. You'll learn how to help someone in trouble without going in, try treading water, and take the swimmer test. Every swimmer, from beginner to strong, can enjoy it.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/aquanaut/). Tips and examples are ideas, not extra requirements.

☐ **1** Tell the safety precautions to take before any swimming activity

Tip: Talk with your den about safety rules like swimming with a buddy and having a trained adult watching.

Example: Before swimming: a trained adult is in charge, lifeguards are on duty, the area is checked for hazards, everyone has a buddy, and swimmers stay in the part of the water that matches their ability.

☐ **2** Explain what "order of rescue" means; demonstrate the reach and throw rescues from land

Tip: Remember: reach, throw, don't go. Practice reaching with a pole and tossing a rope or float from the side.

Example: Reach: lie on the deck and hold out a pole, towel, or branch. Throw: toss a float or rope bag so it lands past the swimmer, then pull them in. You stay on land the whole time.

☐ **3** Learn how to prevent and treat hypothermia

Tip: Learn the signs of getting too cold, like shivering, and how to warm up with dry clothes and a towel.

Example: To prevent getting too cold, take breaks, get out if you're shivering, and dry off. To help someone who is cold: get them out of the water, into dry clothes, and wrapped in a towel or blanket.

☐ **4** Try treading water

Tip: Try treading water in deep water with an adult close by. Kick slowly and keep your hands moving.

☐ **5** Attempt the Scouting America swimmer test

Tip: Give the swimmer test your best try. It's fine if you need more practice.

Example: The swimmer test has a jump into deep water, a longer swim with a resting backstroke at the end, and a float. If you don't pass, you'll know exactly what to practice.

☐ **6** Free swim for 30 minutes or more using the buddy system and staying in your ability group; the supervising adult does at least three buddy checks each half hour

Tip: Stay with your buddy and in your ability group, and check in when the lifeguard calls.