



Paws for Water

Cub Scouts · Elective · Wolf rank

Name

Started

Completed

Paws for Water helps you have fun in the water while staying safe. You'll learn swim rules, try some strokes, and jump in with your buddy. Water skills help you enjoy summer with confidence.

Requirements

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

☐ 1 Learn the swimming safety rules you need to follow

Tip: Talk with a lifeguard or leader about the rules, like always swimming with a buddy.

Example: Your rules might be: always swim with a buddy, only swim where a lifeguard or trained adult is watching, stay in the area for your swimming ability, and walk on the pool deck.

☐ 2 Show how to enter the swimming area properly

Tip: Show how to enter the right way, such as feet first or using steps, as your area allows.

Example: Show your leader how you enter: walk down the steps or ladder, or sit on the edge and slide in feet first, depending on the rules where you swim.

☐ 3 Swim for 30 minutes with your den or family, using the buddy system and staying in your ability group

Tip: Swim with your den or family where lifeguards or trained adults are watching.

Example: Your den swims for 30 minutes at a lifeguarded pool. Everyone has a buddy, stays in the area that matches their swimming ability, and answers buddy checks right away.

- ☐ 4 Try at least one stroke: front crawl, restful backstroke, or breaststroke

Tip: Try one stroke slowly. A swim teacher can help you get the arm moves right.

Example: Try a restful backstroke: float on your back, look up, and slowly sweep your arms down to your sides like you're making a snow angel in the water.

- ☐ 5 Jump feetfirst into water that is chest-deep or deeper

Tip: With an adult in the water nearby, jump in feet first where it's chest-deep or deeper.

- ☐ 6 Show how to exit the swimming area properly

Tip: Practice climbing out at the ladder or steps calmly.