



ADVENTURE WORKSHEET

Salmon Run

Cub Scouts · Elective · Bear rank

Name

Started

Completed

Salmon Run helps you swim safely and learn how to help someone in trouble. You'll practice the buddy system, try the beginner swim test, and learn simple rescues. These skills make time in the water more fun and safe.

Requirements

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

- ☐ **1** With your den or an adult, identify what makes adult supervision at a swimming activity qualified

Tip: Talk about what trained adults and lifeguards do to keep swimmers safe.

Example: Qualified supervision at a swim means an adult trained in Safe Swim Defense is in charge, lifeguards or lookouts are watching, and there are enough adults for the number of swimmers.

- ☐ **2** Learn the three Scouting America swimming ability groups and the water depth suited to each

Tip: Learn the three ability groups and which water each one swims in.

Example: Nonswimmers stay in water no deeper than their waist. Beginners use water from shallow to just over their heads. Swimmers, who passed the swimmer test, can use deeper water.

- ☐ **3** Swim for 30 minutes with your den, pack, or family using the buddy system

Tip: Swim for 30 minutes with your den, pack, or family while lifeguards or trained adults watch.

- ☐ **4** With your den or an adult, show how buddy checks, the buddy system, and ability groups work

Tip: Practice buddy checks: when called, grab your buddy's hand and hold it up.

- ☐ **5** Attempt the Scouting America beginner swim test

Tip: Try the beginner test with a trained instructor. If you don't pass, it's fine to try again later.

Example: In the beginner test you jump into water over your head, come back up, swim a short way, turn around, and swim back. If you don't pass yet, that's okay. Trying is the requirement.

- ☐ **6** Demonstrate a reach rescue and also a throw rescue

Tip: Practice reaching with a pole or towel and throwing a float, while staying safely on land.

Example: For a reach rescue, lie down on the deck and hold out a pole or towel for the swimmer to grab. For a throw rescue, toss a ring buoy or rope past them and pull them in. You stay out of the water.