



ADVENTURE WORKSHEET

Swimming

Cub Scouts · Elective · Arrow of Light rank

Name

Started

Completed

Swimming is about having fun in the water while staying safe. You'll learn Safe Swim Defense, practice rescues from land, and try the swimmer test. Every swimmer can grow their skills here.

Requirements

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

☐ 1 Review Safe Swim Defense

Tip: Talk with a trained leader about Safe Swim Defense rules like buddies and lifeguards.

Example: Safe Swim Defense includes a qualified adult supervisor, a health check, a safe swim area, lifeguards and a lookout, ability groups, the buddy system, and good discipline. Talk about why each one matters.

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

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

Example: Reach: lie flat on the deck and stretch out a pole or towel so you don't get pulled in. Throw: toss a ring buoy or rope bag past the swimmer and pull them to the edge. Practice with a buddy acting as the swimmer.

☐ 3 Attempt the Scouting America swimmer test

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

Example: The swimmer test includes a jump into water over your head, a longer swim with an easy resting backstroke at the end, and a float. If you don't pass yet, practice the part that was hardest and try again.

- ☐ **4** 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.