



Tigers in the Water

Cub Scouts · Elective · Tiger rank

Name

Started

Completed

Tigers in the Water helps you feel safe and confident in the water. You'll learn the swimming rules, practice getting in and out properly, and try blowing bubbles and flutter kicking with your adult buddy. Each splash builds your skills.

Requirements

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

☐ **1** Learn the swimming safety rules you need to follow

Tip: Go over the pool or beach rules with your adult, like swimming with a buddy and listening to lifeguards.

Example: Rules to know: swim only when a lifeguard or adult is watching, always have a buddy, walk on the pool deck, stay in water at your level, and get out right away when the whistle blows.

☐ **2** Show how to enter the swimming area properly

Tip: Enter the water slowly and carefully the way the lifeguard or adult shows you.

Example: Enter at the shallow end: sit on the edge, turn, and lower yourself in slowly while holding the edge, or walk down the steps holding the rail. Never jump in unless the lifeguard says it's okay.

☐ **3** With your adult partner as your buddy, be active for 20 minutes in water that matches your ability

Tip: Play, walk, or float at your level for 20 minutes with your partner right beside you.

Example: Spend 20 minutes with your adult buddy: walk across the shallow end, hold the wall and kick, float on your back with your adult's hands under you, and play a game of underwater "ring toss."

- ☐ **4** Put your face in the water and blow some bubbles

Tip: Take a breath, put your face in the water, and blow bubbles. Try it a few times.

- ☐ **5** Show a flutter kick

Tip: Hold the wall or a kickboard and kick with straight legs and pointed toes.

Example: Hold the wall or a kickboard with your arms straight. Kick with straight legs and pointed toes, making small splashes. Try it with your face in the water, blowing bubbles.

- ☐ **6** Show how to exit the swimming area properly

Tip: Climb out carefully using the steps or ladder, the way you were shown.