



Time to Swim

Cub Scouts · Elective · Lion rank

Name

Started

Completed

Time to Swim helps you feel safe and happy in the water. You'll learn the swimming safety rules, practice getting in and out the right way, and play in the water with your adult buddy. Every swimmer starts with small steps like these.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/time-to-swim/). 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 always swimming with a buddy and listening to lifeguards.

Example: Rules to talk about: always swim with a buddy, only swim when a lifeguard or adult says it's okay, walk on the pool deck, and get out right away when the whistle blows.

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

Tip: Practice entering the water the way the lifeguard or adult shows you, slowly and carefully.

Example: Enter at the shallow end. Sit on the edge, swing your legs in, and slide in slowly, or walk down the steps while holding the rail, the way your adult or lifeguard shows you.

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

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

Example: With your adult beside you, spend 20 minutes walking in the shallow end, kicking while holding the wall, floating with help, and playing a game of catch with a soft ball.

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

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

Example: Take a big breath, put your lips and nose in the water, and hum out bubbles. Try it with your eyes open, then try your whole face.

☐ **5** Show how to exit the swimming area properly

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