



# Arrow of Light Den Meeting 2

## Aquanauts

Aquanaut activity badge (complete).

### Safe Swim Defense

Before a BSA group may engage in swimming activities of any kind, a minimum of one adult leader must complete Safe Swim Defense training, have a commitment card (No. 34243) with them, and agree to use the eight defenses in this plan.

### Safety Afloat

Safety Afloat has been developed to promote boating and boating safety and to set standards for safe unit activity afloat. Before a BSA group may engage in an excursion, expedition, or trip on the water (canoe, raft, sailboat, motorboat, rowboat, floating in an inner tube, or other craft), adult leaders for such activity must complete Safety Afloat Training, No. 34159, have a commitment card, No. 34242, with them, and be dedicated to full compliance with all nine points of Safety Afloat.

## Preparation and Materials Needed

- ▶ Read the Aquanaut chapter in the *Webelos Handbook*.
- ▶ Make arrangements for the boys to swim at a pool. Arrange for adequate adult supervision.
  - Have parents and leaders take the Safe Swim Defense online training at [www.scouting.org/applications/myscouting](http://www.scouting.org/applications/myscouting). A minimum of one adult leader must complete Safe Swim Defense online training at the BSA Online Learning Center.
  - If you are doing the rowboat requirement, have at least one attending parent or leader take both the Safe Swim Defense and Safety Afloat on line training at [www.scouting.org/applications/myscouting](http://www.scouting.org/applications/myscouting).
- ▶ Identify any parents or other pack resources who are, or know, lifeguards or water safety and swimming instructors and could be your activity badge counselor for this meeting. The pool you will go to may be willing.
  - Be sure any guest speaker knows how long the presentation should run, and that you've confirmed what can or should be covered that would be interesting and fun for the Scouts.
  - Show any guest speaker the Aquanaut chapter in the *Webelos Handbook*.
- ▶ **If your den meeting schedule can allow it, schedule this meeting as two or more meetings to permit all to develop swimming ability, and to complete all of the activities and fun. These meetings can be done over the summer too if you're meeting then.**
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
  - Scouts and others to bring swimsuits and towels, sunscreen if needed
  - The following should be available at the pool: personal flotation devices available, equipment for reaching and throwing rescues, such as a 25-foot coil of rope or rope with ring.
  - Equipment for the water games (could be balloons, newspapers, volleyball, playground or foam ball)
  - **Aquanaut activity badges** and **Swimming belt loops** for each Scout (so they can be awarded if completed today), and compass emblems or points (if those will be completed today).

## Before the Meeting

- ▶ Review After the Meeting at the end of the previous den meeting plan for necessary preparation and materials.
- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

## Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ If you have background materials for the activity badge, Scouts may be interested in reviewing those.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

## Opening

- ▶ Flag ceremony (rotate planning and leadership to complete **Webelos requirement 6**), with Pledge of Allegiance; maybe recite the Cub Scout Promise or sing a patriotic song; perhaps add a roll call, uniform recognition, or den yell.
- ▶ If you have a guest, give a formal introduction, including what the guest will do for you.



## Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time also to discuss participation in upcoming pack meetings or events as needed.
- ▶ Explain that today's meeting is to work on the **Aquanaut activity badge** because swimming is an important physical skill, and swimming safely and knowing about water rescue is even more important.
- ▶ **Verify:** Check boys' handbooks for parent/guardian signatures for **Family Member requirements 2, 3, 5, and 9**. Sign handbooks and record on den advancement record.

## Activities

- ▶ **Aquanaut Activity Badge:** Requirements are to do these first three requirements, and then three of 4 through 8 (this meeting plan does 1–5 and 8):
  1. Jump into water over your head. Come to the surface and swim 100 feet, at least half of this using a backstroke.
    - Not every Webelos Aquanaut will be able to do all the requirements perfectly, but with practice, he will learn. Some will know how to swim; others will need help learning how.
  2. Stay in the water after the swim and float on your back and your front, and demonstrate survival floating.
    - The following technique for staying afloat indefinitely may give confidence to boys who fear the water and don't believe they can float.
      1. Relax completely. Be lazy. With your lungs full of air, float face down, with the back of your neck on the surface. Rest for three seconds. This isn't a test to see how long you can hold your breath underwater.
      2. Get ready to raise your face above the water surface. Extend your arms forward slowly. Get ready to thrust downward with your arms and legs.
      3. As you raise your head to the surface, exhale through your nose and mouth. Your shoulders should stay underwater.
      4. Keep your head straight and push downward with your hands to keep your head above water. Inhale slowly. There's no rush. With your lungs again full of air, drop your head forward and thrust downward and backward with your arms and legs.
      5. Relax. Hold your breath. Let your arms and legs dangle while you float forward. Beginners should rest at least three seconds before repeating step 1. Experts should rest 10 seconds. Avoid bobbing above or below the surface.
  3. Put on a personal flotation device (PFD) that is the right size for you. Make sure it is properly fastened. Wearing the PFD, jump into water over your head. Show how the PFD keeps your head above water by swimming 25 feet. Get out of the water, remove the PFD, and hang it where it will dry.
  4. Do a front surface dive and swim underwater for four strokes before returning to the surface.
  5. Explain the four basic water rescue methods. Demonstrate reaching and throwing rescues.
    - Although "Reach, Throw, Row, Go" is the adult or Boy Scout rule, Cub Scouts should only reach and throw, and instead of "Row" or "Go," they should "Go Get Help." Webelos Scouts should know and explain all four but practice only "Reach" and "Throw."
    - Practice reaching (find things in/around your meeting room you can use).
    - Practice throwing (use a 25-foot coil of rope).
    - Do a rope throw rescue relay. Each team has a coil rope (clothesline will do). Adults representing drowning people are in the water. Each Webelos Scout throws the rope to the "drowning person," who grabs it and then lets it go. The boy re-coils the rope and hands it to the next boy on the team. Repeat until all teammates have thrown.
  8. While you are a Webelos Scout, earn the **Cub Scout Sports belt loop for Swimming**. Complete these three requirements:
    1. Explain rules of Safe Swim Defense. Emphasize the buddy system.
    2. Play a recreational game in the water with your den, pack, or family.



3. While holding a kickboard, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area

- **Note:** For requirement 8, you must earn the **Swimming belt loop** while you are a Webelos Scout (even if you earned it while in a Bear, Wolf, or Tiger den).

### Want More Fun Activities?

For the recreational game, you might play a water game, if permitted at your pool:

- ▶ **Water Spud:** A starter throws a soft rubber ball high into the air and calls out a player's name. That player recovers the ball while the others scatter about the pool. He tries to hit one of the other players with the ball. A player must stay in the same spot, but he may duck underwater to keep from being hit. If a player is hit, he picks up the ball and tries to hit someone else. If the ball goes wild, the thrower has one "spud" counted against him. The player with the fewest spuds wins.
- ▶ Pool volleyball? Cannonball contest? Pool tag?
- ▶ **Balloon race:** Line up boys in chest-deep water. On a signal, they propel inflated balloons to shore without using their hands. They can use their heads or blow the balloons.
- ▶ **Marco Polo:** All boys stand in waist-deep water. One boy, "It," closes his eyes and keeps them shut (honor system). He calls out "Marco!" All other boys respond with "Polo!" "It" then tries to tag one of the responders while they duck underwater and/or change locations to avoid being tagged. "It" should call out "Marco!" frequently. When a boy is tagged, he becomes the next "It."
- ▶ Or play your den's favorite water games.

- ▶ Other requirements (that are not needed to complete the activity badge, but could be covered):

6. With an adult on board, show that you know how to handle a rowboat.

7. Pass the BSA "Swimmer" test:

- Jump feet-first into water over the head in depth, level off, and begin swimming.
- Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl.
- Then swim 25 yards using an easy, resting backstroke.
- After completing the swim, rest by floating.

- ▶ In the boys' *Webelos Handbooks*, sign the requirements met (and update your records).

### Closing

- ▶ Award (or recognize) any advancement completed today (ideally, award the activity badge, belt loop or compass item completed today, and recognize later at the pack meeting); thank hosts, guests, helpers.
- ▶ Closing ceremony (rotate planning and leadership to complete **Webelos requirement 6**): Retire the colors; maybe with the Boy Scout Oath and/or Law, or the Law of the Pack and/or den yell. Den leader may add a den leader's minute comment.
- ▶ Remind the Webelos Scout who will plan and lead the next meeting's flag ceremony.
- ▶ Hand out or send family information letter.

- ▶ **Home Assignment:** Remind boys and their parents/guardians that Family Member requirements 4 and 9 are due at Den Meeting 4.

- ▶ **Home Assignment:** Remind boys to review the Outdoorsman chapter in their *Webelos Handbook* before the next meeting.

### After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.

### Plan for Arrow of Light Requirements 4–6

- ▶ To earn the Arrow of Light, a Scout must, with your Webelos den, visit at least one Boy Scout troop meeting and one Boy Scout–oriented activity (the outdoor activity with the troop must not be the same one used to earn the **Outdoorsman activity badge**).
- ▶ Contact area Boy Scout troops for a list of events that your Webelos Scouts may attend. Determine which Boy Scout troop meeting(s) and Boy Scout–oriented outdoor activity your den will attend, and communicate that to parents.

