



Supplemental Wolf Den Meeting D

Swimming and Boating Safety Rules

Achievement 1h and i. Elective 20b. Swimming Belt Loop.

Preparation and Materials Needed

- ▶ Make arrangements for the boys to swim at a pool. Arrange for adequate adult supervision.
 - Have parents and leaders take the Safe Swim Defense and Safety Afloat online training at www.scouting.org/applications/myscouting.
 - If you've arranged for a lifeguard or supervisor at the pool to conduct instruction and lead the activity, provide them with a copy of this plan.
- ▶ 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
 - Swimming belt loops for each Scout

Before the Meeting

- ▶ 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.
- ▶ 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.
- ▶ If you're on a field trip, as boys arrive, collect permission slips from parents who are not staying.

Opening

- ▶ Conduct a flag ceremony, indoor (**Achievement 2b**) or outdoor (**Achievement 2f**). Options include: Gather in a line, circle, or square. Pledge of Allegiance; have the Scout leading the ceremony tell what the Pledge means (**Achievement 2a**); Cub Scout Promise or Law of the Pack; lead patriotic song.

Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time to discuss participation in coming pack meetings or events, as needed.

Activities

- ▶ **Achievement 1h:** Using a basic swim stroke, swim 25 feet.
- ▶ **Achievement 1i:** Tread water for 15 seconds or as long as you can. Do your best.
- ▶ **Elective 20b:** Know boating safety rules:
 - Go boating only with a grown up.
 - Wear a personal floatation device.
 - Don't overload the boat.
 - Stay with the boat, even if it leaks. It will keep you afloat.
 - When you see lightning or a storm coming, head for shore.
- ▶ **Swimming belt loop:** Complete these three:
 - Explain the rules of Safe Swim Defense. Emphasize the buddy system.
 - Play a recreational game in the water with your den, pack, or family.
 - While holding a kickboard, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area.

Safe Swim Defense

This is to verify that _____

has satisfactorily completed specific instruction in Safe Swim Defense and has agreed to use the eight defenses in this plan on every occasion when _____ goes swimming.

(Unit and No.) _____

This card is good for two years from date: _____ Council _____

Boy Scouts of America

Signed: _____

Aquatics Counselor Approved by Council _____

BOY SCOUTS OF AMERICA

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.

Want More Fun Activities?

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

- ▶ Pool volleyball? Cannonball contest? Pool tag?
- ▶ Ping-pong race: Scout blows a ping-pong ball ahead of him as he swims a given distance. He cannot touch the ball with his body.
- ▶ Newspaper delivery: Each Scout swims a distance on his back carrying a newspaper, and hands the paper to a judge at the finish line. The judge decides the winner on the basis of whose newspaper remained the driest.
- ▶ Or play your den's favorite water games.

Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

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.

