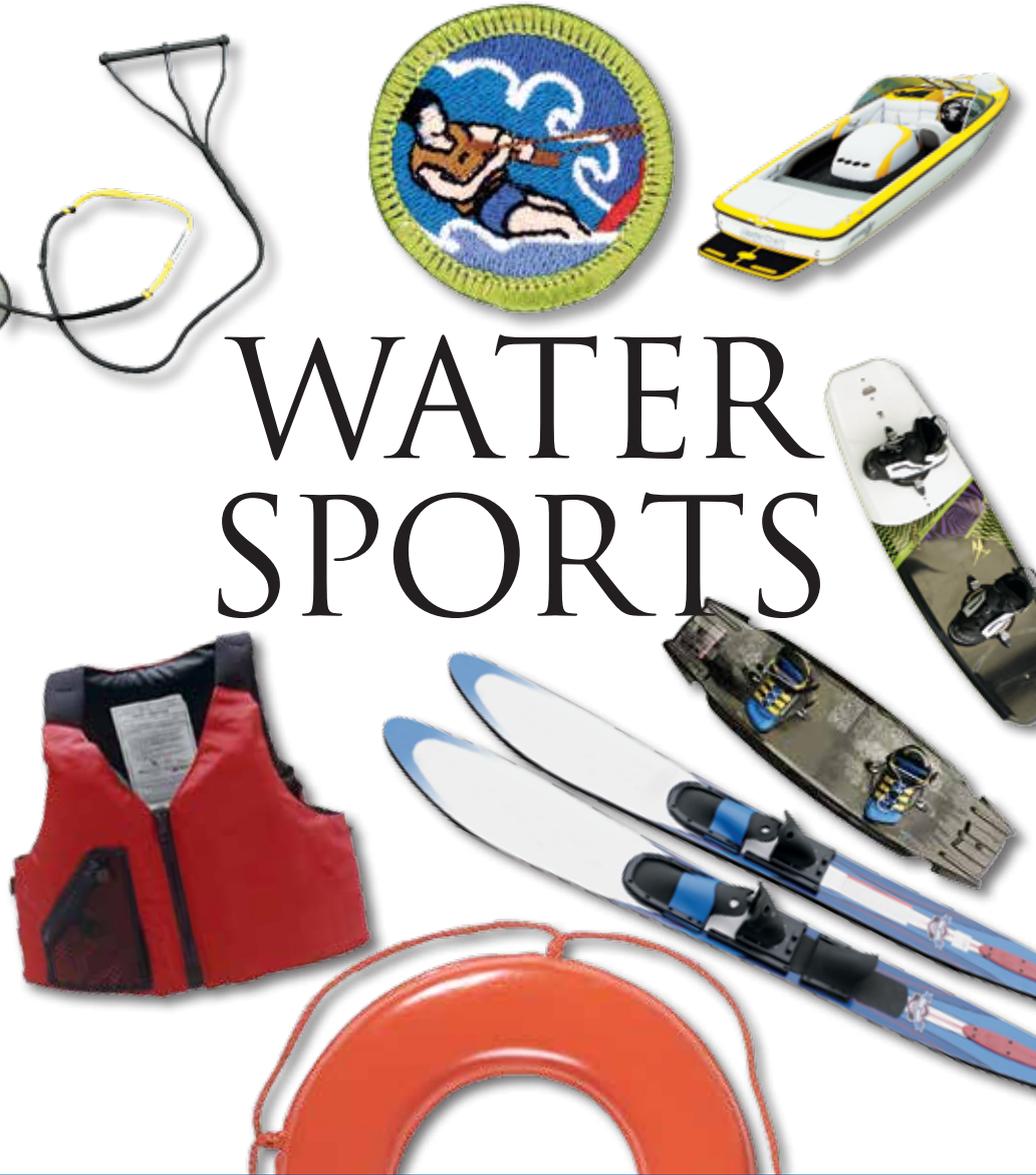


MERIT BADGE SERIES



WATER SPORTS



BOY SCOUTS OF AMERICA®

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MERIT BADGE SERIES

WATER SPORTS



"Enhancing our youths' competitive edge through merit badges"



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Requirements

1. Do the following:
 - a. Explain to your counselor the most likely hazards you may encounter while participating in water sports activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.
 - b. Review prevention, symptoms, and first-aid treatment for the following injuries or illnesses that could occur while participating in water sports: blisters, cold-water shock and hypothermia, dehydration, heat-related illnesses, sunburn, sprains, strains, minor cuts and bruises, spinal injury, and concussions and head trauma.
 - c. Review the BSA Safety Afloat policy. Tell how it applies to water sports.
2. Do the following:
 - a. Discuss with your counselor the characteristics of life jackets most appropriate for water sports, and tell why one must always be worn while waterskiing or wakeboarding. Then demonstrate how to select and fit a life jacket for water sports activities.
 - b. Review and discuss the Water Sports Safety Code with your counselor. Promise that you will live up to it and follow it in all water work for this merit badge. Review the safety precautions that must be used by the boat operator in pulling waterskiers and wakeboarders.
3. Before doing requirements 4 through 6, successfully complete the BSA swimmer test: Jump feetfirst into water over the head in depth. Level off and 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. The 100 yards must

be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.

4. Show the following skier signals to the safety observer in the boat: skier safe, faster, slower, turns, back to dock, cut motor, skier in water.
5. Showing reasonable control while using two skis, one ski, or a wakeboard, do EACH of the following:
 - a. Show how to enter the water from a boat and make a deepwater start without help.
 - b. Starting from outside the wakes, show you can cross both wakes four times and return to the center of the wake each time, without falling.
 - c. Show you can fall properly to avoid an obstacle. Also show that you can drop handle and coast to a stop without losing your balance.
6. While on shore, show that you know how to properly adjust the bindings of your ski(s) or wakeboard to fit yourself. Then, in deep water, show you can adjust bindings to fit. Recover and put on your ski(s) or wakeboard that has come off during a fall.



Water Sports Resources

Scouting Literature

Boy Scout Handbook; Fieldbook; Deck of First Aid; Basic Illustrated Wilderness First Aid; Emergency First Aid pocket guide; *Be Prepared First Aid Book; Athletics, First Aid, Kayaking, Lifesaving, Motorboating, Personal Fitness, Small-Boat Sailing, Snow Sports, and Swimming* merit badge pamphlets

For more information about Scouting-related resources, visit (with your parent's permission) the BSA's retail website at <http://www.scoutstuff.org>.

Books

Blomquist, Christopher. *Wakeboarding in the X Games*. PowerKids Press, 2003.

Cooperman, Stephanie. *Wakeboarding: Techniques and Tricks*. The Rosen Publishing Group Inc., 2003.

Duvall, Camille. *Camille Duvall's Instructional Guide to Water Skiing*. Simon & Schuster, 1992.

Favret, Ben. *Water Skiing and Wakeboarding*. Human Kinetics Publishers, 2010.

Firestone, Mary. *Extreme Waterskiing Moves*. Capstone Press, 2003.

Hayhurst, Chris. *Wakeboarding! Throw a Tantrum*. Saddleback Educational Publishing Inc., 2000.

Kalman, Bobbie. *Extreme Wakeboarding*. Crabtree Publishing Company, 2006.

Maurer, Tracy M. *Wakeboarding*. Rourke Publishing, 2002.

Thompson, Luke. *Essential Waterskiing for Teens*. Children's Press, 2006.

Weber, Jason. *Wakeboarding . . . On the Edge*. Sports on the Edge LLC, 2000.

Videos

Higher Education. Bump Films, <http://www.bumpfilms.com>

Boating Regulations

Boating regulations vary from state to state. To find out what your state requires, get your parent's permission to use the Internet and check the website for the U.S. Coast Guard's Boating Safety Division. You will find a Reference Guide to State Boating Laws at <http://uscgboating.org/regulations/state-boating-laws.php>.

Organizations and Websites

International Waterski and Wakeboard Federation

Website: <http://www.iwwfed.com>

USA Water Ski

Telephone: 863-324-4341

Website: <http://www.usawaterski.org>

U.S. Coast Guard Boating Safety Division

Website: <http://www.uscgboating.org>

World Wakeboard Association

Website: <http://www.thewwa.com>

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