

DO'S AND DON'TS GAME KEY

DO'S	DON'TS
Have a mature adult over 21 who's Safe Swim Defense trained at the swim activity (SSD#1)	Swim even if the bottom of the pool is really dirty (SSD#3/Bottom Conditions and Depth)
Have an adult or older youth who is trained in BSA Aquatics Supervision or BSA Lifeguard assist in planning a swimming activity (SSD#1)	Swim at night when there are no lights to see the bottom of the pool (SSD#3/Visibility)
Have a current Annual Health and Medical Record (SSD#2)	Swim with no lifeguard, lookout, or rescue team watching (SSD#4)
Tell leaders of any recent injuries (SSD#2)	Swim underwater in turbid areas (SSD#3/Visibility)
Identify precautions needed for a safe activity for everyone's health (SSD#2)	Swim in water colder than 70°F (21°C) for a long period of time (SSD#3/Water Temperature)
Inspect swim areas for hazards (SSD#3)	Swim in water that smells bad and has lots of algae (SSD#3/Water Quality)
Designated swim area for each ability group is defined (SSD#3/Controlled Access)	Swim in pool with green, murky, or cloudy water (SSD#3/Water Quality)
Make sure bottom of swim area is clear of debris (SSD#3/Bottom Conditions & Depth)	Waterways with currents or waves that are difficult to keep your balance or stand in (SSD#3/Moving Water)
Swim area in clear water is no more than 12 feet (3.5 meters) (SSD#3/Bottom Conditions & Depth)	Swim when there has been a lightning flash within the last 30 minutes (SSD#3/Weather)
Swim in water that's temperature is between 70 and 80°F (21-26°C) (SSD#3/Water Temperature)	Swim in strong currents, high waves, areas that lead out to open sea, or areas of danger (SSD#3/Moving Water)
Apply sunblock frequently (SSD#3/Weather)	Use any life jacket, even if it doesn't fit very well (SSD#3/Life Jacket Use)
Drink enough fluids to stay hydrated (SSD#3/Weather)	Swim with no emergency action plan (SSD#4)
Use a life jacket in clear water over 12 feet (3.5 meters) or turbid water over 8 feet (2.5 meters) (SSD#3/Life Jacket Use)	Trust a swimmer's opinion on their skill and ability to swim (SSD#6)
Have a trained rescue team alert and ready (SSD#4)	Swim whenever and wherever you want (SSD#s1,4, and 6)
Have rescue equipment next to each rescue team member (SSD#4)	Review safety rules once and trust everyone will remember (SSD#8)
Have at least two rescue team members at all times, plus an additional rescue team member so as to have at least one rescue team member for every 10 swimmers (SSD#4)	Ignore a buddy check call (SSD#7)
Have one designated person to view and monitor entire area for departures from Safe Swim Defense (SSD#5)	Dive or jump into any pool from any height (SSD#3/Diving and Elevated Entry)
Test all swimmers to identify their ability group for swimming areas (SSD#6)	
Always have a buddy (SSD#7)	