



DO'S AND DON'TS RULES

Have a mature adult over 21 who's Safe Swim Defense Trained at the swim activity

Have an adult or older youth who is trained in BSA Aquatics Supervision or BSA Lifeguard assist in planning a swimming activity

Have a current Annual Health and Medical Record

Tell leaders of any recent injuries

Identify precautions needed for a safe activity for everyone's health

Inspect swim areas for hazards

Designated swim area for each ability group is defined

Make sure bottom of swim area is clear of debris



DO'S AND DON'TS RULES

Swim area in clear water is no more than 12 feet (3.5 meters)

Swim in water that's temperature is between 70 and 80°F (21-26°C)

Apply sunblock frequently

Drink enough fluids to stay hydrated

Use a life jacket in clear water over 12 feet (3.5 meters) or turbid water over 8 feet (2.5 meters)

Have a trained rescue team alert and ready

Have rescue equipment next to each rescue team member

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



DO'S AND DON'TS RULES

Have one designated person to view and monitor entire area for departures from Safe Swim Defense

Test all swimmers to identify their ability group for swimming areas

Always have a buddy

Swim even if the bottom of the pool is really dirty

Swim at night when there are no lights to see the bottom of the pool

Swim with no lifeguard, lookout, or rescue team watching

Swim underwater in turbid areas

Swim in water colder than 70°F (21°C) for a long period of time



DO'S AND DON'TS RULES

Swim in water that smells bad and has lots of algae

Swim in pool with green, murky, or cloudy water

Waterways with currents or waves that are difficult to keep your balance or stand in

Swim when there has been a lightning flash within the last 30 minutes

Swim in strong currents, high waves, areas that lead out to open sea, or areas of danger

Use any life jacket, even if it doesn't fit very well

Swim with no emergency action plan

Trust a swimmer's opinion on their skill and ability to swim



DO'S AND DON'TS RULES

Swim whenever and wherever you want

Review safety rules once and trust everyone will remember

Ignore a buddy check call

Dive or jump into any pool from any height