



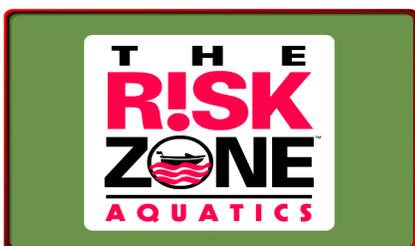
Cradle of Liberty Council Safety Tips for Swimming

Selections from the Guide to Safe Scouting

“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 with them, and agree to use the eight defenses in this plan.”

The eight defenses are:

1. **Qualified Supervision** “All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of youth members in his or her care, who is experienced in the water and confident of his or her ability to respond in the event of an emergency, and who is trained in and committed to compliance with the eight points of BSA Safe Swim Defense. (It is strongly recommended that all units have at least one adult or older youth member currently trained as a BSA Lifeguard to assist in the planning and conduct of all swimming activity.)”
2. **Physical Fitness** “Require evidence of fitness for swimming activity with a complete health history from physician, parent, or legal guardian.”
3. **Safe Area** “Mark off the area for three groups: not more than 3 1/2 feet deep for nonswimmers; from shallow water to just over the head for beginners; deep water not over 12 feet for swimmers.”
4. **Lifeguards on Duty** “Swim only where there are lifeguards on duty....Provide one guard for every 10 people in the water...”
5. **Lookout** “Station a lookout on the shore where it is possible to see and hear everything in all areas.”
6. **Ability Groups** “Divide into three ability groups: Nonswimmers, beginners, and swimmers. Keep each group in its own area.”
7. **Buddy System** “Pair every youth with another in the same ability group.”
8. **Discipline** “Be sure everyone understands and agrees that swimming is allowed only with proper supervision and use of the complete Safe Swim Defense.”



For additional health and safety information, consult the Guide to Safe Scouting and the other resources available at the national Scouting Safely website at <http://www.scouting.org/scoutsource/HealthandSafety>.