SWIMMING AT BABSON COLLEGE

**Thursdays, March 1, 8, 15 and April 5 & 12, 2018**

We will be holding swim nights at BABSON COLLEGE pool again this year. Due to the increased popularity of the program we are **requiring** advance notice this year. All Scouts will need to register for the sessions. Scouts will be taken on a first come basis. You are registered for the session you requested unless you get a phone call or email.

All sessions are from 7:00 – 9:00 PM, you should arrive at 6:45 so you can be ready to start at 7:00. Everyone must check-in in the upper lobby and then come to the locker room.

If you are starting with the 2nd & 1st Class reqs, once you have done you can work on swimming Merit Badge – which should take 3- 4 more nights.

**The cost is $30 for Lifesaving Merit Badge (5 nights); $25 for Swimming Merit Badge (3 - 4 nights); & $5 for 2nd & 1st Class Requirements (1 night). If you just want to come swim the cost is $5/ night.**

**Money should be a check made payable to: Troop 185 and be turned in with this permission slip.**

Bring a towel, swim suit, Scout Handbook or Merit Badge Pamphlet. Please read the requirements or Badge book before the 1st Class.

**Swim Tests – Troop 185 & Crew 42**

We will hold swim tests any night as needed. You do not need to stay after the test – so you probably want your parents to stay. These will count for Philmont, Resolute and Troop/Crew activities for the next year, everyone needs to take an annual Swim Test to take part in water activities (Kayaking, canoeing, Rafting, etc.)

**2nd and 1st Class Requirements - Thursday March 1**- 7 to 9 PM

**After you do this you can start Swimming Merit Badge and should plan to start at the next session.**

If you want to do just these and not do Swimming Merit Badge you can come any night.

# SWIMMING MERIT BADGE – Open to any Scout who has completed the 2nd and 1st Class swimming.

Swimming Merit Badge will be held on the following nights.

**Thursdays, March 8, 15 & April 5 & 12.**

Requirements: You must have passed the 2nd & 1st Class swimming requirements,

This can be done on the first night you attend then you can start Swimming Merit Badge.

You need to have the Swimming Merit Badge Booklet and have read it.

# LIFESAVING MERIT BADGE - Limited to 12 Scouts

Lifesaving Merit Badge will be held on all nights as well.

**Thursdays, March 1, 8, 15, April 5 & 12**

Requirements: You must have Swimming Merit Badge; You need to attend all 5 sessions

You need to have the Lifesaving Merit Badge Booklet & read it before the 1st class.

# MILE SWIM

Any night - make sure you have someone along to count your laps. Its 74 lengths of the pool.

Cut and return form. Keep information sheet above.

Family

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Rank \_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_ Email address \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Troop # and Town \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Want to work on: 2nd Class Req. \_\_\_\_\_ 1st Class Req. \_\_\_\_\_\_ Swimming Merit badge \_\_\_\_\_\_\_

Lifesaving Merit Badge \_\_\_\_\_ Mile Swim \_\_\_\_\_\_

Scouts from Troop 185, turn in at Troop meeting or mail to John.

Outside Troop 185: Mail Form to: Troop 185, 8 MacArthur Rd, Wellesley, MA 02482

**The Following are the Requirements for 2nd & 1st Class.**

**Second Class**

* AQUATICS
  + 1. Tell what precautions must be taken for a safe swim.
    2. Demonstrate your ability to pass the BSA beginner test.  Jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.
    3. Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects.
    4. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible. Explain why and how a rescue swimmer should avoid contact with the victim.

**First Class**

* AQUATICS
  + 1. Successfully complete the BSA swimmer test.3
    2. Tell what precautions must be taken for a safe trip afloat.
    3. Identify the basic parts of a canoe, kayak, or other boat. Identify the parts of a paddle or an oar.
    4. Describe proper body positioning in a watercraft, depending on the type and size of the vessel. Explain the importance of proper position.
    5. With a helper and a practice victim, show a line rescue both as tender and rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)