5th Annual Catalina Council Water Sports Day for Cub Scouts

NEW LOCATION

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Date: June 4, 2016
Time: 9 am to 3 pm
Location: Oro Valley Community Center
10555 N. La Cañada Drive
Oro Valley, AZ, 85737
Cost: $15.00 - LUNCH PROVIDED

Cub Scouting is a Scout and parent partnership
Cub Scouts should know basic swimming skills
This is not an event to learn how to swim

Belt Loops and Pins

Tiger Elective Adventure: Floats and Boats

1. Identify five different types of boats.
2. Build a boat from recycled materials, and float it on the water.
3. With your den, say the SCOUT water safety chant.
4. Play the buddy game with your den.
5. Show that you can put on and fasten a life jacket the correct way.
6. Show how to safely help someone who needs assistance in the water, without having to enter the water yourself.
7. Show how to enter the water safely, blow your breath out under the water, and do a prone glide.

Wolf Elective Adventures: Spirit of the Water

1. Demonstrate how the water in your community can become polluted.
2. Explain one way that you can help conserve water in your home.
3. Explain to your den leader why swimming is good exercise.
4. Explain the safety rules that you need to follow before participating in swimming or boating.
5. Show how to do a reaching rescue.
6. Visit a local pool or public swimming area with your family or Wolf den. With qualified supervision, jump into water that is at least chest-high, and swim 25 feet or more.

Bear Elective Adventures: Salmon Run

1. Explain the safety rules that you need to follow before participating in boating.
2. Identify the equipment needed when going boating.
3. Demonstrate correct rowing or paddling form. Explain how rowing and canoeing are good exercise.
4. Explain the importance of response personnel or lifeguards in a swimming area.
5. Show how to do both a reach rescue and a throw rescue.
6. Visit a local pool or swimming area with your den or family, and go swimming.
7. Demonstrate the front crawl swim stroke to your den or family.
8. Name the three swimming ability groups for the Boy Scouts of America.
9. Attempt the BSA beginner swimmer classification.

Webelos/AOL Elective Adventure: Aquanaut

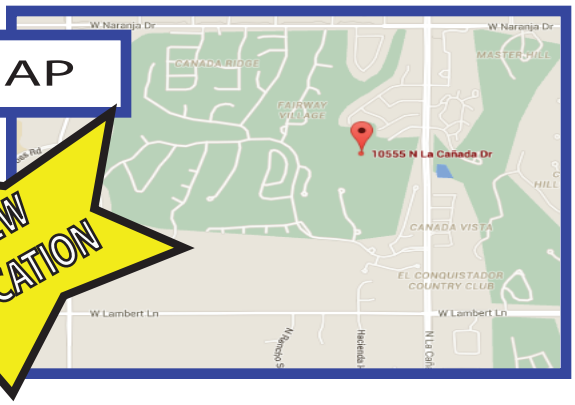
Complete 1–5 and any two from 6–10.

1. State the safety precautions you need to take before doing any water activity.
2. Recognize the purpose and the three classifications of swimming ability groups in Scouting.
3. Discuss the importance of learning the skills you need to know before going boating.
4. Explain the meaning of "order of rescue" and demonstrate the reach and throw rescue techniques from land.
5. Attempt the BSA swimmer test.
6. Demonstrate the precautions you must take before attempting to dive head first into the water, and attempt a front surface dive.
7. Learn and demonstrate two of the following strokes: crawl, sidestroke, breaststroke, or trudgen.
8. Invite a member or former member of a lifeguard team, rescue squad, the U.S. Coast Guard, U.S. Navy, or other armed forces branch who has had swimming and rescue training to your den meeting. Find out what training and other experiences this person has had.
9. Demonstrate how to correctly fasten a life jacket that is the right size for you. Jump into water over your head. Show how the life jacket keeps your head above water by swimming 25 feet. Get out of the water, remove the life jacket and hang it where it will dry.
10. If you are a qualified swimmer, select a paddle of the proper size and paddle a canoe with an adult's supervision.

Please Bring:

- Cub / Webelos Scout Handbook
- BSA Medical Form A and B
- Swimming Suit
- Towel
- Water bottle

MAP



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Cub Scouting is a Scout and parent partnership, We are asking parents to help this event.
When signing up please let us know how you would like to help.

For more information or questions contact:

John Longhofer - Council Aquatic Chairman - Email: Johnlonghofer@gmail.com or Cell Phone: (520) 990-4442
or Mark Frownfelter - Event Chairman - Email: mgfrownfelter@mchsi.com