

Name: _____

SWIMMING MERIT BADGE

Discussion Requirements

1. Show that you know first aid for injuries or illnesses that could occur while swimming: (give **symptoms** and **treatment**) *Boy Scout Handbook* pp. 304-325, *Swimming* MB pp.14-16; see also *First Aid* MB Pamphlet.

Hypothermia-(see also MB p. 73)

Heat Exhaustion-

Heat Stroke-

Muscle Cramps-

Sunburn-

Stings-

Cuts & Scrapes-

Spinal injuries-

Hyperventilation-

2a. Identify the Conditions that must exist before performing CPR on a person. Explain how such conditions are recognized. *Boy Scout Handbook* p. 293, 298

3. Tell what precautions must be taken for:

(Second Class 7a) a safe swim. *Boy Scout Handbook* p. 99, *Swimming* MB p.8 (more than just key words)

A.

B.

C.

D.

E.

F.

G.

H.

(First Class 9a) a safe trip afloat. *Boy Scout Handbook* p. 153 (more than just key words)

A.

B.

C.

D.

E.

F.

G.

H.

I.

6. (d) Explain why swimming or survival floating will hasten the onset of hypothermia in cold water. *Swimming* MB pp. 73-76; www.ussartf.org/cold_water_survival.htm

8. Do 8(a)(3) **OR** 8(b)(3) depending on whether you take the snorkeling or racing track

8(a)(3) Describe the sport of SCUBA diving **or** snorkeling, and demonstrate your knowledge of BSA policies and procedures relating to this sport. *Swimming* MB pp. 33-44

OR

8(b)(3) Describe the sport of competitive swimming. (e. g. name strokes, distances (summer vs. “year around”, open water), events, times, ages; leagues, sanctioning bodies; high school, scholarship opportunities, Olympics and how to get there; training, eating; name famous swimmers; are there any other competitive sports associated with swimming?) (Try www.usaswimming.org ; www.usswim.net; www.gaswim.org As a start for sources)

10a. Explain the health benefits of regular aerobic exercise, and explain why many people today do not get enough of the beneficial kinds of exercise. *Swimming* MB p. 79

10b. Discuss why swimming is favored as both a fitness and therapeutic exercise. *Swimming* MB p. 80

Do 10 c & d below and on separate paper

10c. Write a plan for a swimming exercise program that will promote aerobic/vascular fitness, strength and muscle tone, body flexibility, and weight control for a person of Scout age. Identify resources and facilities available in your home community that would be needed for such a program. *Swimming* MB p. 81, (**Another source of information is the *Personal Fitness* MB book especially pp. 68-76**)

10d. Discuss (list) the incentives and obstacles for adherence to the fitness program you created in requirement 10c. Explain the unique benefits that could be gained from this program and discuss how personal health awareness and self-discipline would relate to your own willingness and ability to pursue such a program.