

ADVENTURER WATER SAFETY



To achieve the Adventurer Water Safety Target, the Scout must complete all of the requirements for No's 1 to 4.

1. Safe entry and swim

- a) Perform a forward jump at least three metres into water greater than 1.5 metres deep fully clothed (long trousers, shirt, jumper, socks, as a minimum) and swim 50 metres. Remove clothing in deep water and demonstrate the use of trousers as a buoyant aid (inflated clothing).
- b) Use buoyant aid to support a tired swimmer for one minute, discard aid and tow patient 50 metres, maintaining a clear airway on the patient by correct positioning of the head.
- c) Swim 200 metres without an APFD, using at least four different strokes (not less than 25 metres for each stroke).
- d) Remain afloat for at least four minutes without the use of an APFD.
- e) Put on an APFD in water greater than 1.5 metres deep and swim 100 metres and remove it in water greater than 1.5 metres deep.

2. Rescue

- a) Perform two simulated rescues (situation to be nominated by Adviser). A complete knowledge of noncontact, contact and assisted carries is essential. Knowledge of how to avoid contact with a violent patient and a thorough knowledge of defence methods and releases will be necessary.
- b) Knowledge of the techniques needed to perform mouth-to-mouth resuscitation:
 - i) when in deep water
 - ii) when at side of a pool, boat or dock with patient in the water
 - iii) when on land.

3. Safety

- a) Demonstrate a thorough knowledge of the safety rules of one of the following activities: swimming, windsurfing, power boating, water skiing, canoeing, sailing, yachting, board diving, spear fishing and snorkelling.
- b) Make a display/poster for your hall/shopping centre on an aspect of water safety.
- c) Give a short talk to a group of Cub Scouts on water safety as it applies to them.

4. Have passed the requirements of Citizenship 2 at Adventurer Level.