

**SAFE SWIM DEFENSE
IT WORKS!**



Training Outline
and
Video

SAFE SWIM DEFENSE IT WORKS!

Training Outline

| Course Content | Materials Needed |
|---|--|
| <p>Introduction</p> <p>Safe Swim Defense training is intended for use with Scouts and Scouters in a variety of situations. It should be a part of the leader's training at summer camp and should follow training using the video <i>Scouting Safety ... Begins with Leadership</i>, No. AV-09V025. Ideally, every unit in summer camp will have an opportunity to conduct a unit safe swim under its own leadership. A demonstration of basic lifesaving skills is recommended as a part of the training program.</p> <p>The training also can be conducted in connection with any Boy Scouts of America training program for Cub Scout, Boy Scout, Varsity Scout, or Venturing leaders. It should be included in the outdoor session of Boy Scout Leader Basic Training, can be included in Boy Scout Leader Wood Badge, and can be offered in connection with other supplemental training programs or roundtables.</p> <p>It is suggested that the training last about 50 minutes. More time may be needed if a demonstration is included in the session. The intended audience is adult Scouters and junior leaders.</p> <p>A complete and official statement of the safe swim defense plan is found in the <i>Guide to Safe Scouting</i>, No. 34416, and Safe Swim Defense, No. 34370. These resources should be used by the instructor for review and discussion. (If other materials are unavailable, pertinent information can be copied from the <i>Guide to Safe Scouting</i>.)</p> | <p>Safe Swim Defense, No. 34243, one per participant (pocket card)</p> <p>Safe Swim Defense, No. 34370, one per participant</p> <p><i>Guide to Safe Scouting</i>, No. 34416</p> <p>Application for BSA Lifeguard, No. 34435</p> <p>Improvised unit buddy board samples (use Safe Swim Defense, No. 34370 as a resource)</p> <p>Safe unit swim area equipment for demonstration or visual aids of equipment that can be used to set up a safe unit swim area (use Safe Swim Defense, No. 34370 as a resource)</p> |
| <p>Who Can Instruct?</p> <p>The council may authorize aquatic resource individuals as Safe Swim Defense instructors. For example, those with aquatic experience could include aquatic instructors, district/council training staff, and unit leaders.</p> | <p>Rope for line tender/rescuer demonstration (100 feet of 3/8-inch nylon line)</p> <p>The Sandwich Principle poster (back cover of this syllabus)</p> <p>Safe Swim Defense Resource Sheet (attached to this syllabus)</p> <p>Audiovisual: <i>Safe Swim Defense ... It Works!</i>, No. AV-09V029</p> |

Objectives

Explain the sandwich principle in BSA safety—the critical role of qualified supervision and discipline, the most important points on which the others rely.

Explain the distinct contribution of each of the eight points of the Safe Swim Defense program to the general objective of ensuring safe unit swimming. Organize and carry out a safe unit swim observing the eight points of the Safe Swim Defense program.

Presentation

Introduction

Distribute an attendance sheet for all participants to sign.

Introduce the course by reviewing the objectives of the course.

Video Presentation, *Safe Swim Defense ... It Works!*, No. AV-09V029

The Problem

Invite the participants to relate their personal experience with an accident or near-miss during a unit swim activity. Supplement their accounts with examples of actual incidents (news items, personal experiences, accident reports, etc.). Conclude the opening discussion with statistics reflecting Scouting experiences with swimming and swim-related accidents.

The Response

Experience suggests that Scouting must do everything reasonable to ensure the safety of those participating in aquatics. The time-tested and proven Safe Swim Defense program has given Scouting an unsurpassed record for aquatics safety.

Accidents occur when the Safe Swim Defense procedures are not followed.

The Policy

Explain that before a Boy Scouts of America group may engage in any swimming activity, adult leaders for such activities should have an appreciation for the potential hazards they may encounter and be sure steps are taken to reduce risks. Adherence to the eight points of the Safe Swim Defense program will help avoid any significant risks. Explain that you will be reviewing each of the eight points in detail.

Qualified Supervision and Discipline

Ask the participants to note the first and last points of the plan—Qualified Supervision and Discipline. Refer to the Sandwich Principle poster. These are the most important points of the plan because the worth of the other depends upon these two. The fact that they are the top and bottom of the list is symbolic, for they hold the plan together—the Sandwich Principle.

The first point recognizes that youth of Scouting age who are having fun with friends in or around the water are not likely to be concerned about their own Leadership Support Service. Even if concerned, usually they are not able to protect themselves fully. For this reason, qualified adult supervision is the first and most important element of Safe Swim Defense.

Emphasize that for supervision to be effective, there must be discipline. The supervisor must be able to control the activity. All swim participants should know, understand, and follow the safety rules and procedures. Discipline means that all are doing their part to ensure that the rules are fairly and impartially applied and followed. Involving Scouts in planning a swim is a good way to promote cooperation and discipline.

Preparation

Prepare a Safe Unit Swim Kit for demonstration. See **Safe Swim Defense**, No. 34370, to help in preparing the kit.

Prepare the room ahead of time by displaying copies of the *Guide to Safe Scouting*, No. 34416; Sandwich Principle poster, attached; Application for BSA Lifeguard, No. 34435; and **Safe Swim Defense**, No. 34370.

Set up a TV and VCR. Prepare videotape to show during the course.

Set up an easel and flip chart. On the flip chart list the course objectives.

Distribute a copy of the **Safe Swim Defense**, No. 34370, to each participant.

Review closely with the participants the text material preceding the discussion of the eight points on the **Safe Swim Defense**, No. 34370.

Course Content

Materials Needed

Review and discuss the text of points 1 and 8. Recommend that all units have at least one adult or older youth member currently certified as a BSA Lifeguard to assist in the planning and conduct of all swimming activity.

Personal Health Review

Point out that when accidents do occur in aquatics, they frequently are related to unknown physical conditions or the unexpected result of some known physical problem. Swimming activities require that the person in charge knows the physical condition of all those for whom he is responsible. Good safety requires an understanding of the risks or consequences of any individual conditions.

Safe Area

Emphasize that the supervisor must be sure that the swimming area is free of hazards, and that the depth and water conditions are suitable for swimming. Review the text of point 3, noting in particular the specifications for depth.

Response Personnel

Review the text of point 4 and explain that the BSA procedure contemplates remote swimming areas in camping situations. Discuss how this and other requirements should be adapted to different circumstances (e.g., public pool, ocean beach, private pool, wave pool, river).

Lookout

Explain that point 5 simply requires that someone not in the water serve as an observer able to see and hear the full range of the activity. This ensures immediate recognition and response in the event of a problem. Emphasize that the lookout must understand his role and be attentive.

Ability Groups

Discuss the importance of matching the individual's skill not only to the water depth, but also to their respective play/work group. Review the text of point 6, and analyze the BSA swim test.

Buddy System

Review the text of point 7 and explain that the "mechanics" (horns, whistles, buddy tags, periodic buddy checks, turnstiles, buddy boards, etc.) are not the "system." The critical margin of safety comes from every swimmer having a partner who knows where he is and what he is doing at all times. The "mechanics" serve to remind the swimmers of their buddy responsibility, and to reinforce the rule that we never swim alone.

Safe Swim Demonstration

If the training sessions are held at a swim area, highlight and explain the features of the area that relate to the points of Safe Swim Defense. If time permits, the participants can work as a team to set up their own area. A display or demonstration of improvised safe swim equipment is also useful.

The line tender/rescuer procedure should be demonstrated, and the participants should appreciate that this is a relatively low skill "reach" rescue that can be used safely and effectively by a strong swimmer and lineman with limited training.

Conclusion and Commitment

Conclude the session with a statement on the importance of protecting youth and adults in aquatics. Emphasize that by signing the card they agree to "Read, Agree, and Comply!" Remind the participants that the training is valid for two years from the date of training.

Refer to the *Guide to Safe Scouting*, No. 34416, and the material on pool and surf swimming.

See the *Guide to Safe Scouting*, No. 34416.

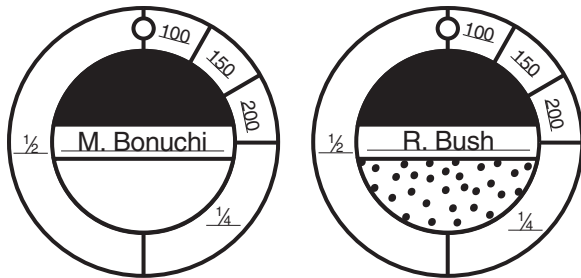
For ideas on safe swim equipment, see **Safe Swim Defense**, No. 34370.

Distribute the **Safe Swim Defense** (pocket card), No. 34243, to each of the participants. Have each sign a card and keep it.

SAFE SWIM DEFENSE

Resource Sheet

Unit Swim Buddy Tags



Buddy Tag, No. 01595—Print name in center with waterproof ink. Use red and blue permanent marking pen to identify swimming classification.

Simply use a clipboard as a hard writing surface and a piece of 8½" × 11" ruled paper to record the following:

- Print first and last name of participants by ability group (Nonswimmer, Beginner, and Swimmer) with one buddy labeled #1 and the other buddy #2.
- Permit only one triple per classification area.

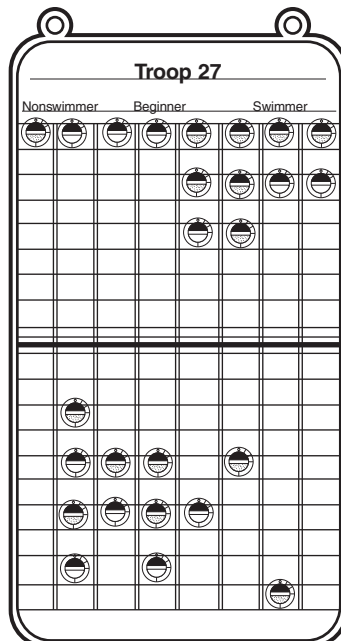
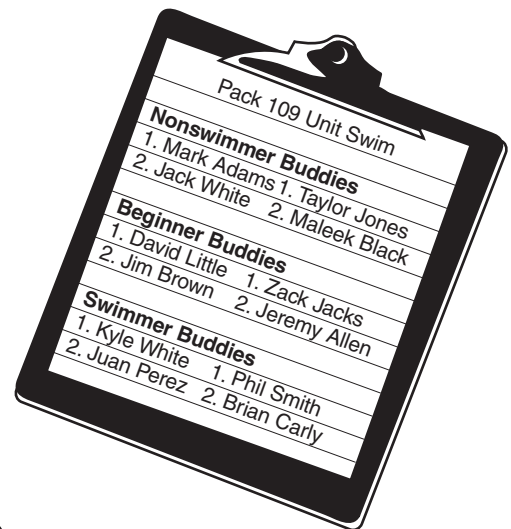
Please remember that buddies need to be matched by their ability

and, if not,

always swim in the area of the lesser classification.

Swimming Classification and Record

- Nonswimmer**—plain white
- Beginner**—color top semicircle red
- Swimmer**—color lower semicircle blue



Portable Plastic Buddy Board

The portable buddy board shown here can be made and used by units at all aquatics activities. The top section, used for the actual check-in procedure, can be constructed of red oilcloth or colored plastic. The bottom or tag-storage section is made of clear plastic. Clear plastic pockets are then sewn on both sections to enable easy reading of tags. Adaptable to all surroundings, this board can be fastened to a wall at the YMCA pool, a fence at the city pool, or a tree at the unit swimming hole. To carry, fold lengthwise down the center and carefully roll from bottom to keep tags in place.

THE SANDWICH PRINCIPLE



Like the bread that holds together a sandwich,
Discipline and **Leadership**
are the
foundation and **cover**
that make
Scouting Safety
a reality.