

Swimming

Swimming is an enjoyable pastime while at summer camp or on a troop campout, but swimming can be dangerous as well. Troops should always follow the eight points of the safe swim defense:

1. **Adult Supervision** – an adult leader is in charge at all times. He or she must be trained in water rescue or have helpers who are.
2. **Physical Fitness** – each swimmer must provide a current health history with no restrictions on aquatic activities
3. **Safe Area** – before swimming the area must be cleared of large rocks, sunken logs, and other hazards. Then the area must be marked off into no more than 3.5 ft. for non-swimmers; deeper for beginners; and over the head for swimmers.
4. **Lifeguard** – two lifeguards stand on shore at all times ready to assist.
5. **Lookout** – a lookout is a post where he can see and hear the entire swimming area. He directs any help needed.
6. **Ability Groups** – scouts swim areas matching their ability. Non-swimmers are just learning; beginners can jump into the water and swim 50 ft.; and a swimmer can swim 300 ft. and float.
7. **Buddy System** – everyone swims with a buddy of the same ability. Buddies check-in together, stay close to each other while swimming, and check-out together.
8. **Discipline** – everyone knows and follows the first seven rules.

For more information regarding BSA swimming policies and procedures see the current Guide to Safe Scouting: Aquatics Safety online at www.scouting.org/pubs/gss/gss02.html.