

First Year Scout at Bartle Merit Badge Information Sheet

First Activity as soon as we arrive everyone goes to the pool for a swim check. The check consists of:

1. Jump feet first into water over your head in depth.
2. Swim 75 yards or meters in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl.
3. Then swim 25 yards or 25 meters using an easy, resting backstroke.
4. The 100 yards or 100 meters must be swum continuously and include at least one sharp turn.
5. After completing the swim, rest by floating as motionless as possible.

Scouts and Scouters fulfilling all the above requirements wear a blue swimmer band. Scouts and Scouters who can only jump in water over their head, swim 50 feet, and make one sharp turn, wear a red beginner band. There is swim instruction activity at 1 pm everyday to assist achieving the blue swimmer band

Class schedule:

- 0830 am Reptile & Amphibian Study See attached sheet for requirement completed at home
- 0930 am Geology First 3 Days Mammal Second 3 Days
- 1030 am Troop Swim Second 3 Days
- 12 Noon Lunch
- 1 pm Instructional Swim available
- 2 pm Swimming Merit Badge in Lone Star pool
- 3 pm Nature Merit Badge See attached sheet for Requirement completed at home
- 4 pm Troop Swim Second 3 days

Be aware of these requirements for Swimming Merit Badge. Some Scouts practice these before Bartle:

Swim continuously for 150 yards using the following strokes in good form and in a strong manner: front crawl or trudgen for 25 yards, back crawl for 25 yards, sidestroke for 25 yards, breaststroke for 25 yards, and elementary backstroke for 50 yards.

In water over your head, but not to exceed 10 feet, do each of the following:

- a. Use the feet first method of surface diving and bring an object up from the bottom.
- b. Do a headfirst surface dive (pike or tuck), and bring the object up again.
- c. Do a headfirst surface dive to a depth of at least 5 feet and swim underwater for three strokes. Come to the surface, take a breath, and repeat the sequence twice.
- d. In water at least 7 feet deep*, show a standing headfirst dive from a dock or pool deck. Show a long shallow dive, also from the dock or pool deck.

Note: Earning the Swimming Badge is important is important for Bartle Activities in the Scouts following years. It is a requirement to take Lifesaving their second year at Bartle. You cannot take the Lakefront Activities without Lifesaving MB.

You might want to bring goggles for swimming (but cannot have snorkel attached) .
You cannot wear swimmer's jammers (tight swimming trunks that swim teams use)

Either this Merit Badge or Hiking MB or Cycling MB is Required to earn the Eagle Scout Rank

Swimming Merit Badge 2014 Revised Requirements

NOTE: The requirements for the Swimming merit badge have been revised. A Scout who has already started working on the merit badge when the 2014 edition was introduced, may continue to use the same merit badge pamphlet to earn the badge and fulfill the requirements therein. In other words, the Scout need not start over again with the new pamphlet and revised requirements. The revised requirements as presented here become official Jan. 1, 2015, and will appear in the *2015 Boy Scout Requirements* book.

1. Do the following:
 - a. Explain to your counselor how Scouting's Safe Swim Defense plan anticipates, helps prevent and mitigate, and provides responses to likely hazards you may encounter during swimming activities.
 - b. Discuss the prevention and treatment of health concerns that could occur while swimming, including hypothermia, dehydration, sunburn, heat exhaustion, heatstroke, muscle cramps, hyperventilation, spinal injury, stings and bites, and cuts and scrapes.
2. Before doing the following requirements, successfully complete the BSA swimmer test: Jump feet first into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.
3. **Swim continuously for 150 yards** using the following strokes in good form and in a strong manner: front crawl or trudgen for 25 yards, back crawl for 25 yards, sidestroke for 25 yards, breaststroke for 25 yards, and elementary backstroke for 50 yards.
4. Do the following:
 - a. Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.
 - b. With a helper and a practice victim, show a line rescue both as tender and as rescuer. The practice victim should be approximately 30 feet from shore in deep water.
5. Do the following:
 - a. Float face up in a resting position for at least one minute.
 - b. Demonstrate survival floating for at least five minutes.
 - c. While wearing a properly fitted U.S. Coast Guard-approved life jacket, demonstrate the HELP and huddle positions. Explain their purposes.
 - d. Explain why swimming or survival floating will hasten the onset of hypothermia in cold water.
6. **In water over your head**, but not to exceed 10 feet, do each of the following:
 - a. Use the feet first method of surface diving and **bring an object up** from the bottom.
 - b. Do a headfirst surface dive (pike or tuck), and bring the object up again.
 - c. Do a **headfirst surface dive to a depth of at least 5 feet** and swim underwater for three strokes. Come to the surface, take a breath, and repeat the sequence twice.

7. Following the guidelines set in the BSA Safe Swim Defense, in water at least 7 feet deep*, show a **standing headfirst dive** from a dock or pool deck. Show a long shallow dive, also from the dock or pool deck.
*If your state, city, or local community requires a water depth greater than 7 feet, it is important to abide by that mandate.
8. Explain the health benefits of regular aerobic exercise, and discuss why swimming is favored as both fitness and therapeutic exercise.



REPTILE AND AMPHIBIAN STUDY MERIT BADGE

Scout's Name: _____ Unit: _____

District: _____ Session: _____ Date _____

The following requirements must be finished before camp in order to complete the merit badge.

Requirement 8. For this requirement you have been asked to maintain one or more reptiles or amphibians for at least one month, OR keep the eggs of a reptile from the time of laying until hatching, OR keep the eggs of an amphibian from the time of laying until their transformation into tadpoles or larvae.

Date: _____ Parent Verification Signature: _____

What option did you select? _____

Use the rest of this page to give an account of your experience. Make sure to record the food accepted, eating methods, changes in coloration, shedding of skins and general habits.

Name: _____ District and Troop Number: _____



NATURE MERIT BADGE

Scout's Name: _____ Unit: _____

District: _____ Session: _____ Date _____

All of the requirements in five fields must be completed to earn the badge. Requirements 4a1; 4b1&2; 4c1, 2, &3; 4g1&2; and 4h1&2 may be completed at camp. Choose one other area to complete prior to camp.

Requirement 4:

A2: IF YOU SELECTED "BIRDS": Make and set out a birdhouse OR a feeding station OR a birdbath. List what birds used it during a period of one month.

List of birds: _____

Date: _____ Parent Verification Signature _____

D2: IF YOU SELECTED "INSECTS OR SPIDERS": Hatch an insect from the pupa or cocoon; OR hatch adults from nymphs; OR keep larvae until they form pupae or cocoons; OR keep a colony of ants or bees through one season.

Date: _____ Parent Verification Signature _____

E1: IF YOU SELECTED "FISH": Catch and identify two species of fish. Collect four kinds of animal food eaten by fish in the wild.

Species of fish caught: _____

E2: List of four kinds of food collected: _____

Date: _____ Parent Verification Signature _____

F2: IF YOU SELECTED "MOLLUSKS & CRUSTACEANS": Collect, mount and label six shells of mollusks or crustaceans. Bring your collections to camp and show your counselor.

Date: _____ Parent Verification Signature _____