

Lifesaving

Prepared by:

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Target Group:

Scouts that are at least 15 years old (This age is simply preferred, any Scout that is a swimmer and has completed lifesaving is eligible for badge)

Time Allotted:

Two-hour block

Pre-Requisites:

2a: Earn Swimming merit badge

16b: Demonstrate CPR knowledge and skills, including rescue breathing, on a mannequin under the guidance of a current CPR/AED instructor trained by a nationally certified provider.

Materials Needed – Staff:

Swim trunks, street clothes, guard tube, reach pole, rope, ring buoy.

Materials Needed – Scout:

Swim trunks, street clothes, towel.

Instructional Goal:

Upon completion of this activity the Scout will have a strong base concept of how to prevent, spot, and assist emergencies in the water. Scouts will learn how to assist those involved in water accidents, teaching them the basic knowledge of rescue techniques, the skills to perform them, and the judgment to know when and how to act so that they can be prepared for emergencies.

MONDAY

Requirement 1

Review the principles of safe swim defense

Requirement 2a

Complete swimming merit badge

Requirement 3a

Explain common drowning situations and how to prevent them.

Requirement 3b

Explain how to identify persons in the water who need assistance.

Requirement 3c

Explain the order of methods in water rescue.

Requirement 3d

Explain how rescue techniques vary depending on the setting and the condition of the person needing assistance.

Requirement 3e

Explain situations for which in-water rescues should not be undertaken.

Requirement 4

Demonstrate "reaching" rescues using various items such as arm, leg, towels, shirts, paddles, and poles.

TUESDAY

Requirement 5

Demonstrate "throwing" rescues using various items such as a line, ring buoy, rescue bag, and free-floating support. Successfully place at least one such aid within reach of a practice victim 25 feet from shore.

Requirement 6

With your counselor's approval, view in-person or on video a rowing rescue performed using a rowboat, canoe, kayak, or stand up paddleboard. Discuss with your counselor how effectively and efficiently the rescue was performed.

Requirement 7

List various items that can be used as aids in a "go" rescue. Explain why buoyant aids are preferred.

Requirement 8

Correctly demonstrate rescues of a conscious practice subject 30 feet from shore in deep water using two types of buoyant aids provided by your counselor. Use a proper entry and a strong approach stroke. Speak to the subject to determine his or her condition and to provide instructions and encouragement.

- 8a** Present one aid to a subject, release it, and swim at a safe distance as the subject moves to safety.
- 8b** In a separate rescue, present the other aid to a subject and use it to tow the subject to safety.

WEDNESDAY**Requirement 10**

Discuss with your counselor the importance of avoiding contact with an active subject and demonstrate lead-and-wait techniques.

Requirement 11

Perform the following non equipment rescues for a conscious practice subject 30 feet from shore. Begin in the water from a position near the subject. Speak to the subject to determine his or her condition and to provide instructions and encouragement..

- 11a** Perform an armpit tow for a calm, responsive, tired swimmer resting with a back float.
- 11b** Perform a cross-chest carry for an exhausted, responsive subject treading water.

Requirement 14

Discuss with your counselor how to respond if a victim submerges before being reached by a rescuer, and do the following:

- 14a** Recover a 10-pound weight in 8 to 10 feet of water using a feet first surface dive.
- 14b** Repeat using a headfirst surface dive.

THURSDAY**Requirement 9**

Discuss with your counselor when it is appropriate to remove heavy clothing before attempting a swimming rescue. Remove street clothes in 20 seconds or less, enter the water, and approach a conscious practice subject 30 feet from shore in deep water. Speak to the subject and use a non buoyant aid, such as a shirt or towel, to tow the subject to safety.

Requirement 12

In deep water, show how to escape from a victim's grasp on your wrist. Repeat for front and rear holds about the head and shoulders.

Requirement 13

Perform the following rescues for an unconscious practice subject at or near the surface 30 feet from shore. Use a proper entry and strong approach stroke. Speak to the subject and splash water on the subject to determine his or her condition before making contact. Quickly remove the victim from the water, with assistance if needed, and position for CPR.

13a Perform an equipment assist using a buoyant aid.

13b Perform a front approach and wrist tow.

13c Perform a rear approach and armpit tow.

FRIDAY**Requirement 15**

Demonstrate management of a spinal injury to your counselor:

15a Discuss the causes, signs, and symptoms of a spinal injury.

15b Support a faceup subject in calm water of standing depth.

15c Turn a subject from a facedown to a faceup position in water of standing depth while maintaining support.

Requirement 16

Demonstrate knowledge of resuscitation procedure:

16a Describe how to recognize the need for rescue breathing and CPR.

16b Demonstrate CPR knowledge and skills, including rescue breathing, on a mannequin under the guidance of a current CPR/AED instructor trained by a nationally certified provider.

Requirement 17

With your counselor, discuss causes, prevention, and treatment of other injuries or illnesses that could occur while swimming or boating, including hypothermia, dehydration, heat-related illnesses, muscle cramps, sunburn, stings, and hyperventilation.