



# AQUANAUT

Activity Badge Scoreboard

2003 Webelos Book pages 84—100

DO ALL OF THESE:

1—Jump into water over your head. Come to the surface and swim 100 feet, at least half of this using a backstroke.

2—Stay in the water after the swim and float on your back and your front, and demonstrate survival floating.

3—Wearing a personal floatation device—the right size, properly fastened—jump into water over your head. Swim 25 feet. Get out, hang PFD to dry.

And, DO THREE OF THE FOLLOWING

4—Do a front surface dive and swim under water for four strokes before returning to the surface.

5—Explain the four basic water rescue methods. Demonstrate reaching and throwing rescues.

6—With an adult on board, show that you know how to handle a rowboat.

7—Pass the BSA "Swimmer" test: [all 4 items below]

7a—Jump feet-first into water over the head in depth, level off, and begin swimming.

7b—Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl.

7c—Then swim 25 yards using an easy, resting backstroke.

7d—After completing the swim, rest by floating.

8—While you are a Webelos Scout, earn the Cub Scout Sports belt loop for swimming.

Completed requirements through School Swim program, [date]:

COMPLETED ALL REQUIREMENTS FOR AQUANAUT BADGE

BADGE AWARDED at Pack Meeting — enter DATE