

Golden Arrow District Aquatics Day – Fall 2009

WHAT: Earn Swimming or Lifesaving Merit Badge.

WHEN: SATURDAY, September 12, 2009 8:30 am - 4:00 pm.

WHERE: Two separate pools will be used.

1. Bellaire city pool at 4500 Evergreen.
2. Lamar High School pool on Westheimer.

Contact your Troop Advancement Chair to determine which pool will be used for your class.

COST: \$8 per scout. Fee is required at registration to reserve space!

Bring the following:

Swimsuit

Towel

Sun Block, SPF 15+

Sack Lunch

Water

Quick Dry T-Shirt for Sun Protection

Baseball Cap with Clip

Long Sleeve Button Down Shirt

Long Pants

Water Shoes and Socks

REGISTRATION: Pre-registration is required and accepted through **Friday, September 5.**

Scouts must register through their Troop Advancement Chair.

District will accept only COMPLETED troop registration forms.

Signatures and fees **MUST BE INCLUDED.**

Forms will be prioritized on a first come/first serve basis!

Swimming Merit Badge Requirements (Class Size is limited to 12 Scouts.)

1. Before coming to class, you must complete the 2nd Class rank requirements 7a-7c and 1st Class rank requirements 9a-9c.
2. You will be asked to repeat the BSA swim test, which includes swimming 75 yards in a strong manner using 1 or more of the following strokes - sidestroke, breaststroke, front crawl - and then swimming 25 yards using the elementary backstroke. The above total of 100 yards must be swum continuously. You must be able to float at the end for the swim test for 1 minute.
3. To complete Swimming merit badge, you must swim 150 yards using the following strokes in good form and in a strong manner: front crawl for 25 yards, back crawl for 25 yards, sidestroke for 25 yards, breaststroke for 25 yards, and elementary backstroke for 50 yards.

If you cannot pass the above BSA swim test, you will not be permitted to continue the class.

Lifesaving Merit Badge Requirements (Class Size is limited to 8-12 Scouts.)

1. You must have completed 2nd Class rank requirements 7a-7c and 1st Class rank requirements 9a-9c.
2. You must have completed Swimming merit badge.
3. You must be a proficient swimmer! It is required that you swim 400 yards non-stop, with no resting, standing on the bottom, walking, or holding on to the side of the pool! You must swim proficiently 50 yards using the front crawl, sidestroke, breaststroke, and elementary backstroke. You must swim 50 yards using each of the above strokes.

If you cannot proficiently swim as stated in Req. 3, you will not be permitted to continue the class.

Lifesaving is very strenuous and requires strength and endurance.