

City of McAllen
Scouting Water Safety Day
Spring 2025

**OUR COMMUNITY SUPPORTS
SCOUTING AMERICA**
(FORMERLY BSA BOY SCOUTS OF AMERICA)

AVAILABLE PROGRAM AGENDA

SWIM TEST (per High Adventure/Scout Camp form)

SECOND CLASS and FIRST CLASS Rank Requirements

SWIMMING MERIT BADGE REQUIREMENTS (complete water partials)

AMERICAN RED CROSS LEARN TO SWIM (Non-swimmer/Beginner/Intermediate/Advanced)

FUN FREE SWIM

DATE: SUNDAY, APRIL 27, 2025 *may 4th Tentative*
1:00 PM TO 5:00 PM

LOCATION: MUNICIPAL POOL
1921 N BICENTENNIAL BLVD
MCALLEN, TX 78501

FEE: FOUR (4) SERVICE HOURS
(CITY OF MCALLEN PARKS AND RECS PROGRAMS AND EVENTS)

REGISTRATION: SCOUTING AMERICA MEMBER ID

MUST BE ACCOMPANIED BY PARENT/GUARIAN
OR SCOUT UNIT LEADER(S)

CONTACT: CITY OF MCALLEN PARKS AND RECREATION
ATTN; MARCELLO LANGONI, SUPERINTENDENT OF AQUATICS
2001 TROPHY DRIVE
MCALLEN, TX 78504

Discussion Draft

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HIGH ADVENTURE/SUMMER CAMP SWIM TEST

Sign off organizer approved form.

SECOND CLASS

Rank Requirements

5a. Tell what precautions must be taken for a safe swim.

5b. Demonstrate your ability to pass the BSA beginner test: Jump feetfirst into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.³

5c. Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects.³

5d. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible. Explain why and how a rescue swimmer should avoid contact with the victim.

³ Under certain exceptional conditions, where the climate keeps the outdoor water temperature below safe levels year-round, or where there are no suitably safe and accessible places (outdoors or indoors) within a reasonable traveling distance to swim at any time during the year, the council Scout executive and advancement committee may, on an individual Scout basis, authorize an alternative for requirements 5b. The local council may establish appropriate procedures for submitting and processing these types of requests. All the other requirements, none of which necessitate entry in the water or entry in a watercraft on the water, must be completed as written.

FIRST CLASS

Rank Requirements

6a. Successfully complete the BSA swimmer test.^{4,5}

6b. Tell what precautions must be taken for a safe trip afloat.

6c. Identify the basic parts of a canoe, kayak, or other boat. Identify the parts of a paddle or an oar.

6d. Describe proper body positioning in a watercraft, depending on the type and size of the vessel. Explain the importance of proper body position in the boat.

6e. 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

⁴ See the Swimming merit badge requirements for details about the BSA swimmer test.

⁵ Under certain exceptional conditions, where the climate keeps the outdoor water temperature below safe levels year-round, or where there are no suitably safe and accessible places (outdoors or indoors) within a reasonable traveling distance to swim at any time during the year, the council Scout executive and advancement committee may, on an individual Scout basis, authorize an alternative for requirements 6a and 6e. The local council may establish appropriate procedures for submitting and processing these types of requests. All the other requirements, none of which necessitate entry in the water or entry in a watercraft on the water, must be completed as written.

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SWIMMING MERIT BADGE REQUIREMENTS

2. Before doing the following requirements, successfully complete the BSA swimmer test:

Jump feetfirst 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. Correctly perform the following strokes:

- (a) Perform the front crawl or the trudgen with proper technique.
- (b) Perform the back crawl with proper technique.
- (c) Perform the sidestroke with proper technique.
- (d) Perform the breaststroke with proper technique.
- (e) Perform the elementary backstroke with proper technique.

4. Swim continuously for 150 yards in a strong manner using each of the following strokes in any order; front crawl or trudgen (25 yards); back crawl (25 yards); sidestroke (25 yards); breaststroke (25 yards); and elementary backstroke (50 yards).

5. 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.

6. Do the following:

- (a) Float faceup in a resting position for at least three minutes with minimal movement.
- (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.

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

- (a) Use the feetfirst 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.

8. 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.

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AMERICAN RED CROSS LEARN TO SWIM

For the Non-swimmer/Beginner

- **Learning the Basics:** Earn basic swimming strokes and skills needed to become water competent, which is a combination of knowing water safety, having swimming skills and knowing how to help others in a water emergency.

For the Intermediate/Advanced Swimmer

- **Improving Skills and Swimming Strokes:** Participants will gain proficiency in basic aquatic skills and the six basic swimming strokes.