



Cub Scout Pack

Salisbury, NC

[www.cubpack333.org](http://www.cubpack333.org)



**Do 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. Put on a personal floatation device (PFD) that is the right size for you. Make sure it is properly fastened. Wearing the PFD, jump into water over your head. Show how the PFD keeps your head above water by swimming 25 feet. Get out of the water, remove the PFD, and hang it where it will dry.

**And do three of these:**

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:
  - o Jump feet-first into water over the head in depth, level off, and begin swimming.
  - o Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl.
  - o Then swim 25 yards using an easy, resting backstroke.
  - o After completing the swim, rest by floating.
8. While you are a Webelos Scout, earn the Cub Scout Sports belt loop for swimming.

**Note: For requirement 8, you must earn the Swimming Belt Loop while you are a Webelos Scout. (Even if you earned it while in a Cub Scout Den).**