



Salmon Run

Bear Cub
Elective Adventure



Complete requirements 1–4 plus two others:

- 1. Explain the importance of response personnel or lifeguards in a swimming area. Tell how the buddy system works and why it is important
- 2. Visit a local pool or swimming area with your Den or family. Go swimming or take a swimming lesson.
- 3. Explain the safety rules that you need to follow before participating in boating.
- 4. Identify the safety equipment needed when going boating.

- 5. Demonstrate correct rowing or paddling form. Explain how rowing and canoeing are good exercise.
- 6. Show how to do both a reach rescue and a throw rescue.
- 7. Demonstrate the front crawl swim stroke to your Den or family.
- 8. Name the three swimming ability groups for the Boy Scouts of America.

- 9. Earn the BSA beginner swim classification..