



# Swimming

## **Beltloop and Pin Worksheet**

*Cub Scout Academic & Sports Program*

Scout Name: \_\_\_\_\_  
Pack / Den: \_\_\_\_\_

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### Swimming Belt Loop

*Complete these three requirements:*

- 1. Explain the rules of Safe Swim Defense. Emphasize the *Buddy System*.

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- 2. Play a recreational game in the water with your Den, Pack, or family.

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- 3. While holding a kick board, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area. \_\_\_\_\_

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## Swimming Pin

Earn the Swimming Beltloop, and complete five of the following requirements:

1. Practice the breathing motion of the crawl stroke while standing in shallow water. Take a breath, place your head in the water, exhale, and turn your head to the side to take a breath. Repeat. \_\_\_\_\_

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2. Learn and demonstrate two of the following strokes: crawl, backstroke, elementary backstroke, sidestroke, or breaststroke. \_\_\_\_\_

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3. Learn and demonstrate two of the following floating skills: prone, face down float, and back float. The purpose of the float is to provide the swimmer the opportunity to rest in the water. \_\_\_\_\_

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4. Using a kick-board, demonstrate three kinds of kicks . \_\_\_\_\_

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5. Pass the *Beginner\** or *Swimmer\** swim level test. \_\_\_\_\_

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6. Visit with a lifeguard and talk about swimming safety in various situations (pool, lake, river, ocean). Learn about the training a lifeguard needs for his or her position. \_\_\_\_\_

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7. Explain the four rescue techniques: Reach, Throw, Row, and Go (with support). \_\_\_\_\_  
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8. Take swimming lessons. \_\_\_\_\_  
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9. Attend a swim meet at a school or community pool. \_\_\_\_\_  
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10. Tread water for 30 seconds. \_\_\_\_\_  
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11. Learn about a U.S. swimmer who has earned a medal in the Olympics. Tell your Den, Patrol or an adult family member what you learned about him or her. \_\_\_\_\_  
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12. Demonstrate the proper use of a mask and snorkel in a swimming area where your feet can touch the bottom. \_\_\_\_\_  
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\* Beginner Test

Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.

\* Swimmer Test

Jump feet first into water over your head in depth. 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 swum continuously and include at least one sharp turn. After completing the swim, rest by floating.