Lifesaving

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215.
Requirements revised: 2008, Workbook updated: September 2008.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1. Before doing requirements 2 through15:

a. Complete Second Class requirements 7a-7c and First Class requirements 9a-9d.

Second Class Rank Requirements 7a-7c

(7a) Tell what precautions must be taken for a safe swim. _____

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(7b) Demonstrate your ability to 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. _____

(7c) 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, _____

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and explain why and how a rescue swimmer should avoid contact with the victim. _____

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