

SWIMMING AT BABSON COLLEGE 2010

We will be holding swim nights at BABSON COLLEGE pool again this year. Due to the increased popularity of the program we are looking for advance notice again this year. All Scouts will need to register for the sessions. Scouts will be taken on a first come basis. You are registered for the session you requested unless you get a phone call or email.

All sessions run 7:00 – 9:00 PM. You should arrive at 6:45 so you can be ready to start at 7:00.

The cost is \$25 for Lifesaving Merit Badge (5 nights); \$20 for Swimming Merit Badge (4 nights); and \$5 for 2nd & 1st Class Requirements (1 night). Money should be a check made payable to: Troop 185 and be turned in with this permission slip.

Bring you towel, swim suit, Scout Handbook or Merit Badge Pamphlet, extra clothes if you are doing Swimming Merit Badge.

2nd and 1st Class Requirements

Thursday, February 25th - 7 to 9 PM

After you do this you can start Swimming Merit Badge: plan to start at the next session.

SWIMMING MERIT BADGE

Swimming Merit Badge will be held on the following nights.

Wednesday, March 10th, Wednesday, March 31st, Thursday, April 8th & Wednesday, April 14th

Requirements: You must have passed the 2nd & 1st Class swimming requirements, This can be done on the first night you attend, then you can start Swimming Merit Badge.

You need to have the Swimming Merit Badge Booklet and have read it.

LIFESAVING MERIT BADGE

Lifesaving Merit Badge will be held on all nights as well.

Thursday, Feb. 25th, Wednesday, Mar. 10th, Wednesday, Mar. 31st, Thursday, April 8th & Wednesday, April 14th

Requirements: You must have Swimming Merit Badge.

You need to attend all 5 sessions.

You need to have the Lifesaving Merit Badge Booklet & read it.

MILE SWIM

Any night – make sure you have someone count your laps. Its 74 lengths of the pool.

Cut and return form. Keep information sheet.

Name _____ Rank _____ Age _____ Family
_____ Email address

Phone # _____ Troop # and Town _____

Want to work on: 2nd Class Req. _____ 1st Class Req. _____ Swimming Merit badge _____
Lifesaving Merit Badge _____ Mile Swim _____

Scouts from Troop 185, turn in at Troop meeting or mail to John.

Outside Troop 185: Mail Form to: Troop 185, 8 MacArthur Rd, Wellesley, MA 02482

The Following are the Requirements for 2nd & 1st Class.

2nd Class

- 8a. Tell what precautions must be taken for a safe swim. (8 points of Safe Swim Defense – see handbook)
- 8b. Demonstrate your ability to jump feet- first 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.
- 8c. Demonstrate water rescue methods 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.

1st Class

- 9a. Tell what precautions must be taken for a safe trip afloat. (Safety Afloat)
- 9b. Successfully complete the BSA swimmer test. (Jump feet- first into water over the head in depth, level off, and begin swimming. 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.)
- 9d. 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.)