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Scout Law / Theme: Thrifty/Power Up!

Interest Topic: Aqua Cubs

Webelos Topic: Stronger, Faster, Higher

Arrow of Light Topic: Aquanaut

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Discussion Topic:

AquaCubs

By Ben Oliphant

In the Guide to Safe Scouting, the first chapter is Youth Protection. Then, Chapter II is Aquatics Safety. This is a very important topic to the BSA and as Webelos Leaders we need to also take these rules seriously. We also need to get the boys swimming and give them the confidence they need to become good swimmers.

While we are following all the BSA Safety rules and helping the scouts to learn good water safety, it is important not to scare them. This could lead to panic and cause fears that could ruin waters for them for years to come.

On this subject let me pontificate for a moment. When I was a Boy Scout, 13 or 14 years old, my Scout Leader could swim like a whale! And yes, he had a little blubber to help him. With a small pool in his yard and going to the public pools, he managed to get me and all the other Scouts through all the required water related merit badges and all swim tests. Did I mention he had the patience of a saint? I should have.

At times I thought I was going to drown, but he never gave up on me! I was the worse swimmer in my troop, but I still made it. He kept pointing out that others had done it and I could too! The hardest test for me was the 10 min. float. He kept trying to tell me to do it with my lungs, but I kept panicking and trying to do the dog paddle and it wore me out. Many years later as an adult, I was talking to a retired Navy SEAL, I asked him about "drown proofing." This is a training SEALs do where their legs are tied together and their hands are tied behind their backs and they are thrown in a 9 ft deep pool and kept there for many hours (not 10 min!). I asked him this because to me, that is the scariest thing EVER!!! He told me anybody can pass that test. They need to learn to relax and breath correctly on the "top half of their lungs" so you can float and stay on top of the water. Next time I was at a pool, I tried floating, not using my arms or legs at all, just my lungs. My old Scout Master was right. As an adult, finally, my problem with swimming was my own fear. It was my panic that wore me out. Wow! This got to be a long story 😊

What I am trying to say is we need to respect water, but not fear it. We need to use the safety rules to help the Webelos feel safe and learn. Do not scare them or let them panic. We need the patience of a saint to help them learn as much as we can.

Webelos Topic:

Stronger Faster Higher

Presented by RP Warby

Design a Fitness Course

Use your imagination to design any kind of course. If you choose to include lots of crawling around, you might want to consider constructing a course outside. It will be easier on elbows, and knees. You're going to be limited by weather of course. Besides, there should be an activity pin for washing clothes, right? And I would accept as a compliment, any mother complaining about getting too dirty.

Avoid making a fitness course too demanding. A course should not cause harm. Also, think about limitations that some boys may have. Attempt to design it, so that all have an equal chance. Use those things you already have to avoid

unnecessary costs. Additionally, you may consider following a theme, such as *Raiders of the Lost Arc*, or *National Treasure*. Below are some ideas to get you started.

Crawling through hula-hoops; stepping through hula-hoops

Using rope for hurdles; rope for jump-rope

Stepping through string; crawling under string

Navigating around, over, through boxes

Running around cones

Picking up, moving other objects

Throwing a ball; kicking a goal; putting a golf ball

Lifting water jugs for weights

Roll up a sock for a ball, or use worn out fabric for markers or flags.

Refreshments

Include plenty of water and healthy snacks, such as orange slices.

Stretching Out

Routines are listed in the *Webelos Handbook*, page 89. I can't think of a better resource. Please do not overlook this step. It's best for them and for you. Mostly you. Start off with *Head, Shoulders, Knees, and Toes*, or similar pre-opener activity. Start off with a skit, that includes lot of moving about.

Ben will now demonstrate this. We'll see if he's paying attention.

Sport Signals

Yeah, I was going to print out sport signals, until I realized they are included in the back of the Webelos Handbook, page 518.

Sport Activities

For those who may feel intimidated with any sport, relax. This is easy. And for those who share a passion for sporting events, let loose and have fun. Put simply, these boys love to get kinetic. And, what better way to demonstrate signals used in sports? Here are some sports to try.

Baseball: Cut out square paper bases. Laminate them if you feel necessary. Use a plastic bat. For obvious reasons, you should not use a real bat. Seriously, just don't. No bat? Roll-up a sock and use your hand to strike. It's called Sockball. For fewer participants, rotate batters through.

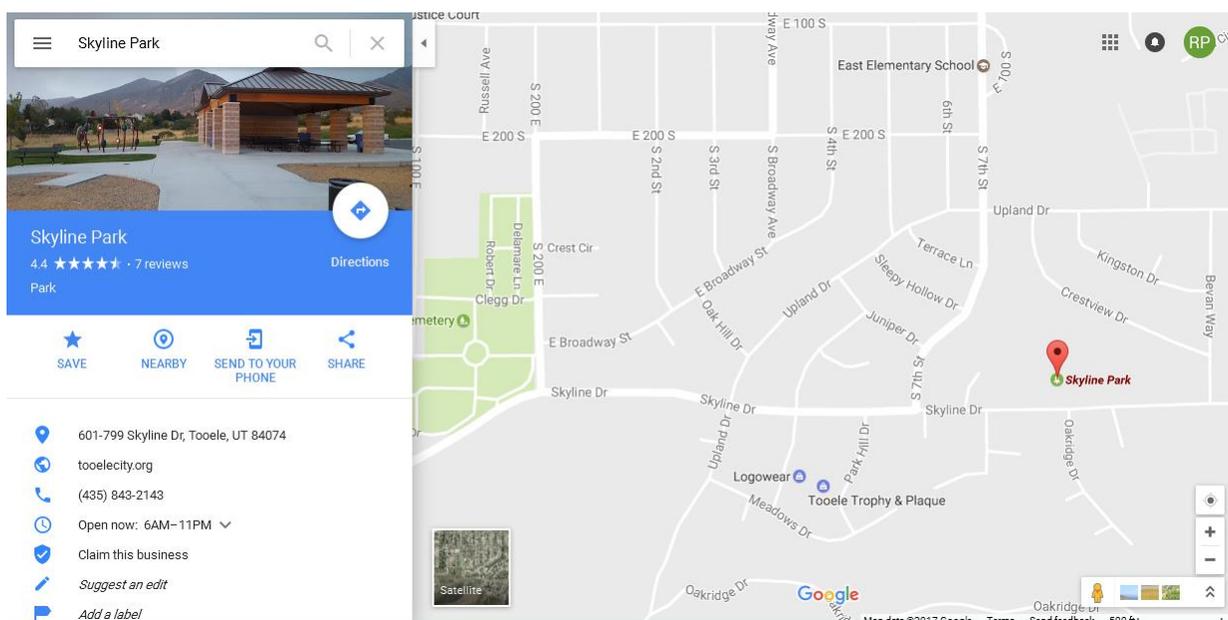
Flag Football: Cut-up an old shirt that is too small and make flags. Tackling is prohibited for same reason as no bats, see above. Nerf balls work great. They are easy to handle, and no one loses an eye.

Golf: Go putting if you reside near a golf course. Go miniature golfing. Create your own course with a plastic dollar item.

Soccer: Use two cones to represent a goal area. Get ball. Kick. Done.

More sports: Bicycling, disc golf, fishing, skating, skateboarding, and swimming

Team sports: Badminton, basketball, bowling, doubles tennis, kickball, ultimate, or volleyball



Skyline Sports Park

Here in Tooele, we have our own fitness park that includes several workout stations. How incredible.

Note

Appendix 6, at the back of the den leader guide includes very detailed information on aquatic safety, including water safety, *BSA Safety Afloat* or *Boating Safety*, swimming classifications, and how to deal with test anxiety. Need it? Activities can be downloaded individually from the learning library at cubscouts.org; however, I was unable to locate the appendix. Bummer! So, this may be a reason to go out and get it.

Arrow of Light Topic

Aquanaut

By: Ben Oliphant

The Webelos Den Leader Guide has outlined 3 den meetings for you to do. There is a link at the end of this topic, if you don't have a copy of the Webelos Den Leader Guide.

The things you need to do with your Webelos, before the pool expedition:

All leaders involved in the activity need to take the BSA online training called Safe Swim Defense. This will help prepare you to teach the boys about safe aquatics. You will need a **Tour Plan**, **Medical forms**, and **permission slips from all parents or guardians** to do this adventure.

It seems best to do the swimming part of Aquanaut at a public pool with trained lifeguards on duty. Call Pratt Aquatic Center and see if you need any special reservations. You will also want to make sure of their hours. 435-882-3247

For the boating activities, you will need 1 trained adult (need both Safe Swim Defense and Safety Afloat) for every 5 boys. Boating is only done at council sponsored events and can't be done at the den level!! Don't forget your two-deep leadership!!!

Go over the safety precautions for doing a water activity. This is Aquanaut Requirement 1.

Requirement 2 was about the BSA swim classifications. It has now been deleted. So the other requirement you will need to do on dry land are now requirements 2-3, which is discussing the importance of learning the skills you need before going boating. While doing this, you should look at life jackets and paddles. This is a good time to get ready for new requirement 8. Remember to ask permission from the public if you can bring life jackets to the pool and swim with them.

This brings us to requirement 3, the order of rescue. You should talk about and work on this more than once. The order of rescue is Reach, Throw, Row, and then Go! You can practice this on land by getting some things to reach with and some things to throw, then make up a course for them.

Reach - first they have to look for things to reach with, maybe reaching from the sidewalk to the other scouts. Show them how to go low so they can reach out across the water farther and also not get pulled in.

Throw - Objects to throw to the victim are a life jacket or a float ring. Since it's a drill, don't throw objects at anyone, use a target. Use a rope with a water bottle (a little water & air to make it float) tied to the end. You could have each boy use a rope and have them aim for the center of hula hoops as your "rescues".

Row - You can have a drill to help them to remember to always wear their life jacket by timing them on putting on the jacket and making sure it is done up correctly.

Go - Swimming out to help a person is very dangerous, even for adults! This should only be done by trained rescuers (see page 238-239 in Webelos Handbook). Make sure you explain the dangers to your Webelos and maybe Go should be Go get help if adults have not already been called.

Let's go to the pool! They can do requirement 4 (old 5). This is to attempt the BSA swim test. Remember, don't scare them. Encourage them to see how well they do. They don't have to finish the test, they just have to try (do their best).

You can have them try front surface dives and discuss safe diving and where diving is prohibited. This is requirement 5 (page 241)

While you are at the pool try different swimming strokes. This is requirement 6.

Requirement 7 is really cool if you can find one of the people with swim training. Do it even if they don't need it to pass off the Aquanaut.

Requirement 8 - Have them put on a life jacket, jump in the pool, swim 25 ft., get out and hang the life jacket to dry. This is just good fun!

Requirement 9 (old 10) is boating and can only be done at Council sponsored activities. Make it fun and good luck with Aquanaut!!

Complete 1-4 and any two from 5-9, these are the new requirements (as of November 2016).

1. State the safety precautions you need to take before doing any water activity.
2. Discuss the importance of learning the skills you need to know before going boating.
3. Explain the meaning of "order of rescue" and demonstrate the reach and throw rescue techniques from land.
4. Attempt the BSA swimmer test.
5. Demonstrate the precautions you must take before attempting to dive headfirst into the water, and attempt a front surface dive.
6. Learn and demonstrate two of the following strokes: crawl, sidestroke, breaststroke, or elementary backstroke.
7. Invite a member or former member of a lifeguard team, rescue squad, the U.S. Coast Guard, U.S. Navy, or other armed forces branch who has had swimming and rescue

training to your den meeting. Find out what training and other experiences this person has had. You could also get with your Cubmaster and ask for this visitor to come to Pack meeting.

8. Demonstrate how to correctly fasten a life jacket that is the right size for you. Jump into water over your head. Show how the life jacket keeps your head above water by swimming 25 feet. Get out of the water, remove the life jacket and hang it where it will dry.
9. If you are a qualified swimmer, select a paddle of the proper size and paddle a canoe with an adult's supervision.

For the Webelos Den Leader Guide helps go to:

<https://cubscouts.org/wp-content/uploads/2015/05/Aquanaut.pdf>

For the Safety Afloat training go to:

<http://www.scouting.org/Home/OutdoorProgram/Safety/safety-afloat.aspx>

For the Safe Swim Defense training go to:

<http://www.scouting.org/scoutsource/HealthandSafety/Aquatics/safe-swim.aspx>

American Red Cross Website: www.redcross.org

USA Swimming website: www.usaswimming.org