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Swimming merit badge worksheet pdf

May 2014 Do the following: Explain to your counselor how the Scouting Safety Defense Plan is expected, helps prevent and mitigate it, and provides answers to the likely dangers you may encounter during swimming activities. Discuss the prevention and treatment of health problems that could occur while swimming, including hypothermia, dehydration, heatwave, heat exhaustion, heatwave, muscle cramps, hyperventilation, spinal injuries, stings and bites, and cuts and abrasions. Before doing the following requirements, successfully complete the bsa swimmer test. Jump your feet first into the water over your head in depth. Flatten and swim 75 yards in a strong way using one or more of the following moves: sidestroke, breast, trudgen, or crawl. Then swim 25 yards using a simple, resting backstroke. 100 yards must be completed in one swim without stops and must contain at least one sharp bend. When you finish the swim, the rest float. Swim continuously for 150 yards using the following moves in good form and in a strong manner: front pass or trudgen for 25 yards, back pass for 25 yards, sidestroke for 25 yards, for 25 yards, and basic backstroke for 50 yards. Do the following: Demonstrate water rescue methods by reaching with your hand or foot, by reaching with a suitable object, and throwing lines and objects. Explain why swimming rescue should not be attempted when a rescue can be achieved or thrown, and explain why and how the rescuer should avoid contact with the victim. With help and training sacrifice, show the rescue line as an offer and as a savior. The victim of the training should be approximately 30 meters from the shore in deep water. Do the following: Float face at rest for at least one minute. Demonstrate survival by floating for at least five minutes. While wearing a properly equipped U.S. Coast Guard-approved life jacket, demonstrate HELP and slid positions. Explain their purposes. Explain why swimming or surviving floating will accelerate the onset of hypothermia in cold water. In the water overhead, but do not exceed 10 feet, do each of the following: Use your feet first method of surface diving and bring the object from the bottom. Do a headfirst surface dive (pike or tuck), and bring the object again. Do headfirst the surface to dive to a depth of at least 5 feet and swim underwater for three strokes. Come to the surface, take a breath and repeat the sequence twice. In accordance with the instructions set out in the BSA Safe Swim Defense, in the water at least 7 feet deep*, they show a standing headfirst dive from the dock or pool deck. View a long shallow dive, even from the dock or pool deck. * If your state, city, or local community requires a water depth greater than 7 feet, it is important to adhere to this mandate. Explain the health benefits of regular aerobic exercise and discuss why swimming is beneficial for both fitness and therapeutic exercise. Swimming Worksheet me, Scouts Click on merit badge name below current requirements. To save or print optional workbooks, right-click the workbook name. Workbooks can help Scouts organize notes, actively listen, and document their work. These workbooks can help you, but you still need to read the Merit Badge brochure. The workspace set for each request should be used by Scout to take notes to discuss the item with his adviser, not to provide complete and complete answers. Every scout has to make every request. Notes: When working on merit badges, scouts and scouts should be aware of some important information in the current edition of the Progress Guide (BSA Publication 33088). Workbooks prepared before the 2017 Progress Guide are released include an annex with excerpts from the 2013 or 2015 edition, which should be replaced with an updated document that contains information from the current edition of the Progress Guide. Newer workbooks contain only a link to this document instead of including this document in each workbook. Click here to download the current version. You can download a full copy of the Flow Guide from Some workbooks also include advisor and/or worksheet notes, checklists, and sample forms that can be used to complete various requests. Keep in mind that these workbooks are optional utilities. Scout is expected to meet the requirements exactly as stated - nothing more and nothing less. If the request uses words like show, demonstrate, or discuss, then every Scout must do it. Just filling out a workbook isn't enough! Scouts should use workbooks to prepare notes for themselves and should not assume that filling in a workbook is sufficient to obtain a badge. Scouts starting with a merit badge must use the current requirements that are found in the Scouts BSA Requirements (BSA Publication 33216) Once scouts have started a merit badge, they can continue to work on those requirements even if new requirements are made public. Scout must decide whether to complete a whole set of new requirements or a full set of old requirements. Scouts can not choose from both files. If new requirements are selected, they can, of course, use the work they have done on one of the old requirements, if the requirement is unchanged, or have only editorial changes that do not actually change the actual requirement. For those Scouts who use older requirements because they have already started in the badge, older requests and workbooks are accessible using the following links from the current requirements page if the merit badge pamphlet is updated during the year, scout can use either the full set of old requirements or the new requirements in the brochure. These will show the effective date of the following year (i.e. the brochure issued in June 2008 will speak of the requirements for 2009). Once the Scouts BSA Requirements is updated, all scouts begin badge must use the new requirements. If the lists below appear blank, it means that revisions to the workbook are pending because of revised requests. You can also download ZIP files containing all current worksheets such as either text processing and/or PDF formats keep in mind these are BIG files. Versions of workbook word processors were prepared using the Microsoft Word version of Microsoft Office 365 Suite and are in the DOCX file format introduced in 2007. As a result, they are not compatible with earlier versions of Microsoft Office or other word processors that do not support this file format unless the user has downloaded and installed the Compatibility Pack. Microsoft Office XP, 2000, and 2003 users can download the Compatibility Pack by clicking here: . 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In response to the requests that we have received, we have added light lines to the form box box in order for those scouts who want a hand to write their answers. Since 2010, all new and revised workbooks have been prepared by Paul Wolf, with some input from R.W. Smith, a volunteer affiliated with meritbadge.org. To our knowledge, they now reflect current requirements in all cases. Please submit comments on errors, omissions or suggestions regarding the format of any of the workbooks at: Workbooks@USScouts.Org Comments or suggestions for changes to the wording of the requirements for any MERIT BADGE should be sent to the BSA at: Advancement.Team@Scouting.Org Copies of all these workbooks (PDF only) are also available on the Meritbadge.org website, and several of them are also available on sites that are maintained by the BSA, including Scouting.org, BoysLife.org, or boyslifeorg.files.wordpress.com. 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Workbooks that were last updated before March 2019 contain the following statement: No one may add or subtract from official requirements found in scouting requirements (Pub. 33216 – SKU 637685). As this publication has been renamed and revised, this statement should be considered as follows: No one may add up or subtract from the official requirements found in the requirements of the BSA Scouts (Pub. 33216). SKU for the release of scouts BSA Requirements 2019 is 648914. The workbooks below reflect current requirements (including any changes that have been made since the last release of the BSA Scout requirements.) If scout works on a merit badge using a previous version of the requirements and wants to use a workbook that reflects those requirements, the workbook can still be downloaded from this site. To do this, follow these steps: Click the name of the merit badge in the list below to make a website with current requirements. On this page, click on the link under the name that reads For previous requests. Click Here. If Scout uses older requests, repeat this step until the correct version of the requirements is visible. You can download a workbook that meets the requirements on this page by clicking one of the links in the box at the bottom of this page. U.S. Scouting Service Project homepage/usscouts.org MERIT BADGE HOME Page updated at: November 15, 2020 2020

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