

Swimming Merit Badge Scoresheet						
NAMES						
1. First Aid - hypo, dehyd, heat, cramp, etc						
2a. Recognize conditions requiring CPR						
2b. Demonstrate CPR properly						
3. Second and First Class Requirements						
7a. Precautions for safe swim						
7b. Jump in deep water, 25' swim, return						
7c. Reach, throw, row, go rescues						
9a. Precautions for safe boat trip						
9b. Swimmer test, 75/25 & float						
9c. Line rescue as thrower and tender						
4. Survival - disrobing, inflating, swimming						
5. Swim 150 - crawl, back, side, breast, EB						
6a. Float face-up 1 minute						
6b. Float survival 5 minutes						
6c. w/PFD, demo HELP/huddle, explain						
6d. Explain hypothermia < w/swim/survival						
7a. Surface dive feet first object < 10 ft						
7b. Surface dive head first object < 10 ft						
7c. Surface dive head first 5 ft 3 strokes x 3						
8. Do A or B						
8a1. Select/fit mask, snorkel, fins						
8a2. Demo M/S/F underwater search/rescue						
8a3. Scuba sport & BSA policies						
8b1. Racing dive from pool edge						
8b2. Racing form 25 yds in one stroke of 4						
8b3. Racing turns for above stroke						
8b4. Describe competitive swimming.						
9a. Headfirst dive from deck or dock						
9b. Long shallow dive from deck or dock						
10a. Explain benefits aerobic exercise, +						
10b. Why swim is fitness/therapeutic exer						
10c. Plan swim exercise program						
10d. Discuss incentives & obstacles						
COMPLETED						

Lifesaving Merit Badge Scoresheet						
NAMES						
1a. Complete 2nd & 1st Class Requirements						
1b. Complete 400 yd swim (C,BC,S,B)						
2a. Explain drowning sit & avoidance						
2b. How to ID persons needing assistance						
2c. Order of methods in water rescue						
2d. How techniques vary by setting/person						
2e. Where in-water rescues not attempted						
3. Demo reaching rescues - arm, leg, pole						
4. Demo throwing rescues - line, buoy, etc						
5. Explain small craft in rescues						
6. List rescue aids. Why bouyant aids?						
7a. Rescue tube, release, escort						
7b. Rescue tube, tow						
7c. Bouyant aid, release, escort						
7d. Bouyant aid, tow						
7e. Remove clothes 20", towel, tow, explain						
8. Explain avoid contact active victim						
9. Perform non-eq rescue, speaking						
9a. Assist tired swimmer w/forward stroke						
9b. Armpit tow floating swimmer						
9c. Cross chest carry passive victim						
10a. Escape wrist grasp						
10b. Escape front head hold						
10c. Escape rear head hold						
11. Unconscious subject, entry, approach, speak						
11a. Equipment assist w/bouyant aid						
11b. Front approach & wrist tow						
11c. Rear approach & armpit tow						
12. Describe resonse to submergence						
12a. Recover 10# in 8-10 ft feetfirst dive						
12b. Recover 10# in 8-10 ft headfirst dive						
13a. Recognize need for rescue breath/CPR						
13b. Demo proper CPR technique						
14. Demo spinal injury management						
14a. Explain signs and symptoms						
14b. Support face-up victim in calm shallow						
14c. Turn facedown to faceup supporting						
15. Know FA for swim/boat injuries						
COMPLETED						