

First and Second Class Aquatics Requirements

SECOND CLASS:

- 7a. Tell what precautions must be taken for a safe swim (Safe Swim Defense).
- 7b. Pass the BSA beginner test (red tag).
- 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, and explain why and how a rescue swimmer should avoid contact with the victim.

FIRST CLASS:

- 9a. Tell what precautions must be taken for a safe trip afloat (Safety Afloat).
- 9b. Pass the BSA swimmer test (blue tag).
- 9c. With a helper and practice victim, show a line rescue both as tender and rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)

Notes:

1. Beginner Test--50 feet as follows: Jump feetfirst into water over the head, come to the surface, level off, swim 25 feet, turn sharply, and come back to starting point.
2. Swimmer Test: Jump feetfirst into water over the head, level off and begin swimming. Swim 75 yards/meters in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards/meters using an easy resting backstroke. The 100 meters/yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating. These qualification tests should be renewed annually, preferably at the beginning of each season.