

CICERO BOY SCOUT AQUATICS PROGRAM - 2009

DESCRIPTION:

The Cicero Boy Scout Aquatics Program will run nine Sunday evenings with one hour of instruction and one half hour of recreational swim. The following instruction is offered this year:

1. Beginner: Swim 50 feet ("red tag")
2. Swimmer: Swim 100 yards ("blue tag")
3. Swimming Merit Badge
4. Lifesaving Merit Badge
5. BSA Lifeguard and BSA Lifeguard Recertification

BSA Lifeguard, which is open to Scouts and adult Scouters, is the most advanced award in Scout aquatics. Candidates must be at least 14 years of age. They will work closely with their counselor. It includes a review of Lifesaving, Rowing, Canoeing, and First Aid Merit Badges. Classroom work will be done at Cicero United Methodist Church. The Rowing, Canoeing, and waterfront review will be done Saturday, June 6 at Camp Woodland.

CPR courses will be set up as needed. AHA BLS for Healthcare Providers courses (equivalent to ARC BLS for Professional Rescuers) will be held March 11 and 12, and March 25 and 26. The CPR courses are normally held at Cicero United Methodist Church.

ARC Levels 4 and 5 certifications will be given in swimming where appropriate.

Our aquatics staff is BSA trained and certified. The program will follow all BSA safety and aquatics standards.

PLACE: LeMoyne College Pool

TIME: 3:00- 4:00 p.m. Instructional Swimming, Swimming Merit Badge, Lifesaving Merit Badge
4:00- 4:30 p.m. Recreational Swim
4:30- 5:30 p.m. Swimming Merit Badge, Lifesaving Merit Badge
3:00- 5:30 p.m. BSA Lifeguard

DATES: 1. FEB. 1
2. FEB. 8
3. FEB. 15
4. FEB. 22
5. MAR. 1
MAR. 8 No class (LeMoyne spring break)
6. MAR. 15
7. MAR. 22
8. MAR. 29
9. APR. 5

COST: \$35 for first Scout in family, \$25 for each additional Scout, \$45 for all BSA Lifeguard (This pays primarily for the pool rental. All instruction is volunteer. Please make checks payable to **Cicero Boy Scout Aquatics.**) We must have this by December 21 to hold your place. After January 1, the fees go up by \$10.

MAXIMUM NUMBER OF SCOUTS: Class sizes must be limited to maintain a quality program.

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WHAT TO DO WHEN YOU ARRIVE:

In order for the program to run smoothly, the following procedures should be followed:

1. First Period Classes:

When you arrive, change into your bathing suit, shower, and be in the pool area by 3:00 p.m. When you enter the pool area, please report to your instructional area where your instructor will take charge. Classes will start on time.

2. Second Period Classes:

- 1) When you arrive, please change into your bathing suit, shower, and go to the pool area. No loitering in the locker room or shower.
- 2) If you arrive before recreational swimming begins, please sit down at the bleachers until the classes end. While waiting, please do not yell or do other things that might distract the classes going on.
- 3) Please report to your instructional area after recreational swim where your instructor will take charge.

Note: The recreational swimming is after the first period class and before the second period class.

POOL RULES:

1. Shower before entering pool.
2. No running.
3. No pushing, shoving, or horseplay.
4. Obey all lifeguards (both LeMoyne and BSA).
5. Diving allowed only at deep end.
6. Jump or dive in only when clear of swimmers.
7. Pool equipment (kickboards, etc.) may be used for instruction only
8. No abusive language.
9. The buddy system will be used for all recreational swims. Everyone must pass the Swimmer ("Blue Tag") test before swimming in the deep end.
10. Everyone must stay in pool area. We do not have permission to use other areas.
11. Parents and leaders must take off their shoes before entering the pool area unless they are clean.

RULES AND PROCEDURES:

1. The first rule is the Scout Oath and the Scout Law. This should be followed at all times.
2. The next rule is to learn, have fun, and do it safely.

3. Scouting regulations require a minimum of two adult Scout leaders for all Scout activities. If you come early before two supervising Scout leaders are present, your parents must stay with you until adequate leaders arrive. Parents are asked to pick up their Scouts on time since our Scout leaders must stay until all Scouts leave. We cannot leave Scouts with the LeMoyne staff to supervise.
4. Plan to arrive soon enough to have enough time to change into your bathing suit, shower, and be in the pool area when your class starts. All classes will start on time.
5. Since the locker room may be crowded with insufficient locker space at times, you will need to take extra care in respecting other people's property.
6. No horseplay is allowed in the locker room, showers, or pool. It is your responsibility as Scouts to keep this under control, even if leaders are not present.
7. Intentionally damaging or destroying other peoples property will not be tolerated. Anyone found doing so will automatically be dropped from the program. (This is a no tolerance rule.)
8. The locker room may be unsupervised at times between periods. It is up to each Scout to take the responsibility to behave in a responsible manner (for example, absolutely no horseplay). Any Scout behaving in a disruptive manner between periods will be automatically dropped from the program. (This is a no tolerance rule.)
9. No unnecessary noise or shouting during instruction. The acoustics in pool buildings is usually poor and we will have several classes going on at once. Excessive noise will make it difficult for both instructors and Scouts to hear. The recreational swim is the time to blow off steam.
10. Be courteous at all times to all LeMoyne personnel, LeMoyne students, and other people using the Recreation Center.
11. We have a large group using the locker room. Everyone is asked to help out and take a part in policing the locker room. Trash should be picked up, lockers closed, and toilets flushed. As Scouts, we should leave it looking better than we found it.
12. Parents and troop leaders are asked to help out in supervising the locker room shower, and Recreation Center entrance.
13. We do not have permission to use equipment or facilities in the Recreation Center other than the pool.
14. We need to remember that we are guests at LeMoyne. They are doing us a great service by letting us use their pool at an affordable price.