



SCOUTMASTER BUCKY

Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Lifesaving merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations.

<https://scoutmasterbucky.com/merit-badges/lifesaving/lifesaving-pamphlet.pdf>

<https://scoutmasterbucky.com/merit-badges/lifesaving/lifesaving-cpp.pdf>

REQUIREMENT 6 REQUIRES COUNSELOR APPROVAL.

REQUIREMENTS 2, 4, 5, 8, 9, 10, 11, 12, 13, 14, 15, and 16 ALL CONTAIN SKILL-BASED TASKS. SCOUTS WILL NEED TO SHOW, DEMONSTRATE, PERFORM, AND MANUEVER THESE TASKS OVERSEEN AND REVIEWED BY A CERTIFIED MERIT BADGE COUNSELOR.

SCOUTS NOT ABLE TO PHYSICALLY PERFORM THESE SKILLS WILL FIND IT DIFFICULT TO COMPLETE.

Only Scouts that are mentally and physically able to perform the tasks will be considered for sign-off. Some instructors / counselors may be able to provide some coaching, but there is no guarantee that the required skills to successfully accomplish this requirement can be developed enough for success.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 1: Before doing requirements 3 through 15, review with your counselor the principles of Safe Swim Defense.

1. Qualified Supervision
2. Personal Health Review
3. Safe Area (Controlled Access, Bottom Conditions and Depth, Visibility, Diving and Elevated Entry, Water Temperature, Water Quality, Moving Water, Weather, Life Jacket Use.)
4. Response Personnel (Lifeguards)
5. Lookout
6. Ability Groups (NonSwimmer, Beginner, Swimmer)
7. Buddy System
8. Discipline Rules



Safe Swim Defense

Notes:



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REQUIREMENT 2a: Before doing requirements 3 through 15: Earn the Swimming merit badge.



Notes:

REQUIREMENT 2b: Before doing requirements 3 through 15: Swim continuously for 400 yards using each of the following strokes in a strong manner, in good form with rhythmic breathing, for at least 50 continuous yards: front crawl, sidestroke, breaststroke, and elementary backstroke.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 3a: Explain common drowning situations and how to prevent them.

Notes:

REQUIREMENT 3b: Explain how to identify persons in the water who need assistance.

Notes:



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REQUIREMENT 3c: Explain the order of methods in water rescue.

Notes:

REQUIREMENT 3d: Explain how rescue techniques vary depending on the setting and the condition of the person needing assistance.

Notes:

REQUIREMENT 3e: Explain situations for which in-water rescues should not be undertaken.

Notes:



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REQUIREMENT 4: Demonstrate "reaching" rescues using various items such as arm, leg, towels, shirts, paddles, poles.

Consider using the [Lifesaving Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 5: Demonstrate "throwing" rescues using various items such as a line, ring buoy, rescue bag, and free-floating support. Successfully place at least one such aid within reach of a practice victim 25 feet from shore.

Consider using the [Lifesaving Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 6: With your counselor's approval, view in-person or on video a rowing rescue performed using a rowboat, canoe, kayak, or stand up paddleboard. Discuss with your counselor how effectively and efficiently the rescue was performed.

COUNSELOR APPROVAL: IS REQUIRED.

Counselor's Name

Phone or Email

Counselor's Signature

Date ☐ *approved*

Notes:



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REQUIREMENT 7: List various items that can be used as aids in a "go" rescue.

Notes:

REQUIREMENT 7: Explain why buoyant aids are preferred.

Notes:

REQUIREMENT 8: Correctly demonstrate rescues of a *conscious* practice subject 30 feet from shore in deep water using two types of buoyant aids provided by your counselor. Use a proper entry and a strong approach stroke. Speak to the subject to determine his or her condition and to provide instructions and encouragement.

- Present one aid to a subject, release it, and swim at a safe distance as the subject moves to safety.
- In a separate rescue, present the other aid to a subject and use it to tow the subject to safety.

Consider using the [Lifesaving Merit Badge Pamphlet](#) for preparation information

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BE PREPARED!



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REQUIREMENT 9:

Discuss with your counselor when it is appropriate to remove heavy clothing before attempting a swimming rescue. Remove street clothes in 20 seconds or less, enter the water, and approach a *conscious* practice subject 30 feet from shore in deep water. Speak to the subject and use a nonbuoyant aid, such as a shirt or towel, to tow the subject to safety.

Consider using the [Lifesaving Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:

REQUIREMENT 10:

Discuss with your counselor the importance of avoiding contact with an active subject and demonstrate lead-and-wait techniques.

Consider using the [Lifesaving Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:



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REQUIREMENT 11: Perform the following *nonequipment* rescues for a *conscious* practice subject 30 feet from shore. Begin in the water from a position near the subject. Speak to the subject to determine his or her condition and to provide instructions and encouragement.

- Perform an armpit tow for a calm, responsive, tired swimmer resting with a back float.
- Perform a cross-chest carry for an exhausted, responsive subject treading water.

Consider using the [Lifesaving Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 12: In deep water, show how to escape from a victim's grasp on your wrist. Repeat for front and rear holds about the head and shoulders.

Consider using the [Lifesaving Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 13: Perform the following rescues for an *unconscious* practice subject at or near the surface 30 feet from shore. Use a proper entry and strong approach stroke. Speak to the subject and splash water on the subject to determine his or her condition before making contact. Quickly remove the victim from the water, with assistance if needed, and position for CPR.

- Perform an equipment assist using a buoyant aid.
- Perform a front approach and wrist tow.
- Perform a rear approach and armpit tow

Consider using the [Lifesaving Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 14: Discuss with your counselor how to respond if a victim submerges before being reached by a rescuer.

Notes:



REQUIREMENT 14a: Recover a 10-pound weight in 8 to 10 feet of water using a feetfirst surface dive.

Consider using the [Lifesaving Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 14b: Repeat using a headfirst surface dive.

Consider using the [Lifesaving Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 15: Demonstrate management of a spinal injury to your counselor.

Consider using the [Lifesaving Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 15a: Discuss the causes, signs, and symptoms of a spinal injury.

SPINAL INJURY:

Causes:

Signs:

Symptoms:



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REQUIREMENT 15b: Support a faceup subject in calm water of standing depth.

Consider using the [Lifesaving Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 15c: Turn a subject from a facedown to a faceup position in water of standing depth while maintaining support.

Consider using the [Lifesaving Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 16: Demonstrate knowledge of resuscitation procedure.

Consider using the [Lifesaving Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 16a: Describe how to recognize the need for rescue breathing and CPR.

Notes:

REQUIREMENT 16b: Demonstrate CPR knowledge and skills, including rescue breathing, on a mannequin under the guidance of a current CPR/AED instructor trained by a nationally certified provider.

Consider using the [Lifesaving Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!



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REQUIREMENT 17: With your counselor, discuss causes, prevention, and treatment of other injuries or illnesses that could occur while swimming or boating, including hypothermia, dehydration, heat-related illnesses, muscle cramps, sunburn, stings, and hyperventilation.

HYPOTHERMIA:

Causes:

Prevention:

Treatment:

DEHYDRATION:

Causes:

Prevention:

Treatment:



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HEAT-RELATED ILLNESSES:

Causes:

Prevention:

Treatment:

MUSCLE CRAMPS:

Causes:

Prevention:

Treatment:



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SUNBURN:

Causes:

Prevention:

Treatment:

STINGS:

Causes:

Prevention:

Treatment:



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HYPERVENTILATION:

Causes:

Prevention:

Treatment:

