



Water Sports Merit Badge Workbook

SCOUTMASTER BUCKY

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

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

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

REQUIREMENT 1a: Explain to your counselor the most likely hazards you may encounter while participating in water sports activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

HAZARD #1

Anticipate:

Help Prevent:

Mitigate:

Respond:



HAZARD #2

Anticipate:

Help Prevent:

Mitigate:

Respond:



HAZARD #3

Anticipate:

Help Prevent:

Mitigate:

Respond:



HAZARD #4

Anticipate:

Help Prevent:

Mitigate:

Respond:



HAZARD #5

Anticipate:

Help Prevent:

Mitigate:

Respond:



HAZARD #6

Anticipate:

Help Prevent:

Mitigate:

Respond:



Water Sports Merit Badge Workbook

SCOUTMASTER BUCKY

REQUIREMENT 1b: Review prevention, symptoms, and first-aid treatment for the following injuries or illnesses that could occur while participating in water sports: blisters, cold-water shock and hypothermia, dehydration, heat-related illnesses, sunburn, sprains, strains, minor cuts and bruises, spinal injury, and concussions and head trauma.

BLISTERS:

Prevention:

Symptoms:

Treatment:

COLD-WATER SHOCK:

Prevention:

Symptoms:

Treatment:



HYPOTHERMIA:

Prevention:

Symptoms:

Treatment:

DEHYDRATION:

Prevention:

Symptoms:

Treatment:



HEAT-RELATED ILLNESSES:

Prevention:

Symptoms:

Treatment:

SUNBURN:

Prevention:

Symptoms:

Treatment:



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SPRINS:

Prevention:

Symptoms:

Treatment:

STRAINS:

Prevention:

Symptoms:

Treatment:



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MINOR CUTS AND BRUISES:

Prevention:

Symptoms:

Treatment:

SPINAL INJURY:

Prevention:

Symptoms:

Treatment:



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CONCUSSION AND HEAD TRAUMA:

Prevention:

Symptoms:

Treatment:

REQUIREMENT 1c: Review the Scouting America Safety Afloat policy.

1. Qualified Supervision
2. Personal Health Review
3. Swimming Ability
4. Life Jackets
5. Buddy System
6. Skill Proficiency
7. Planning
8. Equipment
9. Discipline



REQUIREMENT 1c: Tell how the Scouting America Safety Afloat policy applies to water sports.

Notes:



Water Sports Merit Badge Workbook

SCOUTMASTER BUCKY

REQUIREMENT 2a: Discuss with your counselor the characteristics of life jackets most appropriate for water sports.

Notes:



REQUIREMENT 2a: Tell why a life jacket must always be worn while waterskiing or wakeboarding.

Notes:

REQUIREMENT 2a: Demonstrate how to select and fit a life jacket for water sports activities.

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

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!



Water Sports Merit Badge Workbook

SCOUTMASTER BUCKY

REQUIREMENT 2b: Review and discuss the Water Sports Safety Code with your counselor. Promise that you will live up to it and follow it in all water work for this merit badge.

WATER SPORTS SAFETY CODE

ALWAYS

- Learn to water-ski or wakeboard by taking instructions from a good instructor or a person with advanced ability in the sport.
- Wear a life jacket when taking part in water sports.
- Look ahead and know where you are going at all times.
- Stay away from solid objects such as docks, boats, and stumps.
- Be courteous and stay a reasonable distance from other skiers, boats, and swimmers.
- Run parallel to shore and come in slowly when landing.
- Learn new maneuvers in a step-by-step progression.
- Have an extra person in the boat to watch the skier.
- Signal that you are all right after a fall by clasping your hands over your head or waving to notify the driver and observer.
- Hold up a ski while waiting in the water in a well-traveled boating area.
- Check your equipment for dangerous, sharp, or protruding objects (including wing nuts, loose runners, and slivers).
- Always use a stern platform or ladder when climbing into the boat.

NEVER

- Never ski or wakeboard in shallow water or in an area where you do not know the depth. Minimum safe depth is 5 feet or your height, whichever is greater.
- Never put any part of your body through the towrope handle or wrap the rope around any part of your body.
- Never yell "Hit it!" until the rope is tight and your board or skis are in proper starting position.
- Never water-ski or wakeboard to the point of exhaustion.
- Never water-ski or wakeboard at night.
- Never water-ski or wakeboard directly ahead of another boat.
- Never water-ski double with different lengths of rope.
- Never attempt fast landing directly toward the shore.
- Never jump from the boat while it is moving.
- Never climb into the boat or approach the stern of the boat while the motor is running.

REQUIREMENT 2b: Review the safety precautions that must be used by the boat operator in pulling waterskiers and wakeboarders.

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

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

Notes:



Water Sports Merit Badge Workbook

SCOUTMASTER BUCKY

REQUIREMENT 3:

Before doing requirements 4 through 6, successfully complete the Scouting America swimmer test: Jump feetfirst into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.



This requirement must be reviewed with your merit badge counselor.

REQUIREMENT 4:

Show the following skier signals to the safety observer in the boat: skier safe, faster, slower, turns, back to dock, cut motor, skier in water.

Know Water Sports Hand Signals



CIRCLE



BACK
TO DOCK



CUT ENGINE



SPEED FASTER



SPEED SLOWER



TURN LEFT



TURN RIGHT



SKIER IN WATER



SKIERS O.K.



SPEED OK



STOP



Water Sports Merit Badge Workbook

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REQUIREMENTS 5 and 6 ARE SKILL-BASED REQUIREMENTS. SCOUTS WILL NEED TO SHOW BY DOING THE SPECIFIED 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 these requirements can be developed enough for success.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 5a:	Showing reasonable control while using two skis, one ski, or a wakeboard, show how to enter the water from a boat and make a deepwater start without help.
REQUIREMENT 5b:	Showing reasonable control while using two skis, one ski, or a wakeboard, start from outside the wakes, show you can cross both wakes four times and return to the center of the wake each time, without falling.
REQUIREMENT 5c:	Showing reasonable control while using two skis, one ski, or a wakeboard, show you can fall properly to avoid an obstacle. Also show that you can drop handle and coast to a stop without losing your balance.
REQUIREMENT 6:	While on shore, show that you know how to properly adjust the bindings of your ski(s) or wakeboard to fit yourself. Then, in deep water, show you can adjust bindings to fit. Recover and put on your ski(s) or wakeboard that has come off during a fall.

