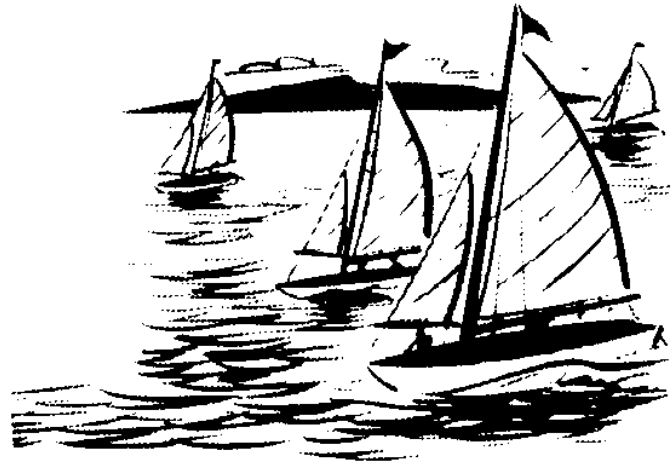




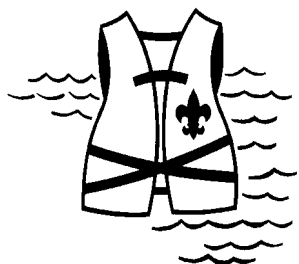
# BSA Safety Afloat



Developed by Rich Diesslin, BSA Lifeguard,  
RLDes@aol.com, May, 2000

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# Safety Afloat



## *Prerequisites!*

### **P** Who can teach it?

- ▶ any person **authorized** by the council including:
  - a BSA Aquatics resource person
  - a unit leader with aquatics skill or
  - any other person with aquatics knowledge or experience whom the local council has approved

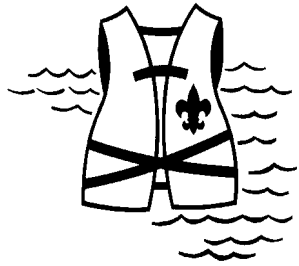
### **P** Before going on any water trip of any kind:

- ▶ Adult leaders must complete Safety Afloat Training
- ▶ Have a Commitment Card:, No. 34242A, with them
- ▶ Be dedicated to full compliance with all nine points

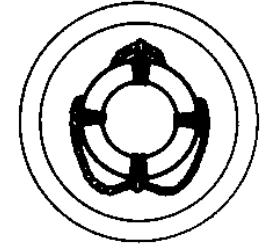
# The 9 Points of Safety Afloat

*Review Them Before Each Outting!*

1. Qualified Supervision
2. Physical Fitness
3. Swimming Ability
4. PFD
5. Buddy System
6. Skill Proficiency
7. Planning
8. Equipment
9. Discipline



# 1. Qualified Supervision



*No Small Commitment!*

**P** All activity afloat must be supervised by a mature and conscientious adult age 21 or older who:

- ▶ understands/accepts responsibility for the well-being and safety of youth members in his or her care
- ▶ is qualified in the watercraft skill and rescue trained
- ▶ is trained/committed to BSA Safety Afloat, Safe Swim Defense and (at least one adult) certified in CPR
- ▶ BSA ratio, 1 adults to 10 youth / Cub Scout 1 to 5
- ▶ (Minimum 2 adults)

Note: It is strongly recommended that all units have at least one adult or older youth member currently certified as a BSA Lifeguard to assist in the planning and conduct of all swimming activity.





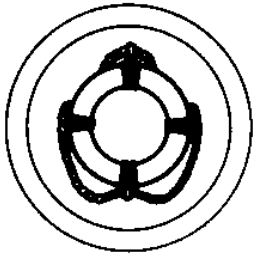
## 2. Physical Fitness

*Keep a Health History of Your Den, Pack or Troop!*

### P Require evidence of fitness

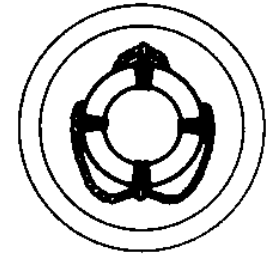
- ▶ Complete health history (from physician, parent, or legal guardian)
- ▶ Adjust all supervision, discipline, and protection to anticipate any potential risks associated with individual health conditions
- ▶ Significant health conditions require proof of an examination by a physician

Note: Those with physical disabilities can enjoy and benefit from aquatics if the handicaps are known and necessary precautions are taken.



# 3. Swimming Ability

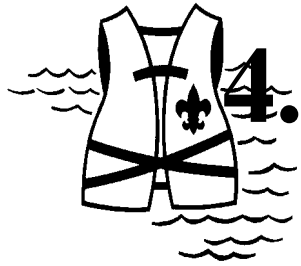
## *Key to Personal Safety*



### P Ability

- ▶ Those NOT a "swimmer" can ride as a passenger in
  - A rowboat or motorboat with an adult "swimmer"
  - A canoe, raft, or sailboat with an adult certified as a lifeguard or a lifesaver by a recognized agency
  - **Note: In all other circumstances, the person must be a swimmer to participate in an activity afloat.**
- ▶ Swimmers - passed the swimmer's test
  - jump feet-first 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 include at least one sharp turn.
  - After completing the swim, rest by floating.

Note: These classification tests should be renewed annually, preferably at the beginning of the season.



## 4. Personal Flotation Devices

*Everyone Must Wear One!*

### P Personal Flotation Equipment

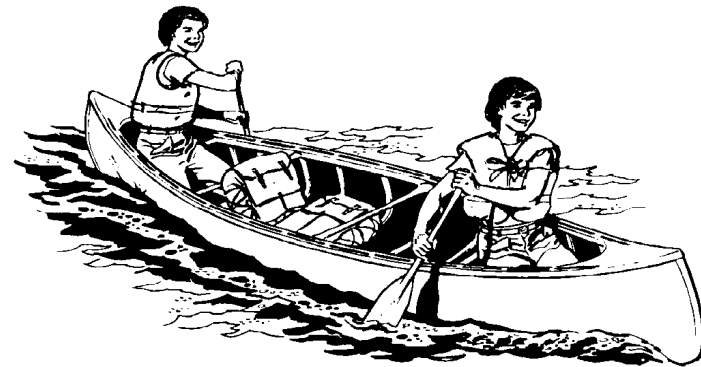
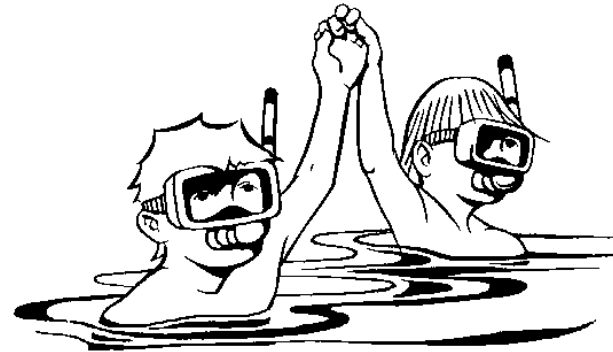
- ▶ Properly fitted U.S. Coast Guard-approved personal flotation devices (PFDs) must be worn by all persons engaged in activity on the open water
  - rowing, canoeing, sailing, boardsailing, motorboating, waterskiing, rafting, tubing, and kayaking
- ▶ Type II and III PFDs are recommended.

# 5. Buddy System

*Similar to Safe Swim Defense*

P Buddy people

P Buddy boats







## 6. Skill Proficiency

### *Know Your Mode & Safety Procedures*

**P** All persons must:

- ▶ Be trained/experienced in watercraft handling skills, safety, and emergency procedures
  - 3 hours of training/supervised practice, or
  - meeting requirements for "basic handling tests"
- ▶ **Have special training for white water craft**
- ▶ **Have special training for powerboat operation**



For Cub Scouts: Canoeing and rafting for Cub Scouts (including Webelos Scouts) is to be limited to council/district events on flat water ponds or controlled lake areas free of powerboats and sailboats. Prior to recreational canoeing, Cub Scouts are to be instructed in basic handling skills and safety practices.

# 7. Planning

## *Planning Ahead for Every Contingency*

- P Float Plan
- P Local Rules
- P Notification
- P Weather
- P Contingencies



**For Cub Scouts:** Cub Scout canoeing and rafting does not include "trips" or "expeditions" and is not to be conducted on running water (i.e., rivers or streams); therefore, some procedures are inapplicable. Suitable weather requires clear skies, no appreciable wind, and warm air and water.

# 8. Equipment

*Have What You Need & in Good Condition*

P All equipment must be suited to the:

- ▶ craft
- ▶ water conditions
- ▶ individual



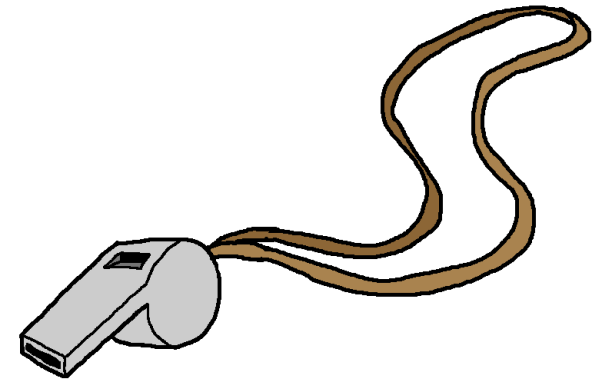
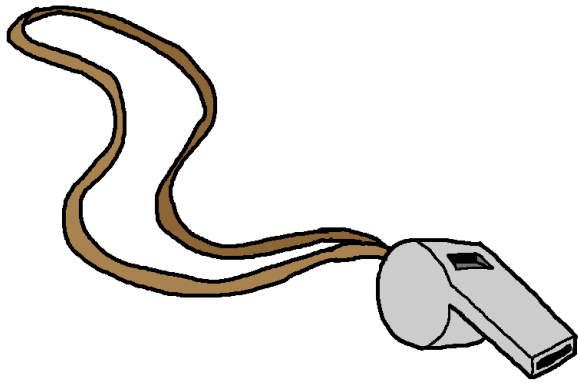
P And ...

- ▶ In good repair (carry spare equipment when possible)
- ▶ Satisfy all state and U.S. Coast Guard requirements

P Have appropriate rescue equipment

***BE PREPARED***

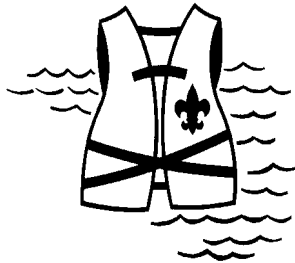
## 9. Discipline



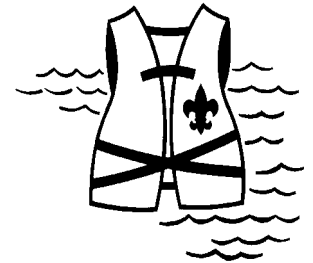
*Be Sure Everyone Understands the Rules and Follows Them!*

- P** Rules are presented/learned prior to the outing
  - ▶ And reviewed at the water's edge just before the activity begins
- P** Scouts are to respect/follow all directions and rules of the adult supervisor
- P** **Be strict and fair, showing no favoritism**

Note: When people know the reason for rules and procedures they are more likely to follow them. Rules keep the fun from being interrupted by tragedy!



# Other Safety Afloat Issues



*Refer to the Handout and Manual for More Information!*

## P PFDs

- ▶ Must be worn by all
- ▶ Must be types I, II or III (no ski belts)

## P See Manual/Handout for more information on

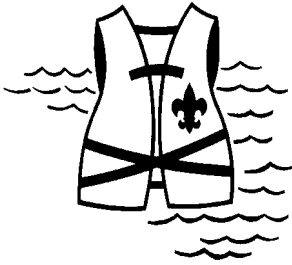
- ▶ BSA Lifeguard
- ▶ SCUBA
- ▶ Water Skiing

White Water Safety Code

Snorkeling

Board Sailing





# Other Safety Afloat Issues

*All Safe Swim Defenses Apply*

**P** Note: Safety Afloat follows the same rules regarding swimming ability testing, swim area, water clarity, and pool and surf swimming as described above in the **Safe Swim Defense**

# White Water Code

## *The American Whitewater Affiliation (AWA) Safety Code*

- P 1. Competent swimmer
- P 2. Wear a PFD
- P 3. Under control, always!
- P 4. Be aware/avoid of hazards
- P 5. Minimum is 3/craft
- P 6. Be suitably equipped
- P 7. Swim on your back, feet and legs downstream and high, watch ahead
- P 8. When you start to spill, keep the upstream gunwale high
- P 9. If you do spill, hang on to your canoe and get to the upstream end (unless heading for a rapids then swim for shore ... refer to manual)
- P 10. If in a group, follow proper group safety steps (refer to manual)



This slide presentation has heavily referenced information found on the USSSP Web Site, a great Scouting resource!

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