



Lion

Kindergarten



Required Adventures – **Outdoors – Mountain Lion**

Pre-work (at home): assemble and BRING Cub Scout Six Essentials

1. Identify the Cub Scout Six Essentials. Show what you do with each item.
 - Water Bottle, Sunscreen, First Aid Kit, Flashlight, Snack, Whistle
 - Stop by the craft table to identify and color your 6 essentials (HB 9).
 2. Join the staff-led (or adult-led) Hike to Inspiration Point or Parsons to take a walk outside for at least 20 minutes. Identify things that you see that are natural vs. manmade.
 3. Discover what S.A.W. means.
 - What do you do when you get separated? Practice (SAW – Stay, Answer, Whistle).
 4. Identify common animals that are found in California. Separate domestic vs. wild.
 - Learn about and look for local wild animals. (see EB review guide, available)
 - Stop by the craft table to draw your favorite wild and domestic animal from California.
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Elective Adventures – **Let's Camp Lion**

Pre-work (at home): assemble and BRING Cub Scout Six Essentials

1. Learn about the buddy systems and how it works in the outdoors. Practice.
 - The buddy system is when two Cub Scouts work together, share, and keep each other safe. The den leader decides how buddies are paired. If there is an odd number of Cub Scouts, you can have a buddy group of no more than three. Having a buddy is especially important when you are doing an activity outdoors, particularly near or on the water. When you have a buddy, you are not to let your buddy out of your sight. As buddies you are friends, so remember the points of the Scout Law to be friendly, courteous, and kind to each other. You keep each other safe by following any rules or instructions for the activity.
 - Stop by the craft table to coloring some buddies (HB 47).
 2. Before going on the overnight campout, discuss what type of weather is expected and what type of clothes you should wear.
 - Stop by the craft table to dress Kat in the proper outfit for your campout. (HB 48-49).
 3. Pack up your Cub Scout Six Essentials for the campout at Emerald Bay.
 4. Campout overnight at Emerald Bay.
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Elective Adventures – **Time to Swim** (wetsuit not provided, recommend bringing personal spring suit if cold)

1. Learn Safe Swim Defense, with your adult. (See talking points in EB review guide, available)
 - Qualified Supervision, Personal Health Review, Safe Area, Response Personnel (Lifeguards), Lookout, Ability Groups, Buddy System, Discipline
 - Stop by craft table to color everything needed for a safe swimming adventure (HB 63).
 2. Visit Doctor's Cove. Demonstrate how to enter the swimming area properly.
 - Show buddy tag as you enter and hang on buddy board.
 3. With your Lion adult partner as your buddy, be active in the water for 20 minutes.
 4. Place your face in the water and blow bubbles.
 5. Demonstrate how to exit the swimming area properly with your buddy tag.
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Special Elective Adventures – **Archery Lion**

Can only be completed at approved council camps, like Emerald Bay.

- Shooting Sports Award Sessions are offered every hour on the hour when program areas are open.
 - Obtain an Emerald Bay Shooting Sports Award Completion Card at the range.
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Tiger

1st Grade



Required Adventures – **Outdoors – Tigers in the Wild**

Pre-work (at home): assemble and BRING Cub Scout Six Essentials.

1. Identify the Cub Scout Six Essentials. Show what you do with each item.
 - Water Bottle, Sunscreen, First Aid Kit, Flashlight, Snack, Whistle
 - Stop by the craft table to identify and color your 6 essentials (HB 9).
2. Learn about the Outdoor Code 4 Cs (See talking points in EB review guide, available)
 - i. Clean – Be clean in my outdoor manners.
 - ii. Careful – Be careful with fire.
 - iii. Considerate – Be considerate in the outdoors.
 - iv. Conservation – Be conservation-minded.
3. Join the staff-led (or adult-led) Hike to Inspiration Point or Parsons to take a walk outside for at least 20 minutes. Identify things that you see that are natural vs. manmade.
4. Identify common animals that are found in California. Separate domestic vs. wild.
 - Learn about and look for local wild animals. (see EB review guide, available)
 - Stop by the craft table to draw your favorite wild and domestic animal from California.
5. Look for a tree. Describe how this tree is helpful. Do a Leaf and Bark Rubbing.



Elective Adventures – **Let's Camp Tiger**

Pre-work (at home): assemble and BRING Cub Scout Six Essentials.

1. Learn about the buddy systems and how it works in the outdoors. Practice.
 - The buddy system is when two Cub Scouts work together, share, and keep each other safe. The den leader decides how buddies are paired. If there is an odd number of Cub Scouts, you can have a buddy group of no more than three. Having a buddy is especially important when you are doing an activity outdoors, particularly near or on the water. When you have a buddy, you are not to let your buddy out of your sight. As buddies you are friends, so remember the points of the Scout Law to be friendly, courteous, and kind to each other. You keep each other safe by following any rules or instructions for the activity. Stop by the craft table to coloring some buddies (HB 47).
2. Before going on the overnight campout, discuss what type of weather is expected and what type of clothes you should wear.
 - Stop by the craft table to dress Kat in the proper outfit for your campout. (HB 48-49).
3. Learn a camping skill. Tie a square knot. Rope available at craft table.
 - Rope was once a very expensive item to have, it took a lot of materials to make, and it had to be made by hand. During this time knots were used to not only pull, fasten, attach, carry, or lift things but knots were created to attach rope together to make longer rope or to make rope shorter without cutting it. Different knots are designed to do different things, but they all have something in common, when they are tied correctly, they are also easy to untie so the rope can be used again and again. One of the most basic needs is to make a longer piece of rope out of shorter pieces of rope. This is done with a basic knot called the square knot or joining knot.
 - Ask someone to teach you to tie a square knot using the EDGE method.
 - Explain how it is done.
 - Guide the learners as they practice.
 - Demonstrate the steps.
 - Enable them to succeed on their own
4. Pack up your Cub Scout Six Essentials for the campout at Emerald Bay.
5. Camp overnight at Emerald Bay.



Elective Adventures – **Tigers in the Water** (wetsuit not provided, recommend bringing personal suit if cold)

1. Learn Safe Swim Defense, with your adult. (See talking points in EB review guide, available)
 - Qualified Supervision, Personal Health Review, Safe Area, Response Personnel (Lifeguards), Lookout, Ability Groups, Buddy System, Discipline
 - Stop by craft table to color everything needed for a safe swimming adventure (HB 63).
 2. Visit Doctor's Cove. Demonstrate how to enter the swimming area properly.
 - Show buddy tag as you enter and hang on buddy board.
 3. With your Tiger adult partner as your buddy, be active in the water for 20 minutes.
 4. Place your face in the water and blow bubbles.
 5. Demonstrate a flutter kick.
 6. Demonstrate how to exit the swimming area properly with your buddy tag.
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Elective Adventures – **Floats and Boats**

1. Identify five different types of boats you see at Emerald Bay.
 - kayak, rowboat, paddleboard, canoe, sailboat, motorboat, catamaran
 2. Identify five things that float and five things that do not float.
 - Experiment to see what floats and what doesn't with things like stick, small rock, leaf, coin, paper boat, shell, balloon, mask/goggles, cork, key, ball, sandal
 3. Build or create a model boat and float it on the water.
 - Stop by the craft table to make a paper boat.
 4. Show that you can put on and fasten a life jacket correctly.
 - Learn that anytime you are on a boat you are to have a lifejacket on and the only time you are to get on a boat is when there is a properly trained adult present.
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Elective Adventures – **Sky is the Limit**

1. Observe the night sky on an evening staff-led Star Party Hike. Name two constellations.
 2. Look at distant objects through a telescope, binoculars, or camera. Focus your device.
 3. At the craft table, create a picture of one and a model of another constellation you saw.
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Special Elective Adventures – **Archery Tiger, BB Guns**

Can only be completed at approved council camps, like Emerald Bay.

- Shooting Sports Award Sessions are offered every hour on the hour when program areas are open.
 - Obtain an Emerald Bay Shooting Sports Award Completion Card at the range.
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Wolf

2nd Grade



Required Adventures – **Outdoors – Paws on the Path**

Pre-work (at home): assemble and BRING Cub Scout Six Essentials.

1. Identify the Cub Scout Six Essentials. Show what you do with each item.
 - Water Bottle, Sunscreen, First Aid Kit, Flashlight, Snack, Whistle
 - Stop by the craft table to identify and color your 6 essentials (HB 9).
2. Learn about the Buddy System and how it works in the outdoors. Pick a buddy for your walk.
 - The buddy system is when two Cub Scouts work together, share, and keep each other safe. The den leader decides how buddies are paired. If there is an odd number of Cub Scouts, you can have a buddy group of no more than three. Having a buddy is especially important when you are doing an activity outdoors, particularly near or on the water. When you have a buddy, you are not to let your buddy out of your sight. As buddies you are friends, so remember the points of the Scout Law to be friendly, courteous, and kind to each other. You keep each other safe by following any rules or instructions for the activity.
 - Use the circle game to pick buddies in a group.
 1. Cub Scouts form a circle, with one Cub Scout placed at the center.
 2. Cub Scout in the middle closes their eyes and twirls around before stopping.
 3. The Cub Scout they're facing after the spin becomes their buddy.
 4. Paired Cub Scouts step out of the circle.
 5. The game proceeds until all Cub Scouts have found their buddies.
 - Optional, stop by the craft table to color some buddies (HB 47).
3. Identify appropriate clothes and shoes for your walk outside. Wear them on your walk.
 - Stop by the craft table to dress Kat in the proper outfit for your walk. (HB 48-49) or draw pictures of clothes you would wear when it: rains, snows, is sunny or windy (consider layering and protection).
4. Learn about the Outdoor Code 4 Cs (see talking points in EB review guide, available)
 1. Be clean in my outdoor manners
 2. Be careful with fire
 3. Be considerate in the outdoors
 4. Be conservation-minded

Learn about and recite (with hand signals) Leave No Trace Principle for Kids

1. **Know before you go** (point to head on "know" and then out to side)
2. **Choose the right path** (walk fingers down along inside of other arm)
3. **Trash your trash** (put out 3 fingers one at a time on each word "trash", "your", "trash")
4. **Leave what you find** (finger box camera with opposing pointer and thumb to eye)
5. **Be careful with fire** (hold up one hand and wiggle fingers using other hand as base)
6. **Respect wildlife** (make horns or ears with fingers on your head)
7. **Be kind to other visitors** (wave "hi" with hand)

Stop by the craft table to complete a Leave No Trace Principles for Kids word search.

5. Join the staff-led (or adult-led) Hike to Inspiration Point or Parsons to explore nature in your surroundings for at least 30 minutes. Describe four different native animals domestic or wild.



Special Elective Adventures – **Archery Wolf, BB Guns**

Can only be completed at approved council camps, like Emerald Bay.

- Shooting Sports Award Sessions are offered every hour on the hour when program areas are open.
- Obtain an Emerald Bay Shooting Sports Award Completion Card at the range.



Elective Adventures – **Let's Camp Wolf**

Pre-work (at home): assemble and BRING Cub Scout Six Essentials. Make a personal packing list.

1. Learn about the buddy systems and how it works in the outdoors. Practice.
 - The buddy system is when two Cub Scouts work together, share, and keep each other safe. The den leader decides how buddies are paired. If there is an odd number of Cub Scouts, you can have a buddy group of no more than three. Having a buddy is especially important when you are doing an activity outdoors, particularly near or on the water. When you have a buddy, you are not to let your buddy out of your sight. As buddies you are friends, so remember the points of the Scout Law to be friendly, courteous, and kind to each other. You keep each other safe by following any rules or instructions for the activity.
 - Use the circle game to pick buddies in a group.
 1. Cub Scouts form a circle, with one Cub Scout placed at the center.
 2. Cub Scout in the middle closes their eyes and twirls around before stopping.
 3. The Cub Scout they're facing after the spin becomes their buddy.
 4. Paired Cub Scouts step out of the circle.
 5. The game proceeds until all Cub Scouts have found their buddies.
 - Optional, stop by the craft table to color some buddies (HB 47).
2. Know and pack up your Cub Scout Six Essentials for the campout at Emerald Bay.
3. In addition to your Cub Scout Six Essentials, list the personal items you need for your campout.
4. Learn a camping skill. Tie a square knot. Rope and reference guide available.
 - Rope was once a very expensive item to have, it took a lot of materials to make, and it had to be made by hand. During this time knots were used to not only pull, fasten, attach, carry, or lift things but knots were created to attach rope together to make longer rope or to make rope shorter without cutting it. Different knots are designed to do different things, but they all have something in common, when they are tied correctly, they are also easy to untie so the rope can be used again and again. One of the most basic needs is to make a longer piece of rope out of shorter pieces of rope. This is done with a basic knot called the square knot or joining knot.
 - Ask someone to teach you to tie a square knot using the EDGE method.
 - Explain how it is done.
 - Guide the learners as they practice.
 - Demonstrate the steps.
 - Enable them to succeed on their own.
5. Camp overnight at Emerald Bay.



Elective Adventures – **Paws for Water** (wetsuit not provided, recommend bringing personal spring suit if cold)

1. Learn Safe Swim Defense. (See talking points in EB review guide, available)
 - Qualified Supervision, Personal Health Review, Safe Area, Response Personnel (Lifeguards), Lookout, Ability Groups, Buddy System, Discipline
 - Stop by craft table to color everything needed for a safe swimming adventure (HB 63).
2. Visit Doctor's Cove. Demonstrate how to enter the swimming area properly.
 - Show buddy tag as you enter and hang on buddy board.
3. Using the buddy system in your ability group, go swimming or snorkeling for 30 minutes.
4. Attempt at least one swimming stroke: front crawl, restful backstroke, or breaststroke.
5. Jump feet first into water that is chest high or deeper. (attempt a BEGINNER swim test)
6. Demonstrate how to exit the swimming area properly with your buddy tag.



Elective Adventures – **Air of the Wolf**

1. Make a paper airplane and fly it five times. Record the flight and distance and time.
 - Stop by the craft table for paper and pencils and plane ideas (optional).
2. Make a paper airplane of a different design and fly it five times. Record again.
3. Compare and contrast the two paper airplanes by distance and flight times.
4. Build a flying object that is not a paper airplane.
 - Stop by the craft table for a flying machine or helicopter idea.



Bear

3rd Grade



Required Adventures – **Outdoors – Bear Habitat**

Pre-work (at home): assemble and BRING Cub Scout Six Essentials and appropriate clothing.

1. Prepare for a one-mile walk by gathering the Cub Scout Six Essentials in a small backpack and weather appropriate clothing and shoes. Show what you do with each item.
 - Water Bottle, Sunscreen, First Aid Kit, Flashlight, Snack, Whistle
 - Discuss appropriate clothing for the current weather.
 1. Sunshine – hat, light-colored clothing, sunglasses
 2. Rain- rain jacket with hood or hat
 3. Cold – warm jacket, hat, gloves, scarf
2. “Know Before You Go” Identify the location of your walk on a map. (EB map available)
3. “Choose the Right Path” Learn about the path and surrounding area you will be walking on.
 - Chumash Indians, Spaniards, and pirates once occupied Emerald Bay in the 18th century. In the 19th century, the Johnson Brothers used the bay to graze cattle and ship them to the mainland. In 1925 Emerald Bay became the scout camp we have today. (100+ years ago)
 - Learn about local native wild animals. (See EB review guide, available)
 - Learn about poisonous plants, animals, and insects. (See EB advanced review guide, available)
4. “Trash your Trash” Make a plan for what you will do with your personal trash or trash you find along the trail. Play the trash timeline game, available.
5. “Leave What You Find” Take pictures along your walk or bring a sketchbook to draw five things that you want to remember on your walk.
6. “Be Careful with Fire” Determine the fire danger rating along your path. Play fire danger match.
7. “Respect Wildlife” From a safe distance, identify as you look up, down, and around you, six signs of any mammals, birds, insects, reptiles. Listen and Look (for homes, food, poop, tracks).
8. “Be Kind to Other Visitors” Identify what you need to do to be kind to others on the path.
 - Review ALL Leave No Trace principal for Kids talking points in EB review guide, available.
9. Join the staff-led (or adult-led) Hike to Inspiration Point or Parsons to practice Leave No Trace Principles for Kids on a one-mile walk. Look for 6 signs of animals to take pictures or record.



Elective Adventures – **Let’s Camp Bear**

Pre-work (at home): assemble and BRING Cub Scout Six Essentials. Make a personal packing list.

1. Review the buddy systems and how it works in the outdoors. Practice.
 - The buddy system is when two Cub Scouts work together, share, and keep each other safe. The den leader decides how buddies are paired. If there is an odd number of Cub Scouts, you can have a buddy group of no more than three. Having a buddy is especially important when you are doing an activity outdoors, particularly near or on the water. When you have a buddy, you are not to let your buddy out of your sight. As buddies you are friends, so remember the points of the Scout Law to be friendly, courteous, and kind to each other. You keep each other safe by following any rules or instructions for the activity.
2. Know and pack up your Cub Scout Six Essentials for the campout at Emerald Bay.
3. In addition to your Cub Scout Six Essentials, list the personal items you need for your campout.
4. Help set up a tent. Determine a good spot for the tent. Explain why you picked that spot.
 - Ask someone with experience to teach you to set up a tent using the EDGE method. A couple of tents will be available for practice after the hike near the soap carving area (handicraft).
 - Explain how it is done.
 - Guide the learners as they practice.
 - Demonstrate the steps.
 - Enable them to succeed on their own.
5. Camp overnight at Emerald Bay.



Elective Adventures – **Salmon Run** (wetsuit not provided, recommend bringing personal spring suit if cold)

1. Review Safe Swim Defense. (See talking points in EB review guide, available)
 - Focus on Qualified Supervision (1:10 Cubs): All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of Safe Swim Defense. It is strongly recommended that all units have at least one adult or older youth member currently trained in Aquatics Supervision: Swimming and Water Rescue or Lifeguard to assist in planning and conducting all swimming activities.
2. Learn the three swimming ability groups for Scouting America and water depths appropriate.
 - SWIMMER (< 12 feet), BEGINNER (just over your head or less), NON-SWIMMER (waist deep max)
3. Using the buddy system in your ability group, go swimming or snorkeling for 30 minutes.
4. Visit Doctor's Cove. Demonstrate the buddy system, buddy checks, and ability groups.
 - Show buddy tag as you enter and hang on buddy board. Exit with your buddy tag.
 - Have your adult call at least 3 buddy checks while you are swimming.
5. Attempt the BEGINNER swim test. (when swim checks are offered)
6. Demonstrate both a reach rescue and a throw rescue.
 - With the help of an adult, use the gray dock to practice rescues in buddy pairs. (lifejackets must be worn by any "victim" that has not passed as a "SWIMMER") Practice rescues lying on the belly with arm, and then leg, and then paddle and then a throwable floatation. Be sure to anchor yourself.



Elective Adventures – **Bears Afloat**

1. Pass the SWIMMER test.
2. Pick one paddle craft, canoe, kayak, or stand-up paddleboard for this adventure.
3. With your leader or adult, discuss the role of qualified adult supervision for paddle activities.
 - Supervision by an adult age 21, who is trained in Safety Afloat. Leadership is provided in ratios of one trained adult per 5 Cub Scouts. At least one leader must be trained in first aid that includes CPR. Any swimming done in conjunction with the activity must be within Safe Swim Defense standards.
4. Explain the safety rules to follow when safely using a paddle craft.
5. Discover how to tell if a life jacket is the correct size and approved for your paddle craft activity. Demonstrate how to wear it.
 - Everyone, Cub Scouts, and adults, must wear a level 70 Coast Guard approved life jacket.
 - Check the label to see if it's designed for your size and weight.
 - Secure your life jacket. Hold your arms over your head and have a buddy pull on the tops of the arm openings. If the jacket rides up over your chin or face, it's too loose.
6. Explore how your paddle craft responds as you move your paddle through the water.
7. Have 30 minutes, or more, of paddle time. (Paddle around Endemic Rock to see the kelp forest)



Elective Adventures – **Whittling**

Pre-work (at home): bring or buy a pocketknife (with your adult's permission)

1. Read, understand, and promise to abide by the "Cub Scout Knife Safety Rules"
2. Demonstrate the knife safety circle. (See talking points in EB review guide, available)
3. Demonstrate that you know how to care for and use your pocketknife safely.
 - Visit handicraft during soap carving time for sharpening and cleaning supplies.
4. Make two carvings with a pocketknife (using soap), supervised by your leader or adult.
 - Soap available at handicraft during designated times.



Special Elective Adventures – **Archery Bear, BB Guns**

Can only be completed at approved council camps, like Emerald Bay.

- Shooting Sports Award Sessions are offered every hour on the hour when program areas are open.
- Obtain an Emerald Bay Shooting Sports Award Completion Card at the range.





WEBELOS

4th Grade



Required Adventures – **Outdoors – Webelos Walkabout**

Pre-work (at home): assemble and BRING Cub Scout Six Essentials and appropriate clothing.

1. Prepare for a 2-mile walk by gathering the Cub Scout Six Essentials in a small backpack and weather appropriate clothing and shoes. Show what you do with each item.
 - Water Bottle, Sunscreen, First Aid Kit, Flashlight, Snack, Whistle
 - Discuss appropriate clothing for the current weather.
 1. Sunshine – hat, light-colored clothing, sunglasses
 2. Rain- rain jacket with hood or hat
 3. Cold – warm jacket, hat, gloves, scarf
2. Plan a 2-mile route for your walk using a map. (EB map available)
3. Check the weather forecast for the time of your planned 2-mile walk. Be dressed appropriately.
4. Review the four points of SAFE Checklist and how you will apply them on your 2-mile walk.
 - See EB advanced review guide, available.
5. Demonstrate first aid for each of the following events that could occur on your 2-mile walk.
 - Blister, sprained ankle, sunburn, dehydration and heat related illness.
 - Have a member of your group act out each injury during your hike and practice treatment.
 - Play First Aid Charades before or during your hike, available.
6. Join the staff-led (or adult-led) Hike to Inspiration Point or Parsons to practice Leave No Trace Principles for Kids on a 2-mile walk. Review and Practice the Leave No Trace Principles for Kids and Outdoor Code. (See EB review guide, available)
7. After your 2-mile walk, discuss with your den what went well and what you would do differently.



Elective Adventures – **Let's Camp Webelos**

Pre-work (at home): arrange in advance for high adventure tents to be available for your group.

1. With your den, pack, or family, plan and participate in a campout at Emerald Bay.
2. Upon arrival at the campground, determine where to set up a tent.
3. Set up your tent without help from an adult.
4. Identify a potential weather hazard that could occur in your area. Determine the action you will take if you experience the weather hazard during the campout.
 - Rain, lightning, high winds, extreme heat, extreme cold
5. Show how to tie a bowline and explain when this knot should be used and why.
 - Rope and reference guide available.
6. Know the fire safety rules. Using those rules, locate a safe area to build a campfire (waterfront).
7. Using tinder, kindling, and fuel wood, properly build a teepee fire. If circumstances permit, and there is no local restriction on fires, show how to safely light the fire while under adult supervision. After allowing the fire to burn safely, extinguish the flames with minimal impact.
8. Recite the Outdoor Code and Leave No Trace Principles for Kids from Memory.
9. After your campout (at breakfast the day you leave), share the things you did to follow the Outdoor Code and Leave No Trace Principles for Kids with your den or family.



Special Elective Adventures – **Archery Bear, BB Guns**

Can only be completed at approved council camps, like Emerald Bay.

- Shooting Sports Award Sessions are offered every hour on the hour when program areas are open.
- Obtain an Emerald Bay Shooting Sports Award Completion Card at the range.





Elective Adventures – **Aquanaut** (wetsuit not provided, recommend bringing personal spring suit if cold)

1. Recite Safe Swim Defense from memory. (See talking points in EB review guide, available)
2. Explain the meaning of “order of rescue” and demonstrate the reach and throw rescue.
 - Reach for the victim with whatever is available—a hand or foot, a tree branch, a canoe paddle, or a towel. Throw or toss a line, buoy, or floating object (like a kickboard or even a drink cooler) to the victim to provide support. If the object is tied to a rope, the rescuer can pull the victim to safety.
 - With the help of an adult, use the gray dock to practice rescues in buddy pairs. (lifejackets must be worn by any “victim” that has not passed as a “SWIMMER”) Practice rescues lying on the belly with arm, and then leg, and then paddle and then a throwable floatation. Be sure to anchor yourself.
3. Learn how to prevent and treat hypothermia. Play Surviving the Chill Game, available.
4. Attempt to tread water. (when swim checks are offered)
5. Attempt the SWIMMER swim test. (when swim checks are offered)
6. Visit Doctor’s Cove. Demonstrate the buddy system, buddy checks, and ability groups.
 - Show buddy tag as you enter and hang on buddy board. Exit with your buddy tag.
 - Have your adult call at least 3 buddy checks while you swim or snorkel for at least 30 minutes.



Elective Adventures – **Paddle Onward**

1. Pass the SWIMMER test.
2. Pick a paddle craft, canoe, kayak, or stand-up paddleboard for this adventure.
3. Review Safety Afloat. (See talking points in EB review guide, available)
4. Demonstrate how to choose and properly wear a life jacket that is the correct size.
 - Everyone, Cub Scouts and adults, must wear a level 70 Coast Guard approved life jacket.
 - Check the label to see if it’s designed for your size and weight.
 - Secure your life jacket. Hold your arms over your head and have a buddy pull on the tops of the arm openings. If the jacket rides up over your chin or face, it’s too loose.
5. Jump feet first into water over your head while wearing a life jacket. Then swim 25 feet wearing the life jacket. (bring a lifejacket to your swim check so you can complete this directly after)
6. Demonstrate how to enter and exit your paddle craft.
7. Discuss what to do if your paddle craft tips over or you fall off.
 - The easiest way to right the kayak is to swim it back to shore or shallower water to flip it back over and drain any water out. This also gives you an easy way to reenter your kayak.
8. Learn how to pick a paddle that is the right size for you. Explore how the paddle craft responds to moving the paddle. (See EB review guide, available)
 - To size your kayak paddle, hold the paddle above your head horizontally. With your elbows bent at 90-degree angles, your hands should be 6 to 8 inches from the throats the paddle.
 - The paddle for a stand-up paddle board is long and should be about 8 inches taller than you.
9. Have 30 minutes, or more, of paddle time. (Paddle around Endemic Rock to see the kelp forest)



Elective Adventures – **Math on the Trail**

1. Determine your walking pace by walking ¼ mile (to Little Arrow Point). Make a projection on how long it would take you to walk 2 miles.
2. Walk 2 miles and record the time it took you to complete the two miles. Join the staff-led (or adult-led) sunrise hike to Arrow Point and continue on the 2-mile loop back to camp.
3. Make a projection on how long it would take you to hike a 20-mile trail over two days. List all the factors to consider for your projection.
 - Discuss conditions that might change your speed: weather, rocky, flat, up or down hill, obstructions.
 - Discuss other factors to consider for a long hike: getting tired, snack or lunch breaks, rest breaks.



Elective Adventures – **Tech on the Trail**

1. Discuss how technology can help keep you safe in the outdoors.
2. Explore Global Positioning Satellite and how to use it.
3. With an adult, choose an online mapping program tool and plan a 2-mile trek.
4. Take your 2-mile trek. Join the staff-led (or adult-led) sunrise hike Arrow Point 2-mile loop.



AOL

5th Grade



Required Adventures – **Outdoors – Outdoor Adventurer**

Pre-work (at home): arrange in advance for high adventure tents to be available for your group.
Do requirements 1-3 before your trip

1. Learn about the Scout Basic 10 Essentials from an IOLS trained leader or an older scout.
2. Determine what you will bring on an overnight campout – including a tent and sleeping bag/gear – and how you will carry your gear. Attend a gear check at a patrol or scout meeting.
 - include Cub Scout Six Essentials and weather appropriate clothing.
 - Water Bottle, Sunscreen, First Aid Kit, Flashlight, Snack, Whistle
3. Review the four points of the SAFE Checklist and how you will apply them on the campout.
 - See EB review guides, available. Also, brush up on Outdoor Code and LNT to prepare for #8.
4. Locate the campsite where you will be camping on a map. (EB map available)
5. Camp at Emerald Bay with your patrol.
6. Upon arrival at the campout determine where to set up your campsite: kitchen, eating area, tents, and firepit (waterfront). Help set up the patrol gear before setting up your own tent.
 - Help set up a 3-bin washing station and know how to use it.
 - Make an entrance to your camp with poles and lashings. Poles and rope available.
7. Explain how to keep food safe and the kitchen area sanitary at the campsite. Demonstrate your knowledge during the campout.
8. After your campout, discuss with your patrol what went well and what you would do differently next time. Include how you followed the Outdoor Code and Leave no Trace Principles for Kids.



Elective Adventures – **High Tech Outdoors**

Pre-work (at home): Do requirement 1 before your trip

1. With an adult, use a weather app or website to see the forecast for your trip to Emerald Bay and discuss and preparations needed to accommodate the weather.
2. With an adult, find a knot-tying app. Select one knot to learn, and tie it using the app.
3. Discuss how technology has improved camping gear. EB guide available.
4. Think of a way technology can improve camping gear used on one of your outdoor activities.



Elective Adventures – **Into the Wild**

1. Check out our aquarium to visit a place with a variety of wild animals. Select one of the animals and observe its behavior. Use your selected animal to complete the remaining requirements.
 - EB guide available.
2. Create a model of your animal's ecosystem. (supplies available at the craft table)
3. Investigate how your animal coexists with other animals in the wild.
4. Describe how humans interact with your chosen animal's ecosystem.
5. Discover how wildlife management benefits your animal.



Elective Adventures – **Into the Woods**

1. Join a staff-led (or adult-led) hike with trees and plants and conduct a tree inventory. Select one tree and complete the remaining requirements based on that tree. (EB map and guide available)
2. Determine if your tree is deciduous or evergreen.
3. Determine if your tree is native or was introduced to Catalina Island.
4. Find out how your tree deals with wildfire.
5. Learn how wildlife uses your tree.



Elective Adventures – **Swimming** (wetsuit not provided, recommend bringing personal spring suit if cold)

1. Recite Safe Swim Defense from memory. (See talking points in EB review guide, available)
2. Explain the meaning of “order of rescue” and demonstrate the reach and throw rescue.
 - Reach for the victim with whatever is available—a hand or foot, a tree branch, a canoe paddle, or a towel. Throw or toss a line, buoy, or floating object (like a kickboard or even a drink cooler) to the victim to provide support. If the object is tied to a rope, the rescuer can pull the victim to safety.
 - With the help of an adult, use the gray dock to practice rescues in buddy pairs. (lifejackets must be worn by any “victim” that has not passed as a “SWIMMER”) Practice rescues lying on the belly with arm, and then leg, and then paddle and then a throwable floatation. Be sure to anchor yourself.
3. Attempt the SWIMMER swim test. (when swim checks are offered)
4. Visit Doctor’s Cove. Demonstrate the buddy system, buddy checks, and ability groups.
 - Show buddy tag as you enter and hang on buddy board. Exit with your buddy tag.
 - Have your adult call at least 3 buddy checks while you swim or snorkel for at least 30 minutes.



Elective Adventures – **Paddle Craft**

1. Pass the SWIMMER test.
2. Pick a paddle craft, canoe, kayak, or stand-up paddleboard for this adventure.
3. Review Safety Afloat. (See talking points in EB review guide, available)
4. Demonstrate how to choose and properly wear a life jacket that is the correct size.
 - Everyone, Cub Scouts and adults, must wear a level 70 Coast Guard approved life jacket.
 - Check the label to see if it’s designed for your size and weight.
 - Secure your life jacket. Hold your arms over your head and have a buddy pull on the tops of the arm openings. If the jacket rides up over your chin or face, it’s too loose.
5. Jump feet first into water over your head while wearing a life jacket. Then swim 25 feet wearing the life jacket. (bring a lifejacket to your swim check so you can complete this directly after)
6. Demonstrate how to enter and exit your paddle craft.
7. Discuss what to do if your paddle craft tips over or you fall off.
 - The easiest way to right the kayak is to swim it back to shore or shallower water to flip it back over and drain any water out. This also gives you an easy way to reenter your kayak.
8. Learn how to pick a paddle that is the right size for you. Explore how the paddle craft responds to moving the paddle. (See EB review guide, available)
 - To size your kayak paddle, hold the paddle above your head horizontally. With your elbows bent at 90-degree angles, your hands should be 6 to 8 inches from the throats the paddle.
 - The paddle for a stand-up paddle board is long and should be about 8 inches taller than you.
9. Have 30 minutes, or more, of paddle time. (Paddle around Endemic Rock to see the kelp forest)



Elective Adventures – **Knife Safety**

Pre-work (at home): Do requirement 5 and bring or buy a pocketknife (with your adult’s permission)

1. Read, understand, and promise to abide by the “Cub Scout Knife Safety Rules”
2. Demonstrate the knife safety circle. (See talking points in EB review guide, available)
3. Demonstrate that you know how to care for and use your pocketknife safely.
 - Visit handicraft during soap carving time for sharpening and cleaning supplies.
4. Demonstrate the proper use of a pocketknife to make a useful object on a campout.
 - Make a stick for roasting marshmallows or decorate a hiking stick. Use only dead fallen wood.
5. Choose the correct cooking knife and demonstrate how to properly slice, chop, and mince.



Special Elective Adventures – **Archery Bear, BB Guns**

Can only be completed at approved council camps, like Emerald Bay.

- Shooting Sports Award Sessions are offered every hour on the hour when program areas are open.
- Obtain an Emerald Bay Shooting Sports Award Completion Card at the range.





Outdoor Adventures Guide

The Outdoor Code

As an American, I will do my best to

Be Clean in my outdoor manners,
Be Careful with fire,
Be Considerate in the outdoors, and
Be Conservation-minded.

Share your ideas with your adult partner or buddy on how you can be each of the 4 Cs, then read below:

1. **Be Clean in my outdoor manners.**
 - Treat the outdoors as a heritage.
 - Take care of it for myself and others.
 - Keep trash and garbage out of lakes, streams, fields, woods, and roadways.
2. **Be Careful with fire.**
 - Prevent wildfires.
 - Build fires only when and where they are permitted and appropriate.
 - When finished using a fire, make sure it is cold out.
 - Leave a clean fire ring or remove all evidence of my fire.
3. **Be Considerate in the outdoors.**
 - Treat the land and other land users with respect.
 - Follow the principles of outdoor ethics for all outdoor activities.
4. **Be Conservation-minded.**
 - Learn about and practice good conservation of soil, waters, forests, minerals, grasslands, wildlife and energy.
 - Urge others to do the same.



LEAVE NO TRACE Principles for Kids

Know Before You Go
Choose the Right Path
Trash Your Trash
Leave What You Find
Be Careful with Fire
Respect Wildlife
Be Kind to Other Visitors

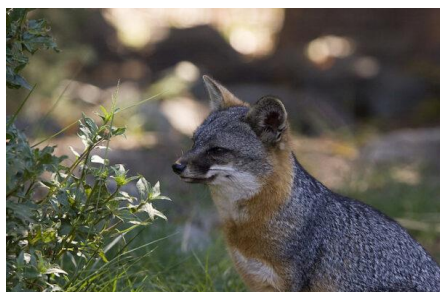


Share your ideas with your adult partner or buddy on how you can practice each of the 7 principals, then read below:

1. **Know Before You Go**
 - Be prepared! Remember food and water, and clothes to protect you from cold, heat, rain, and wind.
 - Use maps to plan where you're going and check along the way so that you will stay on course.
 - Learn about where you will go in books or online.
2. **Choose the Right Path**
 - Walk and ride on designated trails to protect plants, that once damaged, may not grow back.
 - Respect private property by staying designated trails.
 - Camp only on existing or designated campsites and don't dig trenches or build structures in your campsite.
3. **Trash Your Trash**
 - Pack it in, Pack it out. Put ALL littler - even crumbs, peels, and cores - in garbage bags and carry it home.
 - Use bathrooms or outhouses when available. If not bury human waste in a small hole 6-8 inches deep at least 200 feet (70 giant steps) from water.
 - Keep water clean. Do not let soap, food, or waste get in.
4. **Leave What You Find**
 - Take only pictures, Leave only footprints!
 - Leave plants, rocks, shells, historical items alone.
 - Treat living plants with respect and don't carve or peel.
5. **Be Careful with Fire**
 - Use a camp stove for cooking, instead of a fire.
 - Before you have a campfire, make sure it's permitted and safe to build, and get proper permits if needed.
 - A campfire isn't a garbage can, pack out your trash.
 - Ensure the fire is completely out. Cold before you go.
6. **Respect Wildlife**
 - Observe and listen from a distance. Never feed or follow.
 - Human food is unhealthy for all wildlife, keep secure.
7. **Be Kind to Other Visitors**
 - Be considerate when passing others on the trail.
 - Keep you pet under control and pack out poop.
 - Listen to nature, avoid making loud noises or yelling.
 - Be sure the fun you have does not bother anyone else.

Wild Catalina Island Animals

The Catalina Island Conservancy works to conserve the island's native animal populations, including the Catalina Island Fox, Catalina Island Ornate Shrew, seabirds, herpetofauna, and songbirds.



Catalina Island

Fox: This fox is a subspecies of the Island Gray fox. However, the Santa Catalina Island fox is

found only on Catalina Island. A real local! An adult fox weighs around five pounds, smaller than a house cat. The fox is one of the island's most charismatic animals.



Southern Pacific Rattlesnake:

Rattlesnakes don't usually bite humans unless outwardly provoked. So you

can still have fun outside! Just be aware, don't poke the snake, and if you hear rattling it might be time to take your game elsewhere.



Catalina Island Ground

Squirrel: An island giant that is larger than its mainland ancestors.



Northern

Mockingbird: A local native bird to the island, the northern mockingbird is

known for its distinctive mimicking ability. A male mockingbird may learn around 200 songs over the course of his life!



Catalina California

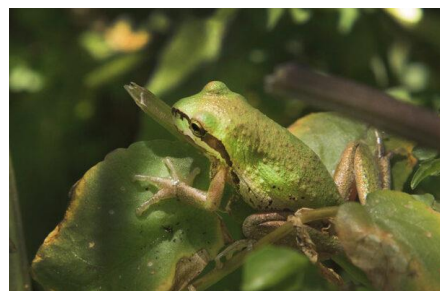
Quail: They can be seen traveling in groups called coveys foraging beneath shrubs or on open ground near cover.



American Bison:

A non-native mammal. The bison were brought to the island in 1924 for a movie and their

descendants still roam the island today.



Baja California

Treefrog: These treefrogs are the only native frogs known to inhabit the Channel Islands. They're

around two inches in length and generally green or dark gray. Their color can vary, however, based on the air temperature and humidity, or because they're trying to hide from predators.



California Mule

Deer: A non-native mammal. California mule deer were introduced to Santa Catalina

Island in the 1930s. They can jump 2 feet high and up to 15 feet in distance.



Advanced Outdoor Adventures Guide

Poisonous Plants, Animals, Insects

Poison Oak



Deadly Nightshade



Rattlesnake



Scorpion



Black Widow Spider



Brown Recluse Spider





Scouts and their parents expect all Boy Scouts of America activities to be conducted safely. To ensure the safety of participants, the Boy Scouts of America expects leaders to use the four points of **SAFE** when delivering the Scouting program.

SUPERVISION

Youth are supervised by qualified and trustworthy adults who set the example for safety.

- Accepting responsibility for the well-being and safety of youth under their care.
- Ensuring that adults are adequately trained, experienced, and skilled to lead the activity, including the ability to prevent and respond to likely problems and potential emergencies.
- Knowing and delivering the program of the Boy Scouts of America with integrity.
- Using qualified instructors, guides, or safety personnel as needed to provide additional guidance.
- Maintaining engagement with participants during activities to ensure compliance with established rules and procedures.

ASSESSMENT

Activities are assessed for risks during planning. Leaders have reviewed applicable program guidance or standards and have verified the activity is not prohibited. Risk avoidance or mitigation is incorporated into the activity.

- Predetermining what guidance and standards are typically applied to the activity, including those specific to the Boy Scouts of America program.
- Planning for safe travel to and from the activity site.
- Validating the activity is age-appropriate for the Boy Scouts of America program level.
- Determining whether the unit has sufficient training, resources, and experience to meet the identified standards and, if not, modifying the activity accordingly.
- Developing contingency plans for changes in weather and environment and arranging for communication with participants, parents, and emergency services.

FITNESS AND SKILL

Participants' Annual Health and Medical Records are reviewed, and leaders have confirmed that prerequisite fitness and skill levels exist for participants to take part safely.

- Confirming the activity is right for the age, maturity, and physical abilities of participants.
- Considering as risk factors temporary or chronic health conditions of participants.
- Validating minimum skill requirements identified during planning and ensuring participants stay within the limits of their abilities.
- Providing training to participants with limited skills and assessing their skills before they attempt more advanced skills.

EQUIPMENT AND ENVIRONMENT

Safe and appropriately sized equipment, courses, camps, campsites, trails, or playing fields are used properly. Leaders periodically check gear use and the environment for changing conditions that could affect safety.

- Confirming participants' clothing is appropriate for expected temperatures, sun exposure, weather events, and terrain.
- Providing equipment that is appropriately sized for participants, is in good repair, and is used properly.
- Ensuring personal and group safety equipment is available, properly fitted, and used consistently and in accordance with training.
- Reviewing the activity area for suitability during planning and immediately before use, and monitoring the area during the activity through supervision.
- Adjusting the activity for changing conditions or ending it if safety cannot be maintained.

Camp Emerald Bay to Inspiration Point (End of the Bay)

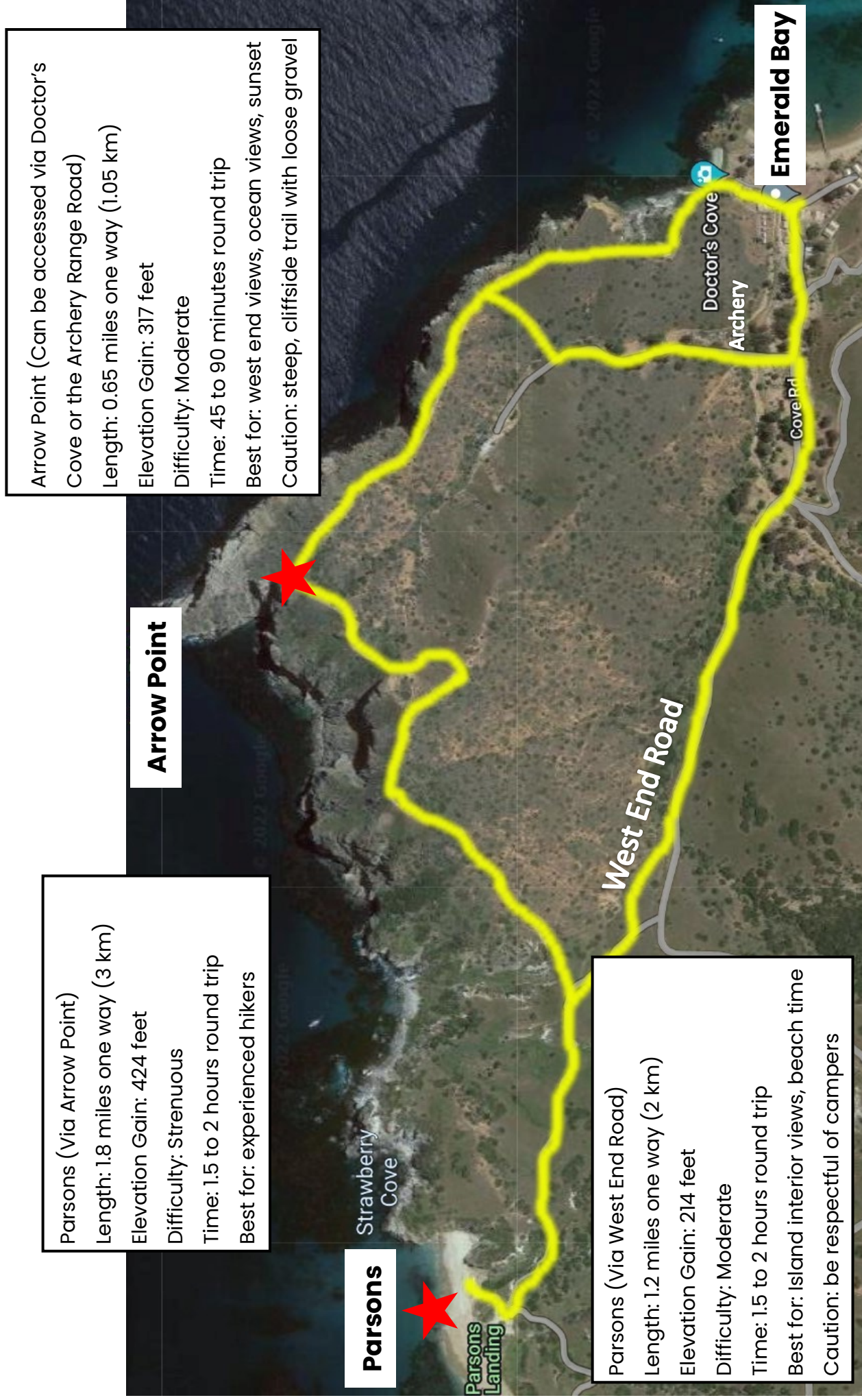


Emerald Bay Hikes



Camp Emerald Bay to Arrow Point

Camp Emerald Bay to Parsons Landing (Beach)





Hand Tool Guide

Tigers and Wolves use provided plastic knives (hand tools) for soap carving

Safety Rules for handling hand tools:

- A knife is a tool, not a toy, even a plastic one.
- A hammer is a tool, not a toy.
- Make sure your surroundings are safe.
- Make sure your working area is clear (of fingers and clutter).
- When you are using a plastic knife or hand tool, make small strokes AWAY from your body; do not try to make big shavings or chips.

Safety Rules for handling a knife (Bears, WEBELOS, AOL):

- A knife is a tool, not a toy. Be safe.
- When you are using a blade, make small strokes AWAY from your body; do not try to make big shavings or chips.
- Know how to sharpen a knife. A sharp knife is safer because it is less likely to slip and cut you.
- Keep the blade clean.
- When you are not using your knife, close it and put it away.
- Always carry your pocketknife CLOSED.
- Keep your knife dry.

Safety Circle: Before you pick up your knife to use it, stretch your arm out and turn in a circle. If you can't touch anyone else, it is safe to use your knife.

"Knives Are Not Toys" guidelines. Read, understand and promise:

- Close the blade with the palm of your hand.
- Never use a knife on something that will dull or break it.
- Be careful that you do not cut yourself or any person nearby.
- Never use a knife to strip the bark from a tree.
- Do NOT carve your initials into anything that does not belong to you.

Knife Safety Key Points (SASS)



- **Stop** – make sure no one else is within arm's reach (Safety Circle)
- **Away** – always cut away from your finger or other body parts
- **Sharp** – a sharp, clean knife is a safe knife
- **Store** – knives closed, in a sheath or knife block





Knife Safety Guide

Knife Safety Key Points (SASS)



- **Stop** – make sure no one else is within arm's reach (Safety Circle)
- **Away** – always cut away from your finger or other body parts
- **Sharp** – a sharp, clean knife is a safe knife
- **Store** – knives closed, in a sheath or knife block

Safety Rules for handling a knife:

- A knife is a tool, not a toy. Be safe.
- When you are using a blade, make small strokes AWAY from your body; do not try to make big shavings or chips.
- Know how to sharpen a knife. A sharp knife is safer because it is less likely to slip and cut you.
- Keep the blade clean.
- When you are not using your knife, close it and put it away.
- Always carry your pocketknife CLOSED.
- Keep your knife dry.

Safety Circle: Before you pick up your knife to use it, stretch your arm out and turn in a circle. If you can't touch anyone else, it is safe to use your knife.

"Knives Are Not Toys" guidelines. Read, understand and promise:

- Close the blade with the palm of your hand.
- Never use a knife on something that will dull or break it.
- Be careful that you do not cut yourself or any person nearby.
- Never use a knife to strip the bark from a tree.
- Do NOT carve your initials into anything that does not belong to you.

Read, understand and promise to abide by the "Pocketknife Pledge":

- I understand the reason for safety rules.
- I will treat my pocketknife with the respect due a useful tool.
- I will always close my pocketknife and put it away when I'm not using it.
- I will not use my pocketknife when it might injure someone near me.
- I promise never to throw my pocketknife for any reason.
- I will use my pocketknife in a safe manner at all times.



Practice that you know how to take care of and use a pocketknife.

- Sharpening your pocketknife:
 - A sharp knife is safer because it is less likely to slip and cut you.
 - Place the stone on a level surface.
 - Wet the stone with a little water or oil.
 - Place the blade of the knife flat on the stone, then raise the back edge about the width of the blade itself, keeping the cutting edge on the stone.
 - Push the blade along the stone as though you were slicing a layer off the top. Sharpen the other side of the blade in the same manner. This is always better than moving it in a circular fashion.
- Cleaning your pocketknife:
 - Open all the blades.
 - Twirl a small bit of cloth onto the end of a toothpick, moisten the cloth with light oil, and wipe the inside of the knife.
 - If you have used your pocketknife to cut food or to spread peanut butter and jelly, get rid of bacteria by washing the blade in hot, soapy water along with the rest of your dishes.
- Keep it off the ground. Moisture and dirt will ruin it.
- Keep it out of fire. The heat draws the temper of the steel. The edge of the blade becomes soft and useless.
- Opening and closing your pocketknife:
 - To open a pocketknife, hold in left hand, put right thumbnail into nail slot.
 - Pull blade out while pushing against hinge with little finger of left hand.
 - Continue to hold on to handle and blade until blade snaps into open position.
 - To close pocketknife, hold handle with left hand with fingers safely on the sides. Push against back of blade with fingers of right hand, swinging handle up to meet blade. Let knife snap shut; "kick" at base of blade keeps edge from touching inside of handle.
- Using your knife:
 - When using the cutting blade, do not try to make big shavings or chips.
 - Easy does it.
 - Always cut away from you.
 - For course cutting, grasp handle with whole hand.
 - Cut at a slant. Do not "saw" with a knife.
 - Make a stop cut to control the shaving cut.



Safe Swim Defense Guide

P-D-Q-BALLS

- P** “The first rule is to make sure that everyone who is going to swim is healthy. You should never go swimming if you feel sick. Everyone who is swimming is to have a **Personal Health Review**. A complete health history is required of all participants as evidence of fitness for swimming activities. The Annual Health and Medical record can be used for this.”
- D** “The second rule is extremely important and that is **Discipline**. Rules are effective only when followed. All participants should know, understand, and respect the rules and procedures for safe swimming provided by Safe Swim Defense guidelines.”
- Q** “The third rule is to make sure there is an adult who is properly trained oversee the swimming activity, this is called **Qualified Supervision**. All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of Safe Swim Defense.”
- B** “The fourth rule is the **Buddy System**. Every participant is paired with another. Buddies stay together, monitor each other, and alert the safety team if either needs assistance or is missing. During our swimming time when a lifeguard or adult calls for a buddy check you must exit the water with your buddy and hold your buddy’s hand up. A count will be done to make sure everyone is safe before anyone gets back into the water.”
- A** “The fifth rule is for everyone to be placed into an **Ability Groups**. All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized swim classification tests. The swimming area will be marked by ability groups, and you cannot go beyond your ability groups swimming area. Nonswimmers must stay in the nonswimmer area, beginners can go in the nonswimmer and beginner area, and swimmers can swim in any of the three areas.”
- L** “The sixth rule is to have a **Lookout**. The lookout continuously monitors the conduct of the swim, identifies any departures from Safe Swim Defense guidelines, alerts rescue personnel as needed, and monitors the weather and environment.”
- L** “The seventh rule is to have **Response Personnel or Lifeguards**. Every swimming activity must be closely and continuously monitored by a trained rescue team on the alert for and ready to respond during emergencies.”
- S** “The eighth rule is to make sure where we are swimming is safe. A **Safe Area** means that all swimming areas must be carefully inspected and prepared for safety prior to each activity. Water depth, quality, temperature, movement, and clarity are important considerations. Hazards must be eliminated or isolated by conspicuous markings and discussed with participants. Controlled Access: There must be safe areas for all participating ability groups to enter and leave the water. Swimming areas of appropriate depth must be defined for each ability group. The entire area must be within easy reach of designated rescue personnel. The area must be clear of boat traffic, surfing, or other nonswimming activities.”



1. **Personal Health Review** A complete health history is required of all participants as evidence of fitness for swimming activities. Forms for minors must be signed by a parent or legal guardian. Participants should be asked to relate any recent incidents of illness or injury just prior to the activity. Supervision and protection should be adjusted to anticipate any potential risks associated with individual health conditions. For significant health conditions, the adult supervisor should require an examination by a physician and consult with the parent, guardian, or caregiver for appropriate precautions.
2. **Discipline** Rules are effective only when followed. All participants should know, understand, and respect the rules and procedures for safe swimming provided by Safe Swim Defense guidelines. Applicable rules should be discussed prior to the outing and reviewed for all participants at the water's edge just before the swimming activity begins. People are more likely to follow directions when they know the reasons for rules and procedures. Consistent, impartially applied rules supported by skill and good judgment provide steppingstones to a safe, enjoyable outing.
3. **Qualified Supervision** All swimming activity must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of Safe Swim Defense. It is strongly recommended that all units have at least one adult or older youth member currently trained in Aquatics Supervision: Swimming and Water Rescue or Lifeguard to assist in planning and conducting all swimming activities.
4. **Buddy System** Every participant is paired with another. Buddies stay together, monitor each other, and alert the safety team if either needs assistance or is missing.
Buddies check into and out of the area together. Buddies are normally in the same ability group and remain in their assigned area. If they are not of the same ability group, then they swim in the area assigned to the buddy with the lesser ability.
A buddy check reminds participants of their obligation to monitor their buddies and indicates how closely the buddies are keeping track of each other. Roughly every 10 minutes, or as needed to keep the buddies together, the lookout, or other person designated by the supervisor, gives an audible signal, such as a single whistle blast, and a call for "Buddies." Buddies are expected to raise each other's hand before completion of a slow, audible count to 10. Buddies who take longer to find each other should be reminded of their responsibility for the other's safety.
Once everyone has a buddy, a count is made by area and compared with the total number known to be in the water. After the count is confirmed, a signal is given to resume swimming.
5. **Ability Groups** All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized swim classification tests. Each group is assigned a specific swimming area with depths consistent with those abilities. The classification tests must be renewed annually, preferably at the beginning of the season even if the youth has earned the Swimming merit badge.
Swimmers pass this 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.
Beginners pass this test: Jump feetfirst into water over the head in depth, level off, and swim 25 feet on the surface. Stop, turn sharply, resume swimming, and return to the starting place.
Anyone who has not completed either the beginner or swimmer tests is classified as a nonswimmer.
The nonswimmer area should be no more than waist to chest deep and should be enclosed by physical boundaries such as the shore, a pier, or lines. The enclosed beginner area should contain water of standing depth and may extend to depths just over the head. The swimmer area may be up to 12 feet in depth in clear water and should be defined by floats or other markers.
6. **Lookout** The lookout continuously monitors the conduct of the swim, identifies any departures from Safe Swim Defense guidelines, alerts rescue personnel as needed, and monitors the weather and environment. The lookout should have a clear view of the entire area but be close enough for easy verbal communication. The lookout must have a sound understanding of Safe Swim Defense but is not required to perform rescues. The adult supervisor may serve simultaneously as the lookout but must assign the task to someone else if engaged in activities that preclude focused observation.
7. **Response Personnel (Lifeguards)** Every swimming activity must be closely and continuously monitored by a trained rescue team on the alert for and ready to respond during emergencies. Professionally trained lifeguards satisfy this need when provided by a regulated facility or tour operator. When lifeguards are not provided by others, the adult supervisor must assign at least two rescue personnel, with additional numbers to maintain a ratio of one rescuer to every 10 participants. The supervisor must provide instruction and rescue equipment and assign areas of responsibility as outlined in *Aquatics Supervision*. The qualified supervisor, the designated response personnel, and the lookout work together as a safety team. An emergency action plan should be formulated and shared with participants as appropriate.
8. **Safe Area** All swimming areas must be carefully inspected and prepared for safety prior to each activity. Water depth, quality, temperature, movement, and clarity are important considerations. Hazards must be eliminated or isolated by conspicuous markings and discussed with participants.
Controlled Access: There must be safe areas for all participating ability groups to enter and leave the water. Swimming areas of appropriate depth must be defined for each ability group. The entire area must be within easy reach of designated rescue personnel. The area must be clear of boat traffic, surfing, or other nonswimming activities.
Bottom Conditions and Depth: The bottom must be clear of trees and debris. Abrupt changes in depth are not allowed in the nonswimmer area. Isolated underwater hazards should be marked with floats. Rescue personnel must be able to easily reach the bottom. Maximum recommended water depth in clear water is 12 feet. Maximum water depth in turbid water is 8 feet.
Visibility: Underwater swimming and diving are prohibited in turbid water. Turbid water exists when a swimmer treading water cannot see their feet. Swimming at night is allowed only in areas with water clarity and lighting sufficient for good visibility both above and below the surface.
Diving and Elevated Entry: Diving is permitted only into clear, unobstructed water from heights no greater than 40 inches. Water depth must be at least 7 feet. Bottom depth contours below diving boards and elevated surfaces require greater water depths and must conform to state regulations. Persons should not jump into water from heights greater than they are tall, and should jump only into water chest deep or greater with minimal risk from contact with the bottom. No elevated entry is permitted where the person must clear any obstacle, including land.
Water Temperature: Comfortable water temperature for swimming is near 80 degrees. Activity in water at 70 degrees or less should be of limited duration and closely monitored for negative effects of chilling.
Water Quality: Bodies of stagnant, foul water, areas with significant algae or foam, or areas polluted by livestock or waterfowl should be avoided. Comply with any signs posted by local health authorities. Swimming is not allowed in swimming pools with green, murky, or cloudy water.
Moving Water: Participants should be able to easily regain and maintain their footing in currents or waves. Areas with large waves, swiftly flowing currents, or moderate currents that flow toward the open sea or into areas of danger should be avoided.
Weather: Participants should be moved from the water to a position of safety whenever lightning or thunder threatens. Wait at least 30 minutes after the last lightning flash or thunder before leaving shelter. Take precautions to prevent sunburn, dehydration, and hypothermia.
Life Jacket Use: Swimming in clear water over 12 feet deep, in turbid water over 8 feet deep, or in flowing water may be allowed if all participants wear properly fitted, Coast Guard-approved life jackets and the supervisor determines that swimming with life jackets is safe under the circumstances.



Safety Afloat Guide

Tripple P-D-Q-BASE

- P** **PFD – Life Jackets:** Properly fitted U.S. Coast Guard-approved personal floatation devise or life jackets are worn by everyone engage in boating activities, youth and adults.
- P** **Planning:** Check for weather and contingencies as needed prior to your activity.
- P** **Personal Health Review:** Complete health history will be needed. Are there any restrictions on the part of the participant?
- D** **Discipline:** Remember that rules are only effective when they are followed.
- Q** **Qualified Supervision:** Supervision by an adult, 21 or older, who is trained in Safety Afloat. Leadership is provided in ratios of one trained adult per 10 participants; for Cub Scouts, it is 1:5. At least one leader must be trained in first aid that includes CPR. Any swimming done in conjunction with the activity must be within Safe Swim Defense standards.
- B** **Buddy System:** Make sure each member is accounted for, especially when in the water.
- A** **Swimming Ability:** Complete an annual swim test. Do you know what that is?
- S** **Skill Proficiency:** Everyone in an activity afloat must have sufficient knowledge and skill to participate safely.
- E** **Equipment:** All craft must be suitable for the activity, be seaworthy, and be capable of floating if capsized.



1. **PFD-Life Jackets** Properly fitted life jackets with U.S. Coast Guard approval for the activity must be worn by all persons while boating. Check the life-jacket label for performance, turning ability, and warnings. Some life jackets are NOT approved for water skiing, wakeboarding, tubing, personal watercraft, or whitewater paddling.
Life jackets need not be worn when an activity falls under Safe Swim Defense guidelines—for example, when an inflated raft is used in a pool or when snorkeling from an anchored craft.
2. **Planning** Proper planning is necessary to ensure a safe, enjoyable exercise afloat. All plans should include a scheduled itinerary, notification of appropriate parties, communication arrangements, contingencies in case of foul weather or equipment failure, and emergency response options.
3. **Personal Health Review** A complete health history is required of all participants as evidence of fitness for boating activities. Forms for minors must be signed by a parent or legal guardian. Participants should be asked to relate any recent incidents of illness or injury just prior to the activity. Supervision and protection should be adjusted to anticipate any potential risks associated with individual health conditions. For significant health conditions, the adult supervisor should require an examination by a physician and consult with parent, guardian, or caregiver for appropriate precautions.
4. **Discipline** Rules are effective only when followed. All participants should know, understand, and respect the rules and procedures for safe boating activities provided by Safety Afloat guidelines. Applicable rules should be discussed prior to the outing and reviewed for all participants near the boarding area just before the activity afloat begins. People are more likely to follow directions when they know the reasons for rules and procedures. Consistent, impartially applied rules supported by skill and good judgment provide steppingstones to a safe, enjoyable outing.
5. **Qualified Supervision** All activity afloat must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in his or her care and who is trained in and committed to compliance with the nine points of Safety Afloat. That supervisor must be skilled in the safe operation of the craft for the specific activity, knowledgeable in accident prevention, and prepared for emergency situations. If the adult with Safety Afloat training lacks the necessary boat operating and safety skills, then they may serve as the supervisor only if assisted by other adults, camp staff personnel, or professional tour guides who have the appropriate skills. Additional leadership is provided in ratios of one trained adult, staff member, or guide per 10 participants. For Cub Scouts, the leadership ratio is one trained adult, staff member, or guide per five participants. At least one leader must be trained in first aid including CPR. Any swimming done in conjunction with the activity afloat must be supervised in accordance with Safe Swim Defense standards. It is strongly recommended that all units have at least one adult or older youth member currently trained in Aquatics Supervision: Paddle Craft Safety to assist in the planning and conduct of all activities afloat.
6. **Buddy System** All participants in an activity afloat are paired as buddies who are always aware of each other's situation and prepared to sound an alarm and lend assistance immediately when needed. When several craft are used on a float trip, each boat on the water should have a "buddy boat." All buddy pairs must be accounted for at regular intervals during the activity and checked off the water by the qualified supervisor at the conclusion of the activity. Buddies either ride in the same boat or stay near each other in single-person craft.
7. **Swimming Ability** Operation of any boat on a float trip is limited to youth and adults who have completed the swimmer classification test. Swimmers must complete the following test, which must be administered annually.
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.
For activity afloat, those not classified as a swimmer are limited to multiperson craft during outings or float trips on calm water with little likelihood of capsizing or falling overboard. They may operate a fixed-seat rowboat or pedal boat accompanied by a buddy who is a swimmer. They may paddle or ride in a canoe or other paddle craft with an adult swimmer skilled in that craft as a buddy. They may ride as part of a group on a motorboat or sailboat operated by a skilled adult.
8. **Skill Proficiency** Everyone in an activity afloat must have sufficient knowledge and skill to participate safely. Passengers should know how their movement affects boat stability and have a basic understanding of self-rescue. Boat operators must meet government requirements, be able to maintain control of their craft, know how changes in the environment influence that control, and undertake activities only that are within their personal and group capabilities.
Content of training exercises should be appropriate for the age, size, and experience of the participants, and should cover basic skills on calm water of limited extent before proceeding to advanced skills involving current, waves, high winds, or extended distance. At a minimum, instructors for canoes and kayaks should be able to demonstrate the handling and rescue skills required for Aquatics Supervision: Paddle Craft Safety. All instructors must have at least one assistant who can recognize and respond appropriately if the instructor's safety is compromised.
Float Plan. Complete the preparation by writing a detailed itinerary, or float plan, noting put-in and pull-out locations and waypoints, along with the approximate time the group should arrive at each. Travel time should be estimated generously. **Weather.** Check the weather forecast just before setting out, and keep an alert weather eye. Anticipate changes and bring all craft ashore when rough weather threatens. Wait at least 30 minutes before resuming activities after the last incidence of thunder or lightning.
Contingencies. Planning must identify possible emergencies and other circumstances that could force a change of plans. Develop alternative plans for each situation. Identify local emergency resources such as EMS systems, sheriff's departments, or ranger stations. Check your primary communication system, and identify backups, such as the nearest residence to a campsite. Cell phones and radios may lose coverage, run out of power, or suffer water damage.
9. **Equipment** All craft must be suitable for the activity, be seaworthy, and float if capsized. All craft and equipment must meet regulatory standards, be properly sized, and be in good repair. Spares, repair materials, and emergency gear must be carried as appropriate. Life jackets and paddles must be sized to the participants. Emergency equipment such as throw bags, signal devices, flashlights, heat sources, first-aid kits, radios, and maps must be ready for use. Spare equipment, repair materials, extra food and water, and dry clothes should be appropriate for the activity. All gear should be stowed to prevent loss and water damage.