

Safe Swim Defense

1. Qualified supervision – all swimming must be supervised by an adult 21 years of age or older.
2. Physical fitness – have a complete health history from a physician, parent, or legal guardian.
3. Safe swim area – check waterfront areas for rocks, stumps, deep holes, and currents. Mark the area into three swimming groups.
4. Lifeguards on duty – have one lifeguard for every 10 swimmers.
5. Lookout – station a lookout where he/she can see and hear everything in all areas.
6. Ability groups – divide Scouts into the following: non-swimmers, beginners, swimmers.
7. Buddy system – pair every Scout with another in the same ability group.
8. Discipline – follow all directions and rules of the adult supervisor to ensure a safe swim.