

Snorkeling BSA

Requirements:

- Before doing other requirements, successfully complete the BSA swimmer test: Jump feetfirst into water over the head in depth, level off, and begin swimming. 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.
- Discuss the importance of using the buddy system at all times while snorkeling and list duties of a buddy, beginning with equipment checks.
- Explain the function, fit, and selection of mask, fins, and snorkel. Discuss the use of inflatable flotation vests and life jackets when snorkeling in open water.
- In confined, shallow water (about waist deep), demonstrate use of mask and snorkel:
 - a. Show how to prevent the mask from fogging and how to equalize pressure in mask, ears, and sinus cavities. With your head underwater, flood the mask, observe the effect on your vision, surface, and drain the water from the mask.
 - b. With your face in the water, breathe through the snorkel. Then submerge, surface, clear water from the snorkel, and resume free breathing without removing the snorkel from your mouth.
- In confined, shallow water, demonstrate the use of swim fins: Do first using only fins, and then repeat with a mask and snorkel.
 - Fit and adjust fins to feet.
 - Walk with fins as if entering from a beach.
 - Swim at the surface (10 yards) and underwater (three yards) using the flutter kick.
 - Control direction without using hands while swimming with fins at the surface and underwater.
- In confined, deep water (six to 12 feet), demonstrate:
 - Proper techniques for entering and exiting the water with snorkeling equipment from a dock or boat.
 - Headfirst and feetfirst surface dives, including proper body position for safe ascent and descent.
- Show knowledge of snorkeling signals:
 - Demonstrate divers' signs and signals, both audible and visual, for use at the surface and underwater.
 - Set out a diver down flag and explain its function.

- In clear, confined water eight to 12 feet deep that has a firm bottom, while swimming with a buddy, use mask, fins, and snorkel to locate and recover an object from the bottom.
- Demonstrate basic survival skills:
 - Float facedown for five minutes while breathing through a snorkel with a minimum of movement.
 - Demonstrate survival floating for five minutes without use of a snorkel.
 - Using fins, show how to tow an exhausted or unconscious buddy to safety.
- Review and explain the eight points of Safe Swim Defense and BSA Snorkeling Safety. Explain training, preparations, and precautions required for snorkeling in open water. Explain environmental factors that affect snorkeling and discuss special precautions needed for oceans, streams, and lakes.
- Explain pressure, buoyancy, and submerged optics and acoustics related to snorkel swimming and diving.
- Discuss the effects of submersion on the body and how to handle potentially dangerous situations:
 - What is hyperventilation and how is it avoided?
 - What are the symptoms and consequences of hypothermia?
 - Why is CPR training recommended for those participating in swimming and snorkeling activities?

Day One:

- Required Materials:
- Everyone must bring their own snorkel. Masks are recommended and fins can be found at the Waterfront.
- For this class the instructor should bring an example of a type 2 and type 3 PFDs
- All participants in the class MUST have passed the BSA Swimmers test in order to begin Snorkeling BSA. Anyone who does not meet this requirement should be encouraged to take the test again, and if needed attend benefit swim. This will cover Requirement 1.
- Req. 1: Before doing other requirements, successfully complete the BSA swimmer test: Jump feetfirst into water over the head in depth, level off, and begin swimming. 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.
- Have Scouts tag in to the beginners section. For this class they will need masks, snorkels, and fins. Scouts should supply their own masks and snorkels. Have

scouts grab a pair of fins that fit their feet. Do not allow them to walk around in the fins. If they fit, take them off and they can carry them. Once tagged in have them sit on the B dock facing the Beginners section.

- Req. 10: Review and explain the eight points of Safe Swim Defense and BSA Snorkeling Safety. Explain training, preparations, and precautions required for snorkeling in open water. Explain environmental factors that affect snorkeling and discuss special precautions needed for oceans, streams, and lakes.
- Req. 2: Discuss the importance of using the buddy system at all times while snorkeling and list duties of a buddy, beginning with equipment checks.
- At this time show the attributes of all the equipment and discuss how to properly care for the equipment.
- Req. 3: Explain the function, fit, and selection of mask, fins, and snorkel. Discuss the use of inflatable flotation vests and life jackets when snorkeling in open water.
- Have the Scouts hop in the beginners section without fins on to practice use of the mask and snorkel. To prevent fogging, saliva can be used to when rubbed on the inside of the mask. To drain the mask press on the top of the mask with your palm and forcibly breath out through your nose.
- Req. 4: In confined, shallow water (about waist deep), demonstrate use of mask and snorkel:
 - a. Show how to prevent the mask from fogging and how to equalize pressure in mask, ears, and sinus cavities. With your head underwater, flood the mask, observe the effect on your vision, surface, and drain the water from the mask.
 - b. With your face in the water, breathe through the snorkel. Then submerge, surface, clear water from the snorkel, and resume free breathing without removing the snorkel from your mouth.
- Have the Class practice clearing their mask and snorkel in the water. When they get the hang of it have them try to keep their head in the water for a prolonged period while searching the bottom of the beginners section. Once they get a handle on it have them start to use their fins in the water.

Day Two:

- Have the class tag in to the non-swimmers section. If the Non-swimmers section is unavailable use the rowing or canoeing section to practice entering the water from the beach.
- Req. 5: In confined, shallow water, demonstrate the use of swim fins: Do first using only fins, and then repeat with a mask and snorkel.
 - Fit and adjust fins to feet.
 - Walk with fins as if entering from a beach.
 - Swim at the surface (10 yards) and underwater (three yards) using the flutter kick.

- Control direction without using hands while swimming with fins at the surface and underwater.
- Tag Class into the Swimmers section.
- Req. 6: In confined, deep water (six to 12 feet), demonstrate:
- Proper techniques for entering and exiting the water with snorkeling equipment from a dock or boat.
- Headfirst and feetfirst surface dives, including proper body position for safe ascent and descent.
- Req. 11: Explain pressure, buoyancy, and submerged optics and acoustics related to snorkel swimming and diving.

Day Three:

- Tag Scouts into the Swimmers section.
- Req. 7: Show knowledge of snorkeling signals:
 - Demonstrate divers' signs and signals, both audible and visual, for use at the surface and underwater.
 - Set out a diver down flag and explain its function.
- Req. 8: In clear, confined water eight to 12 feet deep that has a firm bottom, while swimming with a buddy, use mask, fins, and snorkel to locate and recover an object from the bottom.

Day Four:

- Tag Scouts into the Swimmers section.
- Req. 9: Demonstrate basic survival skills:
 - Float facedown for five minutes while breathing through a snorkel with a minimum of movement.
 - Demonstrate survival floating for five minutes without use of a snorkel.
 - Using fins, show how to tow an exhausted or unconscious buddy to safety.
- Req. 12: Discuss the effects of submersion on the body and how to handle potentially dangerous situations:
 - What is hyperventilation and how is it avoided?
 - What are the symptoms and consequences of hypothermia?
- Why is CPR training recommended for those participating in swimming and snorkeling activities?