



Salmon Run

Complete requirements 1-4 plus two others.

1. Explain the importance of response personnel or lifeguards in a swimming area. Tell how the buddy system works and why it is important.
2. Visit a local pool or swimming area with your den or family. Go swimming or take a swimming lesson.
3. Explain the safety rules that you need to follow before participating in boating.
4. Identify the safety equipment needed when going boating.
5. Demonstrate correct rowing or paddling form. Explain how rowing and canoeing are good exercise.
6. Show how to do both a reach rescue and a throw rescue.
7. Demonstrate the front crawl swim stroke to your den or family.
8. Name the three swimming ability groups for the Boy Scouts of America.
9. Earn the BSA beginner swim classification.



SAFE SWIM DEFENSE:

Qualified Supervision
Health Review
Safe Swim Area
Lifeguards
Lookout
Ability Groups
Buddy System
Discipline



LIFEGUARDS HAND SIGNALS

These signals are used by lifeguards at the beach, open water and pool when performing a rescue without a radio communication device.

From the lifeguard on the shore to another lifeguard in the water



To attract attention between a boat and the shore



Return to shore



Remain stationary



Message not clear, repeat



Pick up patient (point to the direction of the swimmer)



Investigate submerged object



Proceed further out to the sea



Go to the left or right



Pick up or adjust buoys

From the lifeguard in the water to another lifeguard on the shore



Assistance required



Boat wishes to return to shore



Emergency evacuation alarm



All clear/okay



Search completed



Submerged patient missing