

Lifesaving Merit Badge:

**Either this Merit Badge
or Emergency Preparedness MB is Required
to earn the Eagle Scout Rank !**

Your Name: _____ Home Phone: _____

Date Starting This Merit Badge: _____

Counselor's Name: _____

How to Contact Your Counselor: _____

Note to the Scout and Merit Badge Counselor:

This set of worksheets is meant to facilitate earning this merit badge, but under no circumstances is it meant to be used in lieu of the appropriate BSA merit badge book.

Requirements revised on 01/01/98.

1. Before doing requirements 2-15:

- a. Earn Swimming merit badge. (Date earned: _____)
- b. Swim 400 yards. (Date qualified: _____)

2. Explain:

- a. The Safe Swim Defense and Safety Afloat

Explained to counselor: _____ Date shown: _____

- b. The order of methods in water rescue.

Explained to counselor: _____ Date shown: _____

3. Show reaching rescues using such things as arms, legs, branches, sticks, towels, shirts, paddles, and poles.

Shown to counselor: _____ Date shown: _____

4. Show rescues using items that can be thrown, such as lines, ring buoys, and free-floating supports.

Shown to counselor: _____

Date shown: _____

5. Show or explain the use of rowboats, canoes, and other small craft in making rescues.

Shown to counselor: _____

Date shown: _____

6. With a helper and a subject, and a practice victim, show a line rescue both as tender and as rescuer. Perform the rescue with the practice victim approximately thirty feet from the tender. Use a 100 foot length of 3/16 inch line.

Shown to counselor: _____

Date shown: _____

7. Show that you can remove street clothes* on shore (except underwear or swim trunks) in 20 seconds or less. Explain the importance of disrobing before a swimming rescue.

Shown and explained to counselor: _____ Date shown: _____

8. Explain the importance of avoiding contact with a victim; explain "lead" and "wait" tactics; and explain why equipment should be used in a swimming rescue.

Explained to counselor: _____

Date shown: _____

9. Swim 30 feet and make the correct approach to a tired swimmer. Move him 30 Feet to safety using the following:

- a. Underarm swim-along.
- b. two-person assist.

Demonstrated to counselor: _____

Date shown: _____

10. Make rescues on a practice victim 30 feet from shore, using the correct entry and a strong approach stroke, and bringing the victim back to pier or poolside, using:

- a. A rescue tube or torpedo buoy
- b. A shirt, towel, or other equipment
- c. A front approach and wrist tow.
- d. A rear approach and single armpit tow.
- e. A rear approach and single armpit tow, changing to the cross-chest carry.

Discuss the different methods for removing the victim from the water. Choose the appropriate method for your situation. Remove the practice victim from the water and place in position for resuscitation.

Demonstrated to counselor: _____ Date demonstrated: _____

11. Show in deep water your defense against grasps by blocking and escaping. Free yourself from a wrist hold, rear head-hold, and a front head-hold.

Shown to counselor: _____ Date shown: _____

12. Make four surface dives in 8 to 10 feet of water. Retrieve an object on each of the first three dives. Bring up a 10-pound weight on the fourth dive.

Shown to counselor: _____ Date shown: _____

13. Show search techniques as a part of a lost swimmer drill. Discuss search techniques using mask, fins, and a snorkel (not scuba).

Shown to counselor: _____ Date shown: _____

14. Do the following:

- a. Explain how to recognize and confirm cardiac arrest.

Explained to counselor: _____ Date explained: _____

- b. Demonstrate proper technique for performing CPR using a training device approved by your counselor.

Demonstrated to counselor: _____ Date demonstrated: _____

15. Demonstrate proper management of a spinal injury by

- a. Explaining the signs and symptoms of a spinal injury

Explained to counselor: _____ Date explained: _____

- b. Supporting a face up victim in calm, shallow water.

Demonstrated to counselor: _____ Date demonstrated: _____

- c. Turning a person from a facedown to a face up position while maintaining support.

Demonstrated to counselor: _____ Date demonstrated: _____

* "Street clothes" means low shoes, socks, underwear (or trunks), pants, belt, and a long-sleeve shirt. A jacket or sweater or sweatshirt also may be worn.

In completing all requirements for this merit badge, I have completely read the appropriate BSA merit badge book, and discussed same with my counselor.

signed

date

(Source: Courtesy USSSP Merit Badge Requirements, current as of the MB date on this document)