

Merit Badge Workshop for SWIMMING

Sundays, January 7, 14 and 21, 2018
from 5:00pm – 8:00pm
(must be able to attend all 3 sessions)
Meet at: DC Everest pool
6400 Alderson Street, Weston



Swimming is an Eagle Scout alternative to hiking or cycling.

NOTE: Prerequisites

The scout must be able to successfully complete the BSA swimmer test. This merit badge workshop will not teach a scout how to swim.

Be prepared to discuss the following:

1. Do the following:
 - a. Explain to your counselor how Scouting's Safe Swim Defense plan anticipates, helps prevent and mitigate, and provides responses to likely hazards you may encounter during swimming activities.
 - b. Discuss the prevention and treatment of health concerns that could occur while swimming, including hypothermia, dehydration, sunburn, heat exhaustion, heatstroke, muscle cramps, hyperventilation, spinal injury, stings and bites, and cuts and scrapes.
8. Explain the health benefits of regular aerobic exercise, and discuss why swimming is favored as both fitness and therapeutic exercise.

Please review all requirements and be prepared to discuss as required.

Go to: https://www.scouting.org/filestore/Merit_Badge_RegandRes/Swimming.pdf
for the detailed requirements.

Uniform is not required but scouts will need a swimsuit and towel.

Register at www.samoset.org
Registration is limited to 40 scouts.
Cost is \$5 per participant for pool rental