

# EXPLORER WATER SAFETY



To achieve the Explorer Water Safety Target the Scout must complete all of the requirements for either A or B.

## A. Life saving

Complete a Life Saving Badge at Bronze Medallion level or higher.

## B. OR Water safety

### 1. Safe entry and swim

- a) Demonstrate the following:
- b) perform a forward roll into deep water, fully clothed and swim 25 metres. Remove clothing retaining one item to use as a towing aid
- c) use the item of clothing retained to tow a conscious, cooperative patient 20 metres. avoiding contact at all times.

### 2. Demonstrate the following:

- a) swim 100 metres without an APFD, including 50 metres using any of the resting strokes
- b) remain afloat for at least four minutes without the use of an APFD
- c) put on an APFD in deep water and swim 50 metres. Demonstrate the 'HELP' position
- d) with at least two other Scouts demonstrate the 'huddle' position.

### 3. Rescue

Perform a simulated rescue in one of the following situations:

- a) using an improvised flotation device, use a safety jump to enter the water and swim to a conscious patient at least ten metres from shore. Use any tow method to return the patient to the shore
- b) perform an assisted carry with approach and tow of at least 30 metres, with a fully clothed conscious patient.

### 4. Safety

Present to the Adviser a list of at least ten major safety items suggested by clubs active in one of the following swimming, yachting, power boating, surfing, water skiing, canoeing, scuba diving, board diving.

### 5. Have passed the requirements of Emergencies 1 at Explorer Level.