

# PIONEER WATER SAFETY



To achieve the Pioneer Water Safety Target, the Scout must complete all of the requirements for No's 1 to 4.

## 1. Safe entry and swim

- a) Jump into deep water, fully clothed (long pants, shirt, socks and runners), undress in the water, with feet off the bottom.
- b) Demonstrate the following:
  - i) swim 25 metres without an approved personal floatation device (APFD)
  - ii) remain afloat for at least three minutes without the use of an APFD
  - iii) swim 50 metres with an APFD, then tread water or slow swim for 15 minutes.

## 2. Rescue

Demonstrate the following:

- a) a reaching assist (arm, towel, pole etc.)
- b) a throwing assist (rope, ring, buoy, etc.)
- c) a contact carry of an unconscious person over ten metres.

## 3. Safety

- a) Know the problems and dangers that can occur, or are present, in three areas relevant to your environment. Choose from sea, rivers, swimming pools, dams, and lakes.
- b) Know the precautions and treatment to be taken against the following: sunburn, cramp, skin cancer, stings, exhaustion, leeches, blue ringed octopus and one other danger to your environment, e.g. stone fish.

## 4. Have passed the requirements of Citizenship 2 at Pioneer Level.