



# Water Sports

## Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33216. Each Scout must do each requirement. Merit Badge Workbooks and more: [Online Resources](#). Send comments to the workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2008, Workbook updated: May 2009.

Scout's Name: \_\_\_\_\_ Unit: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_ Counselor's Ph #: \_\_\_\_\_

**1. Show that you know first aid for injuries or illnesses that could occur while participating in water sports, including**

hypothermia, \_\_\_\_\_

\_\_\_\_\_

heat exhaustion, \_\_\_\_\_

\_\_\_\_\_

heatstroke, \_\_\_\_\_

\_\_\_\_\_

dehydration, \_\_\_\_\_

\_\_\_\_\_

sunburn, \_\_\_\_\_

\_\_\_\_\_

minor cuts and blisters. \_\_\_\_\_

\_\_\_\_\_

**2. Do the following:**

A. Identify the conditions that must exist before performing CPR on a person. Explain how such conditions are recognized.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

B. Demonstrate proper technique for performing CPR using a training device approved by your counselor. \_\_\_\_\_

3. Before doing the following requirements, successfully complete the BSA swimmer test. \_\_\_\_\_

4. Do the following:

A. Discuss the BSA Safety Afloat policy. Tell how it applies to Water Sports. \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

B. Name the different types of personal flotation devices (PFDs), and explain when each type should be used.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Show how to choose and properly fit a PFD. \_\_\_\_\_

C. Know the Water Sports Safety Code. ([See it below](#)) Promise that you will live up to it and follow it in all water work for this badge. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Know the safety precautions that must be used by the boat operator in pulling water-skiers and wakeboarders. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. Show the following skier signals to the safety observer in the boat:

skier safe, \_\_\_\_\_

faster, \_\_\_\_\_

slower, \_\_\_\_\_

turns, \_\_\_\_\_

back to dock, \_\_\_\_\_

cut motor, \_\_\_\_\_

skier in water. \_\_\_\_\_

6. Showing reasonable control while using two skis, one ski, or a wakeboard, do EACH of the following:

- A. Show how to enter the water from a boat and make a deepwater start without help. \_\_\_\_\_
- B. Show you can cross both wakes four times and return to the center of the wake each time without falling. \_\_\_\_\_
- C. Show you can fall properly to avoid an obstacle. Also, show that you can drop handle and coast to a stop without loss of balance. \_\_\_\_\_

7. While on shore, show that you now how to properly adjust the bindings on your ski(s) or wakeboard to fit yourself. Then, in deep water, show that you can adjust bindings to fit. Recover and put on your ski(s) or wakeboard that has come off during a fall.

**Online Resources:** (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ► [scouting.org](http://scouting.org) ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)  
 ► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

Boy Scout Merit Badge Workbooks: [BSA Troop 780](#) -or- [usscouts.org](http://usscouts.org) -or- [meritbadge.org](http://meritbadge.org) Merit Badge Books:  
[www.scoutstuff.org](http://www.scoutstuff.org)

### Requirement Resources

These resources and much more are at: [http://meritbadge.org/wiki/index.php/Water\\_Sports](http://meritbadge.org/wiki/index.php/Water_Sports)

1. **First Aid:** [Hypothermia](#) - [Heat Exhaustion](#) - [Heatstroke](#) - [Dehydration](#) - [Sunburn](#) - [Cuts](#) - [Blisters](#)
2. [CPR](#)
  - Your handbook is your primary reference. See [First Aid Skills](#) for step-by-step instructions and lesson video links.
  - See also: [First Aid Merit Badge Pamphlet](#) - [First Aid Kit](#) - [Emergency Kit](#) - [Guide to Safe Scouting](#) - [Physcial](#)
3. **BSA Swim Test:** [Diving](#) also has the feetfirst jump in - [Sidestroke](#) - [Breaststroke](#) - [Trudgen Crawl](#) - [Backstroke](#) - [Swimming Turns](#) - [Floating](#)
  - Your handbook is your primary reference. See [Swimming Skills](#) for step-by-step instructions and lesson video links.
  - See also: [Swimming](#) & [Lifesaving](#) Merit Badge Pamphlets - [Guide to Safe Scouting](#) - [Safe Swim Defense](#) - [Safety Afloat](#)
- 4a. The BSA Safety Afloat policy you need is in the [Water Sports Worksheet](#).
- 4b. [Personal Flotation Device](#)
- 4c. The Water Sports Safety Code you need is in the [Water Sports Worksheet](#).
- 5-7: [ExpertVillage.com Lesson Videos](#): [How to Water Ski](#) - [How to Start Wakeboard](#)

### General Resources

[Guide to Safe Scouting](#): [Waterskiing](#) - [Safe Swim Defense](#) - [Classification of Swimming Ability](#) - [Swimming Area](#)  
[Water Clarity](#) - [Safety Afloat](#)

USA Water Ski: <http://www.usawaterski.com>

U.S. Coast Guard Office of Boating Safety: [http://www.uscgboating.org/safety/metlife/water\\_ski.htm](http://www.uscgboating.org/safety/metlife/water_ski.htm)

World Wakeboard Association: <http://www.thewwa.com>

**WATER SPORTS SAFETY CODE**

Water sports are fun and challenging but involve inherent risks of injury or death. To increase your enjoyment of the sport and to reduce your risks, use common sense and follow these guidelines:

- Familiarize yourself with all applicable federal, state and local laws, the risks inherent in the sport and the proper use of equipment.
- Know the waterways and always have a person other than the boat driver as an observer.
- The rider, observer, and driver should agree on hand signals.
- Never start out until the rider signals that they are ready.
- Always use caution and common sense.

Regarding your equipment and your towrope:

- Always wear a U.S. Coast Guard Type III (PFD) vest.
- Inspect all equipment prior to use. Check bindings, fins, and flotation device prior to each use and DO NOT USE if damaged.
- Towropes stretch during use. If a rope breaks or is suddenly released, it can snap back striking boat occupants or the user which could result in injury or death.
- Inspect rope before use and do not use towrope if frayed, knotted or damaged. Use proper toe rope for the activity.
- Ensure rope is free from all body parts prior to starting out or during use.
- Keep persons and ropes away from propeller when engine is running, even if in neutral. Should rope become entangled in propeller, SHUT OFF ENGINE AND REMOVE IGNITION KEY BEFORE RETRIEVING ROPE. Propellers are very sharp and can cut wet skin easily.

## SAFETY AFLOAT

Safety Afloat has been developed to promote boating and boating safety and to set standards for safe unit activity afloat. Before a BSA group may engage in an excursion, expedition, or trip on the water (canoe, raft, sailboat, motorboat, rowboat, floating in an inner tube, or other craft), adult leaders for such activity must complete Safety Afloat Training, No. 34159, have a commitment card, No. 34242, with them, and be dedicated to full compliance with all nine points of Safety Afloat.

### **1. Qualified Supervision**

All activity afloat must be supervised by a mature and conscientious adult age 21 or older who understands and knowingly accepts responsibility for the well-being and safety of the children in his or her care, who is experienced and qualified in the particular watercraft skills and equipment involved in the activity, and who is committed to compliance with the nine points of BSA Safety Afloat. One such supervisor is required for each 10 people, with a minimum of two adults for any one group. At least one supervisor must be age 21 or older, and the remaining supervisors must be age 18 or older. All supervisors must complete BSA Safety Afloat and Safe Swim Defense training and rescue training for the type of watercraft to be used in the activity, and at least one must be trained in CPR. It is strongly recommended that all units have at least one adult or older youth member currently trained as a BSA Lifeguard to assist in the planning and conducting of all activity afloat. For Cub Scouts: The ratio of adult supervisors to participants is one to five.

### **2. Physical Fitness**

All persons must present evidence of fitness by a complete health history from a physician, parent, or legal guardian. Adjust all supervision, discipline, and protection to anticipate any risks associated with individual health conditions. In the event of any significant health conditions, a medical evaluation by a physician should be required by the adult leader.

### **3. Swimming Ability**

A person who has not been classified as a "swimmer" may ride as a passenger in a rowboat or motorboat with an adult swimmer, or in a canoe, raft, or sailboat with an adult who is trained as a lifeguard or a lifesaver by a recognized agency. In all other circumstances, the person must be a swimmer to participate in an activity afloat. Swimmers must pass this test:

Jump feetfirst into water over your head. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting backstroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating. This qualification test should be renewed annually.

### **4. Personal Flotation Equipment**

Properly fitted U.S. Coast Guard-approved personal flotation devices (PFDs) must be worn by all persons engaged in activity on the open water (rowing, canoeing, sailing, boardsailing, motorboating, waterskiing, rafting, tubing, kayaking, and surfboarding). Type II and III PFDs are recommended.

### **5. Buddy System**

All activity afloat necessitates using the buddy system. Not only must every individual have a buddy, but every craft should have a "buddy boat" when on the water.

### **6. Skill Proficiency**

All participants in activity afloat must be trained and experienced in watercraft handling skills, safety, and emergency procedures. (a) For unit activity on white water, all participants must complete special training by a BSA Aquatics Instructor or qualified whitewater specialist. (b) Powerboat operators must be able to meet requirements for the Motorboating merit badge or equivalent. (c) Except for whitewater and powerboat operation as

noted above, either a minimum of three hours' training and supervised practice or meeting requirements for "basic handling tests" is required for all float trips or open-water excursions using unpowered craft. (d) Motorized personal watercraft, such as the Jet Ski? and SeaDoo?, are not authorized for use in Scouting aquatics, and their use should not be permitted in or near BSA program areas.

For Cub Scouts: Canoeing, kayaking, rowing, and rafting for Cub Scouts (including Webelos Scouts) are to be limited to council/district events on flat water ponds or controlled lake areas free of powerboats and sailboats. Prior to recreational canoeing and kayaking, Cub Scouts are to be instructed in basic handling skills and safety practices.

### **7. Planning**

**Float Plan** — Obtain current maps and information about the waterway to be traveled. Know exactly where the unit will "put in" and "pull out" and what course will be followed. Travel time should be estimated generously. Review the plan with others who have traveled the course recently.

**Local Rules** — Determine which state and local regulations are applicable, and follow them. Get written permission to use or cross private property.

**Notification** — File the float plan with parents or participants and a member of the unit committee. File the float plan with the local council office when traveling on running water. Check in with all those who should be notified when returning.

**Weather** — Check the weather forecast just before setting out, and keep an alert weather eye. Bring all craft ashore when rough weather threatens.

**Contingencies** — Planning must identify possible emergencies and other circumstances that could force a change of plans. Appropriate alternative plans must be developed for each.

For Cub Scouts: Cub Scout canoeing, kayaking, rowing, and rafting do not include "trips" or "expeditions" and are not to be conducted on running water (i.e., rivers or streams); therefore, some procedures are inapplicable. Suitable weather requires clear skies, no appreciable wind, and warm air and water.

### **8. Equipment**

All equipment must be suited to the craft, to water conditions, and to the individual; must be in good repair; and must satisfy all state and federal requirements. Spare equipment or repair materials must be carried. Appropriate rescue equipment must be available for immediate use.

### **9. Discipline**

All participants should know, understand, and respect the rules and procedures for safe unit activity afloat. The applicable rules should be presented and learned prior to the outing, and should be reviewed for all participants at the water's edge just before the activity begins. When Scouts know and understand the reasons for the rules, they will observe them. When fairly and impartially applied, rules do not interfere with the fun. Rules for safety, plus common sense and good judgment, keep the fun from being interrupted by tragedy.

**Note:** For cruising vessels (excluding rowboats, canoes, kayaks, and rafts, but including sailboats and powerboats greater than 20 feet long) used in adult-supervised unit activities by a chartered Venturing crew/ship specializing in watercraft operations, or used in adult-supervised program activity in connection with any high-adventure program or other activity under the direct sponsorship and control of the National Council, the standards and procedures in the Sea Scout Manual may be substituted for the Safety Afloat standards.