Our Swimming Safety Team



Requirement(s) 1

Gear up! Crayons and your adult partner. A Safe Swim Defense-trained adult leads this discussion on dry land.

Have the trained adult introduce the eight points below and explain the rules for your actual swimming area. Ask questions when something is unclear.

1. **Qualified Supervision:** A trained, responsible adult is in charge.
2. **Personal Health Review:** Adults check health information and plan for individual needs privately.
3. **Safe Area:** Adults check and mark an appropriate place to swim.
4. **Response Personnel (Lifeguards):** Trained people are ready to respond to trouble.
5. **Lookout:** Someone watches the whole swimming area and conditions.
6. **Ability Groups:** Use only the area assigned for your swimming ability.
7. **Buddy System:** Stay with your buddy and follow buddy checks. Your Lion adult partner is your buddy for this adventure's water activity.
8. **Discipline:** Understand and follow the swimming rules and adult directions.

Draw yourself listening to the safety briefing with your adult buddy.

Talk: Who gives permission to enter the water? What will you do when a buddy check is called?

This child-facing summary does not replace the full Safe Swim Defense policies, required adult training, or qualified supervision. It does not complete the adventure's water-entry, 20-minute activity, bubble, or exit requirements. Do not practice in water using this sheet alone.

Original local activity worksheet - not an official Scouting America publication.