




# SALMON RUN



## RATIONALE FOR ADVENTURE

This adventure will introduce Bear Scouts to swimming safety, boating safety, physical development and fitness, skill development, and fun in the water. Bears in nature like to swim and play in the water, and so can Bear Scouts.

## TAKEAWAYS FOR CUB SCOUTS

- Learning confidence, knowledge, and skills in and around bodies of water
- Gaining knowledge and skills in boating safety
- A Scout is obedient, brave. 

## ADVENTURE REQUIREMENTS

*Bear Handbook, page 250*

Complete requirements 1–4 plus two others.

1. Explain the importance of response personnel or lifeguards in a swimming area. Tell how the buddy system works and why it is important.
2. Visit a local pool or swimming area with your den or family. Go swimming or take a swimming lesson.
3. Explain the safety rules that you need to follow before participating in boating.
4. Identify the safety equipment needed when going boating.
5. Demonstrate correct rowing or paddling form. Explain how rowing and canoeing are good exercise.
6. Show how to do both a reach rescue and a throw rescue.
7. Demonstrate the front crawl swim stroke to your den or family.
8. Name the three swimming ability groups for the Boy Scouts of America.
9. Earn the BSA beginner swim classification.

## NOTES TO DEN LEADER

This adventure has several choices based on which activities you choose to do with your den. These den meeting plans, when followed as written, meet the requirements to earn this adventure. If you choose to make adjustments, be sure you complete at least the minimum requirements.

An overview of BSA swimming and water activities is included in the appendix. In preparation for any in-water activity, you should complete the BSA online training for Safe Swim Defense. This training outlines how to help lead a safe swimming activity. The training is available at [my.scouting.org](http://my.scouting.org).

This adventure comprises two den meetings. The second meeting is a den outing to a pool or other swimming area for completion of requirements 1, 2, 6, 7, 8, and 9. Identify the location well in advance of the outing and make arrangements with the staff member in charge. Confirm plans with families, including place, time, and transportation. Make sure activity consent forms are distributed, signed, and collected.

You may want to request assistance from a local troop for one or both of the meetings. Troop members include Scouts who have earned different aquatics merit badges and can help teach the Bear Scouts about safety in and around the water. Many councils have an aquatics committee able to provide guidance, personnel, pool access, and other resources.

See the appendix for optional den meeting activities, including openings, gatherings, and closings.



# MEETING 1 PLAN

## PREPARATION AND MATERIALS NEEDED

- U.S. and den flags
- Boating equipment (e.g., life jackets, canoe paddles, rowboat oars, emergency equipment)
- Rope (several feet in length), extension devices (brooms, paddles, noodles), and a rescue flotation device (ring buoy, plastic jug, etc.) for the Reach Rescue game
- Take the Safety Afloat online training, if not current, and review Safety Afloat information.
- Invite troop leaders in your area to demonstrate aquatics information to the den.
- Identify experienced boaters in the pack or someone, such as the council aquatics committee, who can put you in touch with lifeguards or swimming/water safety instructors to help with this adventure.
- Write down the Safe Boating Rules for the Talk Time game (see Talk Time). Put each rule in a separate envelope.

## GATHERING: SALMON SAYS

As Scouts arrive, have the den chief or assistant den leader supervise a game of Salmon Says (Simon Says), making sure to do some stretching exercises and swimming strokes as warm-ups for the Rowing and Paddling Strokes activity. Examples: Salmon says, "Row a boat"; "Paddle a canoe"; "Be a swimmer"; "Swim with your arms"; "Swim with your legs," "Do 10 jumping jacks . . . five squat thrusts . . . five push-ups."

## OPENING

- Conduct a flag ceremony of your choosing that includes the Pledge of Allegiance and the Scout Oath and Scout Law.
- Call roll for the den, asking each Scout to answer by naming an activity people can do in or on the water.

## TALK TIME (REQUIREMENTS 3 AND 4)

- Carry out business items for the den.
  - Allow time for sharing among Cub Scouts.
  - Review plans for Meeting 2, an outing to a local pool or other swimming area.
  - Say: *When we go swimming or boating, there is something very important that we need to know. Can anyone guess what it is?* Pause for answers, and continue: *How to stay safe!* It is important for everyone to understand that aquatic activities for Scouts must follow the rules of the BSA as well as the rules in the area where they are swimming or boating.
  - Write the safety rules for boating below on separate pieces of paper, and put each rule in an envelope. Then divide the Scouts into buddy teams and give each team an envelope. One at a time, have them read their rules aloud. Pause to lead a discussion about each rule (requirement 3).
1. Always wear a life jacket when you go boating.
  2. Check the weather. If it looks bad, keep your boat at the dock.
  3. Balance your boat to prevent it from tipping over.
  4. Remember to not overload the boat. Too much weight could sink it.
  5. Step into the center of the boat when you board or change seats, and always keep low.
  6. If your boat tips over, hang on to the boat until help arrives.
  7. Keep a lookout for other boaters and swimmers.
  8. Only go boating with adult supervision.



- Finish the Talk Time with a demonstration of equipment needed for boating (requirement 4). Explain to the Bear Scouts that this list—adapted from the BSA Safety Afloat guidelines at [www.scouting.org](http://www.scouting.org)—is for all Scout boating activities including those in Boy Scouting and Venturing. Not all of these activities are allowed at the Cub Scout level, but they need to know and understand the list, especially if their family participates in boating.
1. The **water craft** must be suitable for the activity, be seaworthy, and float if capsized. All craft and equipment must meet regulatory standards, be properly sized, and be in good repair.
  2. **Life jackets** must be sized to the participants.
  3. **Paddles** must be sized to the participants.
  4. Properly designed and fitted **helmets** must be worn when running rapids rated above Class II.
  5. **Emergency equipment** such as throw bags, signal devices, flashlights, heat sources, first-aid kits, radios, and maps must be ready for use.
  6. **Spare equipment, repair materials, extra food and water, and dry clothes** should be appropriate for the activity.
  7. All gear should be stowed to prevent loss and water damage.
  8. For float trips with multiple craft, the number of craft should be sufficient to carry the party if a boat is disabled, and critical supplies should be divided among the craft.

## ACTIVITIES

### ◆ Activity 1: Rowing and Paddling Strokes (Requirement 5)

Have Scouts properly put on life jackets. As the Scouts are performing the strokes, instruct them on the proper way to enter, sit, and exit the craft as well as how to use the oars and the paddle. Having adults and older Scouts on hand to assist with this is helpful. If possible, provide a rowboat and a canoe for demonstration purposes.

**Rowing:** Show the Scouts an oar or set of oars. Have them simulate rowing the boat, using the strokes illustrated for this adventure in the *Bear Handbook*.

**Paddling:** Show the paddle and point out the differences between it and the oar. Explain that both have a purpose for the type of craft they are used with. Have the Scouts simulate paddling a canoe.

Ask the Scouts which muscles they felt moving as they completed both actions. This activity will help them learn that rowing and paddling exercise the muscles in your body.

### ◆ Activity 2: Boating Relay and Reach Rescue Games (Optional)

Scouts will use their imaginations and their new knowledge about rowing and paddling to complete the Boating Relay and Reach Rescue games. This activity will help them review life jackets, the buddy system, rowing a boat, paddling a canoe, and using both the throw and reach methods to help a stranded boater or swimmer.

**Materials for each pair of Scouts:** 1 life jacket; 2 sticks posted in two lines 20 feet apart; 1 piece of rope, about a foot long. Optional: 2 oars and 2 paddles for each pair.

Before you begin, demonstrate each challenge in the relay.

- Properly put on a life jacket.
- Untie the rope, put it in your pocket, and row the “boat”—using correct rowing form—toward the stick on the opposite side of the course. (Remind everyone that rowboats are propelled with the rower facing the back of the boat, so they will be walking backward for this portion of the relay.)
- Once you get to the other side, tie the rope to the stick. Then paddle a “canoe”—using correct paddling form—back toward the start line.
- Use the throw rescue method to save a buddy whose “canoe” has tipped over.



After the demonstration, divide the Scouts into teams of two (if you have an uneven number, one of the teams can have three players). Then the relay begins:

- Scout 1 in each team puts on the life jacket. The Scout lets an adult check it for proper fit, and then unties the rope.
- Scout 1 “rows a boat” (walking backward) to the opposite side, crossing an imaginary lake. An adult returns the rope to the starting line and reties it.
- Scout 1 switches to a “canoe” and “paddles” (walking forward) toward the starting line, but stops on the way back because the canoe has tipped over. Scout 2 performs a throw rescue to get Scout 1 “out of the water” and able to finish paddling home.
- Once finished, Scout 1 takes off the life jacket and hands it to Scout 2, who takes a turn completing the challenge with Scout 1 performing the throw rescue.

When the relay is over, lead a reflection: *What parts of the challenge were difficult? What parts were easy? When you row a boat, which end of the boat do you face? How about when you paddle a canoe? Besides the throw rescue, what’s another method to save someone from drowning (reach rescue)?*

Then the teams move on to the Reach Rescue game:

- Scout 1 lies down or kneels on both knees directly across from Scout 2 on the opposite side of a marked-off line.
- Remind everyone to use a “safe word” such as “Pineapple” instead of “Help” when practicing rescues that call for assistance. Also tell them that people who are really drowning, not just panicked, are not able to call for help.
- One Scout acts as a rescuer by reaching out to their buddy, first using an arm, then a leg while lying down, then using various objects such as a branch, a broom, etc.
- After each reach, the Scouts move a little farther apart and try again.
- Let this continue for a few minutes, and then have them switch roles.
- If a rescuer moves across the line (and would now be in the water), they must begin again.

## CLOSING

- **Akela’s Minute:** Ask each Scout to show or tell one thing they learned about boating. Remind everyone that “a Scout is brave” in the face of an emergency, and while it might be scary, they need to try to be brave and wait for lifeguards and response personnel to help if an emergency situation arises.
- Repeat the Scout Oath in unison.
- Pass out activity consent forms for Scouts to have signed by a parent or guardian before Meeting 2, the den outing. Confirm the location and transportation plans.

## AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 3, 4, and 5.
- Work together to clean up the meeting space.
- Prepare thank-you notes for Bears to sign at the next meeting. The notes should be given to anyone who helps with the outing, including lifeguards at the pool or swimming area.

# MEETING 1 RESOURCES

Refer to the BSA publication *Aquatics Supervision* (No. 34346) as your primary resource. It contains details about all the activities and requirements for this adventure: rowing and paddling technique, how to do reaching and throwing rescues, learning to swim, and how to give the swim classification tests.

## SAFETY AFLOAT

BSA groups shall use Safety Afloat for all boating activities and Safe Swim Defense for all swimming activities.

# MEETING **2** PLAN (Den Outing)

## PREPARATION AND MATERIALS NEEDED

- Noodles or towels to use for reach rescue
- Rope and an empty, closed plastic jug for throw rescue
- Swimming buddy tags to be issued after swimming ability checks
- This meeting, a den outing to a local pool or other swimming area, may necessitate more than one visit for all the Scouts to meet requirements 1, 2, 6, 7, 8, and 9. The size of your den may determine how you wish to proceed.
- You might also consider local schools, colleges, YMCAs, Boys & Girls Clubs, or the local Red Cross chapter for use of facilities but also for assistance in working with members of your den.
- Activities at the swimming area must be supervised by an adult with current Safe Swim Defense training. It is recommended that all leaders for this meeting take or renew that training. You may also want to invite a BSA Lifeguard.
- Confirm that transportation to and from the event is in place. Secure signed activity consent forms.
- The unit den leader should bring a copy of the *Guide to Safe Scouting*.

## GATHERING

While waiting for everyone to arrive at the site, remind the Scouts of appropriate behavior including safety considerations. Point out any rules at the swimming area beyond the basic safety rules of the BSA. "A Scout is obedient" to the rules while visiting other places.

## OPENING

- Assemble the group, and review the buddy system.
- Say the Pledge of Allegiance.
- Ask Scouts to name points of the Scout Law they will demonstrate during the outing (friendly, courteous, etc.).

## TALK TIME (REQUIREMENT 1)

- Carry out business items for the den.
- Before anyone enters the water, have them do simple warm-up activities, including stretching the torso, arms, and legs. Remind Bears they must stay in the designated area during the activities—no more than chest deep.
- Remind them about always swimming with a buddy. A buddy is someone to help you if you get into trouble, and you can help them if they need it. Do a buddy check before allowing the Scouts to enter the water, and every 10 minutes throughout the session. You may want to assign this task exclusively to one adult.
- Introduce the response personnel and lifeguards who will assist with the outing. It is their job to oversee the swimming area and respond if someone gets into trouble. Always be very obedient to them; someone's life may depend on it. Make sure the Scouts know where the qualified adult supervisors will be located. Ask Bears why response personnel and lifeguards are important to everyone there.



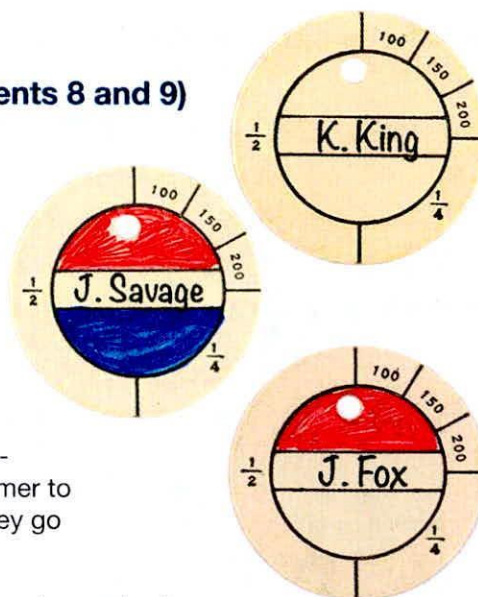
## ACTIVITIES

### ◆ Activity 1: Swimming Ability Checks (Requirements 8 and 9)

Have all the Scouts gather at poolside and explain the three swimming classifications used in Scouting:

- Nonswimmer
- Beginner
- Swimmer

Show examples of buddy tags (pictures or actual blank tags), and explain that Scouts can move from one classification to another after passing the BSA swim tests, which must be taken once a year. When a Scout attempts the beginner's test (requirement 9 for this adventure) and passes it, they go from nonswimmer to beginner classification. Later, if a Scout passes the next test, they go from beginner classification to swimmer.



Assign one adult to each Scout who feels ready to attempt the beginner check.

In addition to understanding the testing procedure, each adult should be comfortable in the water and be able to perform a reaching assist. Lifeguards or response personnel are also required to monitor the tests. Each Scout taking the test will:

1. Jump feetfirst into water that is over their head in depth.
2. Level off and swim 25 feet on the surface.
3. Stop, make a sharp turn, and swim back to the starting place.

Before each Scout enters the water, ask first if they have ever jumped into water over their head. It is very important that you understand their comfort level. If a Scout seems nervous, allow them to first slide into the water or step into it using the ladder. If the Scout seems more comfortable after this, let them jump in and proceed with the swim check. By contrast, be aware that some members of the den may have swimming experience and will require less practice time.

### ◆ Activity 2: Front Crawl Swim Stroke (Requirement 7)

Have Scouts practice the front crawl stroke by standing waist deep in the water, bending at the waist, and reaching forward as far as they can while moving their arms in a circular motion. Then they can try to push off the pool with their feet, combining the arm motion with the flutter kick. (See the *Bear Handbook* for steps and illustrations.)

### ◆ Activity 3: Reach Rescue and Throw Rescue (Requirement 6)

After Scouts attempt the beginner check, have them move on to practicing these two rescue methods in the chest-high swimming area.

#### Reach

Divide Scouts into buddy pairs, and have one pretend to be in trouble in the water while their buddy outside the pool will be the rescuer. Since we are practicing rescues, the Scout in the water will use a "safe word" like "pineapple" instead of shouting for help. (They should only yell "Help!" in an actual emergency. Remind the Scouts that not every person in need will be able to call out for help, even though they may be briefly able to struggle to the surface.) First, the one in the water calls out "Pineapple!" The rescuer then lies down at the side of the pool and extends one arm to their buddy. Next, have the rescuer extend one leg while holding on to the side of the pool. Finally, have the Scout attempt the rescue with a pool noodle or a towel. Then let the buddies switch places and repeat the process.

#### Throw

In this method, have the rescuer, standing at poolside, throw one end of a rope tied to a closed plastic jug. The buddy can grab on to this and be pulled in.

#### ◆ Activity 4: Water Fun Time (Optional)

When Scouts finish with the requirement activities, give them some time for water games like pool tag, pool volleyball, or water spud: Players scatter about the pool, and a starter throws a soft rubber ball high into the air, calling out a player's name. That player recovers the ball and throws it at one of the other Scouts. Each player must stay in the same spot but may duck underwater to keep from being hit. If a player is hit, that player picks up the ball and tries to hit someone else. If the ball goes wild, one "spud" is counted against the player who threw it. The player with the fewest spuds wins.

#### CLOSING

Circle up in the chest-high water. Take a moment to tell Scouts how well they did with their swimming. Then have everyone yell the Scout Water Safety chant. Tell them to splash in the middle of the circle on the last line.

*S is "Someone's watching" Never swim alone.*

*C is "Check the rules." Know where you can roam.*

*O is "Only buddies" should go from the shore.*

*U is "Know what U can do"—don't do any more.*

*T is "Tell a grown-up" if someone is in need.*

*S-C-O-U-T shows safety. Now you take the lead!*

#### AFTER THE MEETING

- Serve refreshments, if desired.
- Record completion of requirements 1, 2, 6, 7, 8, and 9.
- Have Scouts give their thank-you notes to anyone who helped with the outing.

Upon completion of the Salmon Run adventure, your Bears will have earned the adventure loop shown here. Make sure they are recognized for their completion by presenting the adventure loops, to be worn on their belts, as soon as possible according to your pack's tradition.



# NOTES