



Name _____

Do all of the following requirements (1-9)

- ____1. Research what the Bible says about water.
 - ____a. Describe water in the creation process.
 - ____b. How was it used as a curse and a blessing?
 - ____c. Where did all the water in the world come from? If there ever was a time where nothing existed, how could all the water come from nothing?
 - ____d. List the ways in which water sustains life on earth.
 - ____e. List the ways that natural bodies of water (oceans, lakes, springs, & rivers) are a gift to man for food, travel, and recreation to enjoy God's creation.
- ____2. Participate in a Safe Aquatics method orientation and fulfill the following requirements pursuant to the Safe Aquatics method. (See *The Trailman's Handbook*)
- ____3. Complete the Swimming Competency Test at the Swimmer level. (See *The Trailman's Handbook*)
- ____4. Demonstrate how to properly put on a personal flotation device (PFD) and while wearing the PFD do the following:
 - ____a. Jump feet first into deep water and swim 25 yards.
 - ____b. Learn and demonstrate the heat escape lessening posture (HELP) cold-water survival technique.
 - ____c. With a group, learn and demonstrate the Huddle cold-water survival technique.
- ____5. Demonstrate the following reach and throw rescues:
 - ____a. Several reach assists including arm, leg, and towel reaches without entering the water, and pole or shepherd's crook assists
 - ____b. Throwing a rescue tube or ring buoy to someone at least 25 feet out in the water
- ____6. After ensuring the safety of the swimming area, in deep water, do the following::
 - ____a. Tread water for 3 minutes.
 - ____b. Survival float on your stomach for 3 minutes.
 - ____c. Float on your back for 2 minutes.

- ____d. Demonstrate a feet-first surface dive.
- ____e. Demonstrate a head-first surface dive, and recover a diving ring or some other object from the pool bottom.
- ____7. While wearing shoes, long pants, and a long-sleeve shirt over your swimsuit, jump into deep water.
 - ____a. While treading water, remove the shoes and pants.
 - ____b. Inflate your shirt and float long enough to prepare your pants.
 - ____c. Inflate your pants and use them to float for one minute.
- ____8. Demonstrate that you can continuously swim 200 yards without stopping to rest.
 - ____a. Use at least three of the following five strokes: front crawl, backstroke, sidestroke, breaststroke, and elementary backstroke.
 - ____b. Swim each of the three selected strokes for at least 50 yards.
- ____9. Participate in a skill orientation and an open activity for three of the following aquatics activities: Group water game, swim race, diving, snorkeling, Red Cross Junior Lifeguard, scuba, stand-up paddle boarding, boardsailing, canoeing, kayaking, rowing, sailing, peddle boats, water skiing, wake boarding, or an alternate water activity approved by your unit leader.

Trail Badge Mentor Signature

Date

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