



SAFE SWIM DEFENSE. Remember to use it for all swimming activities. Demonstrate the Safe Swim Defense and explain its value for safety. See *The Scoutmaster Handbook*.

RESCUE BREATHING. Have a patrol demonstrate rescue breathing and invite family members to try it.

CANDY HUNT (for Scouts and their brothers and sisters). Drop a number of foil-wrapped hard candies into the water at chest level. On signal, children jump in and retrieve as many pieces as they can.

WATER RESCUES. Have a patrol demonstrate the Reach, Throw, and Go With Support methods of water rescue (*Boy Scout Handbook*).

NAIL-DRIVING UNDERWATER (for dads). Have a hammer, five nails, and a piece of 2" x 4" for each father. The object is to go underwater with the block, nails, and hammer, and pound as many nails as possible within a specified time period—say, 3 minutes. Obviously, Dad can come up for air between strokes.

LIFESAVING WITH CANOE. Have a patrol demonstrate how to right a capsized canoe and how to save a struggling swimmer using a canoe. See the *Canoeing* merit badge pamphlet.

MOTHER-DAUGHTER/SON BALLOON TOSS. Each mother-daughter/son team is given a balloon half-filled with water. Partners face each other about 10 feet apart in the water and begin tossing the balloon back and forth. After each catch, the thrower takes one step backwards. When a player misses, the team is eliminated. The team with the most successful tosses wins.

PATROL RELAYS. Run swimming relay races in chest-deep water so that nonswimmers can take part by walking their lap.

UP AND UNDER (for Scouts and brothers and sisters). Have a volleyball or beach ball for each team. All teams line up relay fashion in waist-deep water. The first player in each line is given the ball. On signal, he passes the ball back over his head to the next player in line, who passes it between his legs to

the next player, and so on to the end of the line. The last player runs to the head of the line and passes it as before. The first team back in its original order wins.

GREASED WATERMELON (for Scouts and older brothers and sisters). Divide players into two teams. Have each team form two lines about 15 feet from the center of the pool or playing area. In the center, float a medium-sized watermelon greased with shortening. On signal, each team tries to bring the watermelon to its starting line. The successful team gets first crack at the melon when it's time to eat.

BIG BLOW (for Scouts and brothers and sisters). Play in chest-deep water. Each team lines up, relay fashion, and is given a table tennis ball or toy boat. On signal, the first player on each team swims or walks to a turning line and back while blowing the ball or boat ahead of him. The following players repeat the action. The first team to finish wins.

For more swimming contests, see the "Program Specialties" section of this book.

Water Expedition

A day or weekend trip in canoes or rafts is a great adventure for Scouts, but it is not for everyone. Do not permit any nonswimmer or beginner to make the trip.

Also insist that a U.S. Coast Guard-approved PFD (personal flotation device) be worn by every participant. Enforce the Safety Afloat guidelines as explained in *The Scoutmaster Handbook*.

Unless all participants—both Scouts and leaders—are experienced canoeists or rafters, hold at least one practice session before the big trip. This is especially important if it is an overnighter and the troop will be carrying packs and other equipment in their craft.

Consider the capabilities of all participants in choosing a river or other water course. If all are inexperienced, avoid difficult courses with white water. Save those for Scouts who have earned the Canoeing merit badge.