



TROOP 59
 LITTLE ROCK, ARKANSAS
 BOY SCOUTS OF AMERICA

ACTIVITY FORM

ACTIVITY: Scout Meeting at War Memorial Indoor Pool

EVENTS: Scouts will take one of two swimming test and work on other water advancement
 Scouts will be informed when they have completed their work and are then free to leave

Beginner test (2nd Class):

- * Jump feet first into water over the head, level off, and begin swimming.
- * Swim 25 feet on the surface.
- * Stop, turn, and resume swimming back to the starting place.
- * Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.

Swimmer test (1st Class):

- * Jump feet first into water over the head, level off, and begin swimming.
- * Swim 75 yards using one or more of the following strokes: side, breast, trudge, or crawl. resting backstroke.
- * Swim 25 yards using an easy, resting backstroke.
- * The 100 yards must be completed without stops and must include at least one sharp turn.
- * Rest by floating...Long enough to demonstrate ability to rest when exhausted.
- * With a helper and a practice victim, show a line rescue both as tender and as rescuer.
 (The practice victim should be approximately 30 feet from shore in deep water.)

SCHEDULE:

Meet at War Memorial Pool:	6:50pm	Tuesday, April 23, 2019
Pick-up at War Memorial Pool:	8:15pm	

Things To Bring:

- Bottom of this permission slip, signed and
- Wear your swim suit and Class B uniform shirt
- Tennis shoes
- Towel

Leaders: Jay Lane(681-7176)
 Sam Byrd (837-5624) Tim Cullen (920-4644)

Cost: \$2 for scout (15 and younger)
 \$3 for scout (16 - 19)
 \$5 for adult

My son _____ has my permission to participate in Troop 59's Swimming Meeting

The person to call in case I cannot be reached: _____, Ph#: _____

Signature of parent or guardian _____