

Swimming/Lifesaving Merit Badge Review

Name: _____

Swimming Pg 1-2 Lifesaving Pg 1-4

Mr. Bob Koch, Counselor

981-1399

Note: This is **not** a test. It should be used as a review for the counseling/coaching part of the Swimming/Lifesaving MB. Knowing the answers to these questions will ensure completion of the badge.

Troop No.: _____

Date: _____

1. Name the eight points of the safe swim defense plan.

- 1. _____ 2. _____
- 3. _____ 4. _____
- 5. _____ 6. _____
- 7. _____ 8. _____

2. Name the three Ability Groups. 1. _____ 2. _____ 3. _____

3. How far should a beginner be able to swim? _____ A swimmer? _____

4. What is the maximum depth of the water for each level? Non-swimmer? _____ Beginner? _____ Swimmer? _____

5. Name three types of floats described in the swimming merit badge book.

- 1. _____ 2. _____ 3. _____

6. Complete this statement: You should always swim with a _____.

7. Name four different type of swimming strokes.

- 1. _____ 2. _____
- 3. _____ 4. _____

8. Which stroke is the best for long distance swims and lifesaving rescues? _____

9. The stroke that allows one to swim on their back, for a long distance in a restful manner is: _____

10. Describe the Leaping Entry lifesaving dive: _____

11. Describe the Headfirst surface dive: _____

12. Name two OTHER types of dives (do not include the dives named above):

- 1. _____ 2. _____

13. What is the proper order of rescue methods (from Safest to most riskiest)
1. _____ 2. _____ 3. _____ 4. _____

14. Name three items at the Connetquot pool that you can use to bring someone to safety.
1. _____ 2. _____ 3. _____

15. When tossing a ring buoy on a rope to a swimming victim, where should the buoy land in relationship to the victim?

17. Describe the clothes inflation process. (Pants and shirt)

18. What is hypothermia? _____

17. Name four things to remember for cold water survival:
1. _____ 2. _____
3. _____ 4. _____

18. As described in the swimming merit badge book, "one of the worst thing to do in cold water is _____ floating.
Why? _____
Name two other floating methods recommended for cold water survival: _____ and _____.

19. Which requirement did you find to be the hardest to complete? Why?

21. Which requirement did you find to be the easiest to complete? Why?

22. Name the nine points of the safety afloat plan.

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | |

23. How many adult supervisors are necessary for 15 Boy Scouts? _____ 15 Cub Scouts? _____

24. What would you do if you were caught in a river current? _____

25. Match the type of potentially drowning victim to the closest situation (Put matching number on blank line):

- | | | |
|--------------------------|-------|---|
| 26. Tired Swimmer | _____ | Float near the surface or sink |
| 27. Distressed Swimmer | _____ | Calm and will reply to questions |
| 28. Drowning Non-swimmer | _____ | Usually lack breathing |
| 29. Unconscious Victim | _____ | Conscious, unable to call for help |
| 30. Injured Victim | _____ | Can struggle to keep his head above water |

31. When fully dressed, explain the steps in rescuing (going) a drowning victim:

32. Describe "talk and lead":

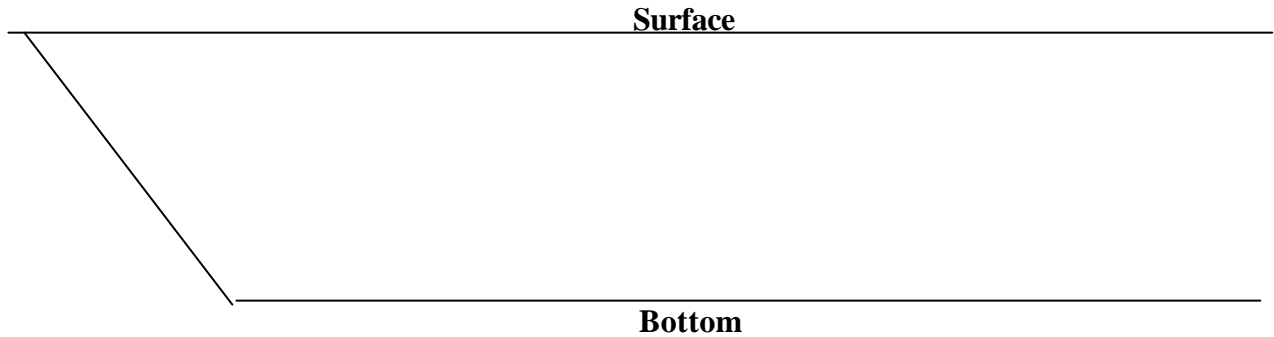
33. For each recognized type of victim... (1) Tired Swimmer (2) Conscious Swimmer (3) Unconscious Swimmer ...label the following lifesaving techniques: (can be used more than once)

- Wrist tow _____ Cross-Chest Carry _____ Two Person Assist _____ Collar Tow _____
Underarm swim-along _____ Single Armpit Tow _____

34. Name three types of Escapes or Defenses used in Lifesaving.

1. _____ 2. _____ 3. _____

35. With a row of divers, illustrate the Lost Bathers Drill (LBD) using the appropriate labeling: (A) Dive (B) Swim along bottom (C) Surface (D) Go Back 1 stroke and dive.



36. During a LBD, what should the team of divers do every time they come to the surface? _____
37. Describe the Follow Up Procedures listed below.
- Shallow water assist _____
- Beach Drag _____
- Pack Strap Carry _____
- Vertical Lift _____
38. Name three identifying features of a victim that might have a spinal injury.
1. _____ 2. _____ 3. _____
39. The method used to minimize the movement of the victims' head, neck, and back is called _____
40. If a potential spinal victim is face-up and no immediate assistance is available....circle the two parts of the body that are most important to support : legs hands hips feet shoulders middle of back knees
41. In securing the spinal injured victim to the rescue board, label the order (1-6) of the following steps:
- _____ Secure the strap across the hip bones
- _____ Place the rescue board diagonally under the victim from the side
- _____ Secure the hands alongside or in front of the victim
- _____ Bring the rescue board into the water and approach the victim from the side
- _____ Secure the forehead with Velcro straps or other material
- _____ Secure the victims shoulders
42. After the victim is removed from the water, you should treat him/her for _____.