Assembled Den Meeting Plan – LION (Kindergarten)

This ***Assembled* Den Meeting Plan** combines ideas from Lion Adventures Den Meeting Resources found at Scouting.Org or from the requirements themselves, into the parts of a quality Den Meeting, which are **Preparation** (plan + collect materials needed), **Gathering** (something for early arrivals to do), **Opening** (a ceremony to start), then **Activities** (an Activities Intro chat, followed by a series of activities, ideally alternating quiet and energetic fun), **Closing + Recognition** (ceremony), and **After the Meeting** (follow up) …

Lion – Kindergarten

Time to Swim

A "Swimming" Adventure

ELECTIVE (2 "electives" are needed to earn the Rank of Lion)

Snapshot of Adventure. Under properly qualified supervision and following Safety Afloat rules, Lions will learn how to stay safe in the water and get comfortable with being in the water. Lions can earn this Adventure by completing the requirements OR by taking swim lessons.

The QR Code above takes you to scouting.org/cub-scout-adventures/time-to-swim/ ↑

This Den Meeting Plan adapts Activity content from that Scouting.org link with other fun, simple, easy ideas. For more, see the Adventure Resources at the end of this Plan for a menu of activity options at that link.

Requirements from the Lion Handbook

1. **Learn about the swimming safety rules that you need to follow.**
2. **Demonstrate how to enter the swimming area properly.**
3. **With your Lion adult partner as your buddy, be active in water depths matching your ability for 20 minutes.**
4. **Place your face in the water and blow bubbles.**
5. **Demonstrate how to exit the swimming area properly.**

Meeting Plan

Does this take one Meeting to complete – or more? It's up to the Parents / Leaders! As written, you can do this in a single 60-minute session, but you can go to the pool more than once, right?

PREPARATION (and materials needed): Read the Time to Swim Adventure in the Lion Handbook.

- Determine when and where you will do this Adventure, and share information with your Den families.
  - Ideally at a lifeguarded swimming pool. If not, you need supervision by one or more adults who have completed the BSA Safe Swim Defense training (26 minutes) at my.scouting.
  - Determine if you want to have a lifeguard or swimming instructor or swim team coach help instruct (share this plan with them).
- Other items you will need: Whistles for lifeguards and lookouts. Buddy tags and a buddy board system (ideas below in Activity 2)

GATHERING: A "gathering" activity is to keep Scouts occupied as the rest of the den arrives. *What you do will depend on your location and leadership resources*.

- Use gathering time to connect with adults and "share the leader load": everyone can help with something! A good approach is for different parents (or teams) to share the "lead" of parts of the Adventure below.

OPENING: (Parent leader: _____) An Opening ceremony says, "we've begun" and helps set the tone.

- Maybe: a simple ceremony you like that includes the Pledge of Allegiance and the Scout Oath and/or Law.

ACTIVITIES (See also other Activities linked at Adventure Resources – use those if you like them):

◆**Activity Intro:** (Parent leader: _____) As you move into Activities, have some "talk time" where you (1) discuss today's Adventure activities (what you'll do, how you'll do it – share in a way to get the Scouts excited) and (2) let each of the Scouts share "what's new" with them and get to know each other better.

◆**Activity 1: Swimming Safety Rules (Requirement 1: "***Learn about the swimming safety rules that you need to follow.***")** (Parent leader: _____) The Adventure Resources offer Lion Safe Swim Defense (Handbook Drawing), and Lions Learn from the Lifeguard (Adult Talks to Scouts). Use what you like – the plan below adapts the substance of both and the Requirement – it is important for adults to know this.

Review the eight points of the Safe Swim Defense with everyone – Scouts and adult partners.



1) "The first rule is to make sure there is an adult who is properly trained oversee the swimming activity. This is called **Qualified Supervision**. All swimming activity must be supervised by a mature and conscientious adult aged 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care, and who is trained in and committed to compliance with the eight points of BSA Safe Swim Defense."
2) "The second rule is to make sure that everyone who is going to swim is healthy. You should never go swimming if you feel sick. Everyone who is swimming is to have a **Personal Health Review**. A complete health history is required of all participants as evidence of fitness for swimming activities. The Scouting America Annual Health and Medical Record can be used for this."



3) "The third rule is to make sure where we are swimming is safe. A **Safe Area** means that all swimming areas must be carefully inspected and prepared for safety prior to each activity. Water depth, quality, temperature, movement, and clarity are important considerations. Hazards must be eliminated or isolated by conspicuous markings and discussed with participants. Another Safe Area issue is Controlled Access: There must be safe areas for all participating ability groups to enter and leave the water. Swimming areas of appropriate depth must be defined for each ability group. The entire area must be within easy reach of designated rescue personnel. The area must be clear of boat traffic, surfing, or other non-swimming activities."
4) "The fourth rule is to have **Response Personnel or Lifeguards**. Every swimming activity must be closely and continuously monitored by a trained rescue team on the alert for and ready to respond during emergencies."
5) "The fifth rule is to have a **Lookout**. The lookout continuously monitors the conduct of the swim, identifies any departures from Safe Swim Defense guidelines, alerts rescue personnel as needed, and monitors the weather and environment."

6) "The sixth rule is for everyone to be placed into an **Ability Groups**. All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized BSA swim classification tests. The swimming area will be marked by ability groups, and you cannot go beyond your ability groups swimming area. Nonswimmers must stay in the nonswimmer area, beginners can go in the nonswimmer and beginner area, and swimmers can swim in any of the three areas."

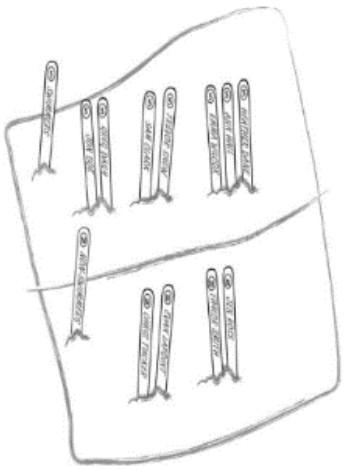


7) "The seventh rule is the **Buddy System.** Every participant is paired with another. Buddies stay together, monitor each other, and alert the safety team if either needs assistance or is missing. During our swimming time when a lifeguard or adult calls for a buddy check you must exit the water with your buddy and hold your buddy's hand up. A count will be done to make sure everyone is safe before anyone gets back into the water."
8) "The last rule is extremely important and that is **Discipline.** Rules are effective only when followed. All participants should know, understand, and respect the rules and procedures for safe swimming provided by Safe Swim Defense guidelines."

◆Activity 2: Safely Into The Swimming Area (Requirement 2: *"Demonstrate how to enter the swimming area properly."*) (Parent leader: _____)

The Adventure Resources offer an Activity Card of Lions Enter the Swimming Area, adapted/expanded below.

- Before entering the swimming area gather Scouts and adult partners. Have the adult serving as the qualified supervision introduce themselves and show the den where the buddy board is.
  - Pass out buddy tags to each Scout and adult partner.
  - Have Scouts and adult partners buddy up and place their buddy tags on the buddy board.
  - Have the adult serving as the qualified supervision explain how the buddy board works and how to properly enter the swimming area.
- Buddy tags and portable or homemade "buddy boards".
  - At a pool or a state park lake while you'll be sure to have Qualified Supervision and the other elements, you may not have a big wooden buddy board or "buddy tags".
- But you have alternatives:
  - A simple list of names on a piece of paper is adequate for tracking those in the water and their ability classification. Have nonswimmer, beginner and swimmer sections of the sheet, write the names of buddies as they enter in their ability area, and scratch them off when they leave.
  - Other options include tongue depressors stuck in the sand, or wooden clothespins strung on a line. Use waterproof markers are used to print names and color the ends by ability groups.
- Here's a tongue depressor system description:
  - Prior to the trip, each camper's full name and assessed swimming ability is written (with permanent marker) on a tongue depressor to be used in a similar way as a buddy tag.



- At the site, an area on the ground near the beach is selected to serve as the "buddy board" and nonswimmer, beginner and swimmer areas are scratched into the soil or outlined with sticks.
- Each camper's tongue depressor is stuck into the ground next to their buddy's and in the assigned swimming area. When buddy pairs change swimming areas or exit the water, their tongue depressors are relocated to the new area or removed from the ground.

- Once everyone has entered the swimming area safely, demonstrate how to enter the pool.
  - Walk up to the edge of the pool, sit down on the edge, place your feet into the pool, and lower yourself down into the pool.
  - Go buddy group by buddy group, and have Scouts repeat the entry method demonstrated to them.

◆Activity 3: In The Water With Your Buddy (Requirement 3: "*With your Lion adult partner as your buddy, be active in water depths matching your ability for 20 minutes.*") (Parent leader: _____)

The Adventure Resources offer an Activity Card of Lions Go Swimming, which is bare bones. Here's more:

- Scouts buddy with their Adult Partner when they get into the water.
- Identify swim ability group for each Scout and Adult Partner. Scouting designates swimmers, beginners or nonswimmers based on swimming ability confirmed by standardized swim classification tests.
  - Each group is assigned a specific swimming area with depths consistent with those abilities.
  - The classification tests should be renewed annually, preferably at the beginning of the season.
  - You have to assume that all are "nonswimmers" unless the Scouting swim test is conducted (scroll down to the bottom of Adventure Resources for the tests to be deemed a "beginner" or a "swimmer").
- From Scouter Mom's page on a swimming Adventure, here are fun group activities which are even appropriate in the shallow section, suitable for Lions and their adult partners:
  - **Treasure Hunt:** Scatter some waterproof toys or items on the bottom of the shallow end. Have the Lions and their partners search for these items together.
  - **Pass the Ball:** Use a beach ball or a soft water ball to play a game of pass or keep-away. This helps build water comfort and teamwork skills.
  - **Duck, Duck, Splash:** A watery version of "Duck, Duck, Goose". Instead of running, the Lion taps heads and says "duck" until they choose someone and say "splash", then gently splash water towards them before that Scout chases them around a circle formed by other players.
  - **Simon Says:** Play with simple actions like "splash water", "float on your back", or "kick your legs".
  - **Follow the Leader:** Have an adult lead a line of Lions around the shallow end, doing different simple water movements like arm circles, leg kicks, or walking through the water.

◆Activity 4: Forever Blowing Bubbles (Requirement 4: "*Place your face in the water and blow bubbles.*") (Parent leader: _____)

The Adventure Resources offer an Activity Card of Lion Bubbles, which is bare bones. Here's more:

- Blowing bubbles is an exercise to help Scouts get comfortable in the water.
- Scouts who have not learned to hold their breath in the water may be afraid of being unable to breathe.
- Have Scouts and adult partners together in the nonswimmer area where everyone can stand.
  - Have adult partners work with Scouts to hold their breath, place their face into the water and blow bubbles, then lift their head when they are done.
  - Let adult partners know that this is to get their Scout comfortable with their head in the water.
  - Remember that the Cub Scout motto is "Do Your Best" once a Scout has demonstrated their best, they have completed the requirement.



- From Scouter Mom's page on a swimming Adventure, to make this fun and less intimidating for Lions who might be hesitant, here are some suggestions:
  - **Bubble Contest:** Turn it into a game by seeing who can make the most bubbles or the biggest bubble. This adds a playful challenge.
  - **Imaginary Play:** Encourage them to pretend they are fish or sea creatures blowing bubbles underwater. This can spark their imagination and make the activity more engaging.
  - **Practice Outside the Pool:** Start practicing blowing bubbles in a bowl of water at home to build confidence before trying in the pool.
- P.S.: once Scouts are comfortable in the water, and going underwater, do not encourage blowing out bubbles – that makes them less buoyant, and swimmers need air and buoyancy to float!

🔶Activity 5: Out Of The Water, Safely (Requirement 5: *"Demonstrate how to exit the swimming area properly."*) (Parent leader: _____)

The Adventure Resources offer an Activity Card of Lions Leave the Swimming Area, which is bare bones. Here's more:

- In a pool or dock in a lake, if you're not using a ladder to get out, follow these steps:
  - In the pool, grab onto the wall with two hands [please emphasize BOTH hands!]
  - Put one elbow on top of the edge of the pool or dock.
  - Bring their other elbow up on the edge.
  - Pull their body up so that their tummy is laying on the edge of the pool.
  - Have them put their knee on the ledge and push up to a safe exit of the pool.
- Before exiting the swimming area gather Scouts and adult partners.
  - Have the adult serving as the qualified supervision meet the den at the buddy board.
  - Have the adult serving as the qualified supervision explain that checking out at the buddy board (picking up your buddy tag) when you exit the swimming area allows everyone to know that there no longer people in the pool.
  - Have Scouts pick up their buddy tags from the buddy board or otherwise follow your checkout protocol if you're using a list or other system.
- Once everyone has exited the swimming area safely ask Scouts and adult partners what they liked best about the swim.
  - Ask them if they can remember any part of the safe swim defense, the rules to follow when swimming.

CLOSING: A Closing ceremony ends the meeting and highlights the achievements. A Den leader can reflect on the meeting + praise Scouts for specific good actions today. Thank every Parent who helped.

- If you have them, award Loops to all who completed the requirements. Maybe end with a "Living Circle".

AFTER THE MEETING: Clean up as needed. Share refreshments if that's what you like.

Upon completion of this Adventure, your Lions will have earned the Adventure Loop for it. 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. Text or email all Den parents to share these resources for future reference and so parents of Scouts who could not attend may complete this Adventure from home.

ADVENTURE RESOURCES: Den Meeting Resources and "Activity Card" options for this Adventure are found at https://www.scouting.org/cub-scout-adventures/time-to-swim/. Those resources include the Snapshot of Adventure (included above), a "Safety Moment" of tips and links about doing this safely, and, for each Requirement, one or more "Activity Cards" you can click on for an activity to complete the Requirement.

Those "Activity Card" pages are linked below – along with the "Key" scoring of (a) whether the Activity must be done Outdoors, may be done Indoors, or involves Travel; (b) how much Energy Scouts will generate; (c) How "Supply Intensive"; and (d) Prep Time – those last 3 categories are scored on a 1 to 5 scale, with 5 being "most". Note that while that website page says, "Choose one of the following" before the "Activity Cards", what that means is "Choose one of the following – *or do some other activity that will meet the Requirement*", because the Requirements are required, not the Activity Cards. In the Assembled Den Meeting Plan above we have adapted some of what's below or other ways to complete the requirement in easier ways.

1. **Learn about the swimming safety rules that you need to follow.**
   - Lion Safe Swim Defense (Indoor; **2** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
   - Lions Learn from the Lifeguard (Travel; **2** of 5 Energy; **1** of 5 Supplies; **5** of 5 Prep Time)
2. **Demonstrate how to enter the swimming area properly.**
   - Lions Enter the Swimming Area (Travel; **2** of 5 Energy; **2** of 5 Supplies; **5** of 5 Prep Time)
3. **With your Lion adult partner as your buddy, be active in water depths matching your ability for 20 minutes.**
   - Lions Go Swimming (Travel; **5** of 5 Energy; **5** of 5 Supplies; **5** of 5 Prep Time)
4. **Place your face in the water and blow bubbles.**
   - Lion Bubbles (Travel; **3** of 5 Energy; **2** of 5 Supplies; **5** of 5 Prep Time)
5. **Demonstrate how to exit the swimming area properly.**
   - Lions Leave the Swimming Area (Outdoor; **5** of 5 Energy; **5** of 5 Supplies; **5** of 5 Prep Time)