Assembled Den Meeting Plan – BEAR (3rd Grade)

This ***Assembled* Den Meeting Plan** combines ideas from Bear 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) …

Bear – 3rd Grade

Salmon Run

A "Swimming" Adventure

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

Snapshot of Adventure. Did you know that nearly three-fourths of the Earth is covered by water? It is! If you want to explore a lot of the world, you have to go by boat or know how to swim. Grizzly bears are animals that know how to swim even though they live in the forest. They swim in ice-cold rivers to catch the salmon they eat. As a Bear Scout, you will get to go swimming, too – not to catch fish, but to have fun. In this Adventure, you'll learn about swimming and boating and how to stay safe around the water.

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

This Den Meeting Plan adapts Activity ideas from that Scouting link with other fun, simple, easy ideas. For more, see the Adventure Resources at the end of this Plan for a list of the suggested Activities at that link.

Requirements from the Bear Handbook

This elective Adventure may be earned by completing the requirements below OR passing the Scouting swimmer test OR taking swimming lessons.

1. **With your den or an adult, identify the attributes of qualified adult supervision at a swimming activity.**
2. **Learn the three swimming ability groups for Scouting America and water depths appropriate for each.**
3. **Go swimming with your den, pack, or family for 30 minutes using the buddy system.**
4. **Demonstrate the use the buddy system, buddy checks, and ability groups with your den or an adult.**
5. **Attempt the Scouting beginner swim test.**
6. **Demonstrate both a reach rescue and a throw rescue.**

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 session, but you can go to the pool more than once, right?

PREPARATION (and materials needed): Read the Salmon Run adventure in the Bear 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 Scouting America 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). It is strongly recommended that all units have at least one adult or older youth member currently trained in Scouting America Aquatics Supervision: Swimming and Water Rescue or Scouting America Lifeguard to assist in planning and conducting all swimming activities.
- Other items you will need:
  - Whistles for lifeguards and lookouts

- Buddy tags and a buddy board system (ideas below in Activity 3/Requirement 4)

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.

- Use this time to confirm that you have relevant health history for all participants in the water. The Scouting America Annual Health and Medical Record can be used for this.

◆Activity 1: Swimming Safety Supervision (Requirement 1: "*With your den or an adult, identify the attributes of qualified adult supervision at a swimming activity.***")** (Parent leader: _____)



- The first rule of Safe Swim Defense 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 Scouting Safe Swim Defense.
- Related to that is **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.
- Also: 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.
- Ask Scouts questions to ensure they understand the meaning of "Qualified Supervision." Examples:
  - What type of job or training would a person have to meet the guidelines? *Aquatics Instructor; Scouting America Lifeguard; Scouting America Swimming & Water Rescue; or other lifeguard, swimming instructor*
  - What are the responsibilities of one performing qualified supervision? *Watching swimmers and boaters.*
  - How old must someone be to be eligible as the lead qualified supervisor? *21*
  - How many Cub Scouts are assigned for each qualified supervisor? *10*
  - Where would you find someone to supervise your swimming Adventure? *Scouting America trained adult, lifeguard at a local swimming pool or Scout camp.*

◆Activity 2: Swimming Ability Groups (Requirement 2: "*Learn the three swimming ability groups for Scouting America and water depths appropriate for each.***")** (Parent leader: _____)

- For safe swimming, Scouting requires that everyone be placed into an **Ability Groups**.
- Swim Areas:
  - Nonswimmers may swim in water **no more than waist to chest deep**.
  - Beginners may swim in water **standing depth and may extend to depths just over the head**.
  - Swimmers may swim in water **up to 12 feet in depth in clear water**.

- The swimming area for the different groups will be marked by ability groups and should be enclosed by physical boundaries such as the shore, a pier, or lines.
  - 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. Swimmers can swim in any of the three areas.

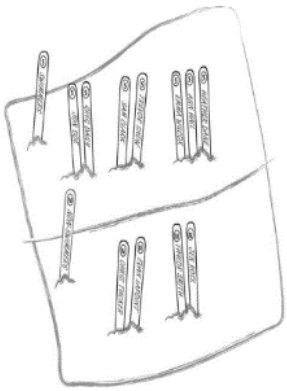
🔶Activity 3: Buddy System and Buddy Checks (Requirement 4: *"Demonstrate the use the buddy system, buddy checks, and ability groups with your den or an adult."*) (Parent leader: _____)

Buddy System. When we swim, every participant is paired with another.

- Before entering the swimming area gather Cub Scouts and adults. 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 Cub Scout and adults.
  - Have Cub Scouts and adults 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.
- Buddies stay together, monitor each other, and alert the safety team if either needs assistance or is missing.



- During any swimming time when a lifeguard or adult calls for a buddy check (every 10 minutes or as needed) you must exit the water with your buddy and hold your buddy's hand up.
  - Buddies are expected to exit the water and raise each other's hand before completion of an audible count to 10.
  - Buddies who take longer should be reminded of their responsibility for the other's safety.
  - A count will be done to make sure everyone is safe before anyone gets back into the water. After the count is confirmed, a signal is given to resume swimming.
- 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 or scraped into the soil or outlined with sticks on the ground.
  - Each camper's tongue depressor is stuck into the ground next to his/her 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.

◆Activity 4: Swim Test Time (Requirement 5: *"Attempt the Scouting beginner swim test."*) (Parent leader: _____) All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized Scouting swim classification tests:

- **Beginner Test:** Jump feet first into water over the head in depth.
  - Level off, and swim 25 feet on the surface.
  - Stop, turn sharply, resume swimming, and return to the starting place.
- **Swimmer Test:** Jump feet first into water over the head in depth.
  - Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl.
  - Then swim 25 yards using an easy resting backstroke.
  - The 100 yards must be completed in one swim without stops and must include at least one sharp turn.
  - After completing the swim, rest by floating.

◆Activity 5: Rescue Me (Reach Rescue and Throw Rescue) (Requirement 6: *"Demonstrate both a reach rescue and a throw rescue."*) (Parent leader: _____)

Explain to Scouts that wherever they go swimming, a lifeguard should be on duty to help. They will help any swimmers who get into trouble. But what if someone needs help and no lifeguard is around?

As a Bear Scout, you're not expected to do the rescue work of a trained adult – but there are some things you can do. **First, send a friend to call for help.**

If no adult is there, try to help from shore or the pool's edge.



- **Reach:** The first option: if the person is close to the edge of the shore or the pool, lie down and reach with your hand.
  - Be careful not to let the person pull you into the water.
  - If possible, anchor yourself to another person (have them hold you) or to a solid object like the edge of a dock.
  - If you can't reach by hand, reach with whatever is available, like a towel, a tree branch, a fishing pole, or a paddle craft paddle, a pool noodle, your long pants or shirt.
  - Pools should have poles, or even pool cleaning poles and nets you can reach for.



- **Throw:** The second procedure in the sequence, used when the person is too far out to reach, is to throw the person an aid.
  - Find something buoyant that you can throw so that they can use it to help float.
    - A float (like a ring buoy) with a line attached is best, but any light floating item or a rope by itself may be used.
  - Ring buoys are often found at hotel and apartment pools and are good devices for Cub Scout practice.
    - An accurate first toss is required if a line is not attached, but throwing a line takes practice.
    - If you have life jackets at hand, try throwing those.
  - Leaders may also fashion throwing devices from light floating line and a plastic jug with just a bit of water in it for weight.
  - A throwing rescue is best suited to poor swimmers in trouble.

Rescue Demonstration. Take Scouts to the shallow end of the swimming area. Tell them that they will be practicing both a reach and a throw rescue.

- You'll need rope (at least 20 feet in length), reaching devices (brooms, paddles, noodles), and a rescue flotation device (ring buoy, plastic jug, kickboard or even a drink cooler) to demonstrate this.

- Since you'll be at a pool for Activity 2, these will all be on site – if not, you may be at the wrong pool!
- Ask the lifeguard or staff if you can practice with these – maybe they would be willing to help instruct.

Reach: Tell Scouts they will be doing a reach rescue with their swim buddy:

- Have one Scout in the water.
- Have the second Scout lay on the swim deck so you are more stable and are closer to the victim's level.
- The second Scout should be sure to anchor themself, so they don't get pulled into the water.
- Reach out and pull your buddy to the edge of the pool.
- Have Scouts switch between victim and rescuer.
- (Feel free to repeat using a device like a towel or a pole or a paddle.)

Throw: Tell Scouts they will be doing a throw rescue with their swim buddy:

- Have one Scout in the water.
- Have the second Scout lay on the swim deck so you are more stable and are closer to the victim's level.
- The second Scout should be sure to anchor themself, so they don't get pulled into the water.
- Use your throw item, whether ring buoy or life jacket or water jug or cooler or other device.
- If you have a line on your device, pull in the victim. If not, talk the victim to get them to use the floatation device. Have Scouts switch between victim and rescuer.

◆**Activity 6: In The Water With Your Buddy (Requirement 3: "***Go swimming with your den, pack, or family for 30 minutes using the buddy system.***")** (Parent leader: _____)

- Scouts buddy with another Scout or an adult when they get into the water.
- Identify swim ability group for each Scout and adult. See the Activities above.
- Have fun 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 Bears 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/salmon-run/. 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. With your den or an adult, identify the attributes of qualified adult supervision at a swimming activity.

- Qualified Supervision Bear (Indoor; **1** of 5 Energy; **1** of 5 Supplies; **2** of 5 Prep Time)

2. **Learn the three swimming ability groups for Scouting America and water depths appropriate for each.**
   - Swimming Skills Set (Indoor; **1** of 5 Energy; **1** of 5 Supplies; **2** of 5 Prep Time)
3. **Go swimming with your den, pack, or family for 30 minutes using the buddy system.**
   - Go Swimming Bear (Travel; **5** of 5 Energy; **5** of 5 Supplies; **5** of 5 Prep Time)
4. **Demonstrate the use the buddy system, buddy checks, and ability groups with your den or an adult.**
   - Buddies in Swimming (Travel; **4** of 5 Energy; **3** of 5 Supplies; **3** of 5 Prep Time)
5. **Attempt the Scouting beginner swim test.**
   - Beginner Swim Test (Travel; **5** of 5 Energy; **4** of 5 Supplies; **2** of 5 Prep Time)
6. **Demonstrate both a reach rescue and a throw rescue.**
   - Reach and Throw Rescue (Travel; **4** of 5 Energy; **3** of 5 Supplies; **2** of 5 Prep Time)

The eight points of the Safe Swim Defense (some covered above):

1) **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 Scouting America Safe Swim Defense.
2) **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. You should never go swimming if you feel sick.
3) **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) **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) **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) **Ability Groups**. All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized Scouting 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) **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) **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.