Assembled Den Meeting Plan – WEBELOS (4th Grade)

This ***Assembled* Den Meeting Plan** combines ideas from Webelos Adventures Den Meeting Resources found at Scouting.Org (or from the requirements), 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) …

Webelos – 4th Grade

Aquanaut

A "Swimming" Adventure

ELECTIVE (2 "electives" are needed to earn Webelos Rank)

Snapshot of Adventure. Swimming is great exercise and a whole lot of fun. It is also an important skill to learn when you consider that 70 percent of the Earth is covered in water. In this Adventure, you'll discover how to enjoy swimming and how to respond to water emergencies. Time to grab your swimsuit and your buddy tag and hit the water.

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

This Den Meeting Plan adapts Activity content 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 Webelos Handbook

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

1. **State the safety precautions you need to take before doing any swimming activity.**
2. **Explain the meaning of "order of rescue" and demonstrate the reach and throw rescue techniques from land.**
3. **Learn how to prevent and treat hypothermia.**
4. **Attempt to tread water.**
5. **Attempt the Scouting America swimmer test.**
6. **Have 30 minutes, or more, of free swim time where you practice the Buddy System and stay within your ability group. The qualified adult supervision should conduct at least three buddy checks per half hour swimming.**

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 Aquanaut Adventure in the Webelos 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.

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: Safe Swimming (Requirement 1: "***State the safety precautions you need to take before doing any swimming activity.***")** (Parent leader: _____)

Share that before going swimming they will be learning how to be safe in and around the swimming area.

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 is trained in and committed to compliance with the 8 points of Safe Swim Defense.
2) **Personal Health Review** — Completing the Scouting Annual Health and Medical Record is required.
3) **Safe Area** — All swimming areas must be carefully inspected and prepared for safety prior to each activity.
4) **Response Personnel (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** — Lookouts continuously monitor the conduct of the swim, identifies any departures from Safe Swim Defense guidelines, alerts rescue personnel as needed, and monitors the weather and environment participate safely.
6) **Ability Groups** — All youth and adult participants are designated as swimmers, beginners, or nonswimmers based on swimming ability confirmed by standardized Scouting America swim classification tests.
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.
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.

Have discussion about each of the 8 points of Safe Swim Defense.

◆**Activity 2: Rescue Me (Reach Rescue and Throw Rescue) (Requirement 2: "***Explain the meaning of "order of rescue" and demonstrate the reach and throw rescue techniques from land.***")** (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 Cub 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 another device.
- If you have a line on your device, pull in the victim. If not, talk to the victim to get them to use the floatation device. Have Scouts switch between victim and rescuer.

◆Activity 3: Hypothermia Care (Requirement 3: *"Learn how to prevent and treat hypothermia."*) (Parent leader: _____)

Hypothermia (hi-poe-THUR-me-uh) is a condition that occurs when core body temperature drops below 95 degrees Fahrenheit. It is a medical emergency. In hypothermia, the body loses heat faster than it can produce heat, causing a dangerously low body temperature. Regular body temperature is around 98.6 degrees.

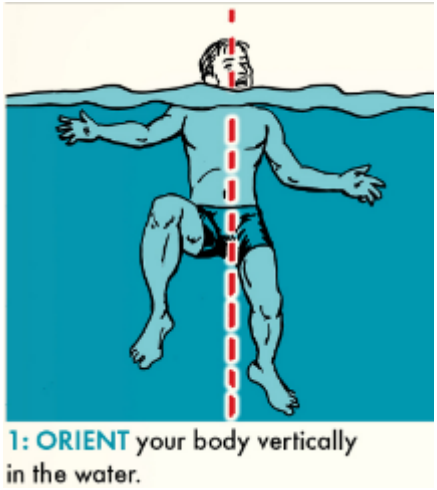
- Tell Scouts they are going to learn about how to treat and prevent hypothermia.
  - Teach Scouts signs of hypothermia, such as shivering, cold and pale skin, confusion, and weakness.
  - Explain to Scouts that if someone shows signs of hypothermia, they should move them to a sheltered area away from wind and rain.
  - Explain that wet clothing can accelerate heat loss. To treat hypothermia, remove wet clothes and replace them with dry ones.
  - Offer warm drinks to help raise the internal body temperature. Avoid caffeine as it can contribute to heat loss.



  - Group huddling can share body heat. Scouts can huddle together under blankets or in a group embrace.
  - Explain to Scouts that in severe cases or if the person's condition does not improve, they need to seek immediate professional medical assistance.
  - Emphasize to Scouts the importance of dressing warmly in cold weather and staying dry to prevent hypothermia. Teach Scouts to layer clothing for insulation.
- Break Scouts into groups of three.
  - Ask each group to select one Scout who will be the victim of hypothermia.
  - Ask victims to act out the signs of hypothermia.
  - Ask other group members to treat the hypothermic Scout.
  - After each group has had a chance to treat their victim, gather all Scouts together.
- Discuss with Scouts why knowing how to prevent and treat hypothermia is important.

◆Activity 4: Tread Water (Requirement 4: *"Attempt to tread water."*) (Parent leader: _____)

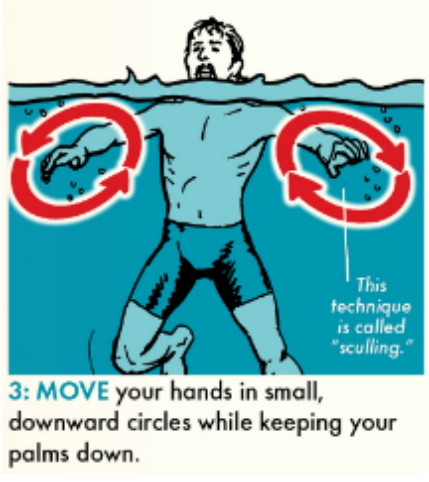
- Treading Water: Move your legs in a scissor kick or eggbeater motion.
  - This involves moving your legs in a circular or scissor-like pattern to help you stay afloat.
- Keep your arms in a relaxed position and move them in a circular or sculling motion to help maintain balance. Have Cub Scouts attempt to tread water.



1: ORIENT your body vertically in the water.



2: TILT your head back slightly.



3: MOVE your hands in small, downward circles while keeping your palms down.



4: LIFT your legs as if sitting in a low chair.



5: KICK both legs down and out, then bring them back up under the center of your body.



6: EXPERIMENT with the timing of your hand circles and kicks until the water is consistently at your chin level.

◆Activity 5: Swim Test Time! (Requirement 5: *"Attempt the Scouting America swimmer 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:

- **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.
- **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.

◆Activity 6: Free Swim! Buddy Checks! (Requirement 6: *"Have 30 minutes, or more, of free swim time where you practice the Buddy System and stay within your ability group. The qualified adult supervision should conduct at least three buddy checks per half hour swimming."*) (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 Swim Test Time activity above.
- 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.



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 Pins 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 Webelos will have earned the Adventure Pin for it. Make sure they are recognized for their completion by presenting the Adventure Pins 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/aquanaut/. 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. **State the safety precautions you need to take before doing any swimming activity.**
   - Learning the Swimming Safe Rules (Indoor; **1** of 5 Energy; **1** of 5 Supplies; **2** of 5 Prep Time)
2. **Explain the meaning of "order of rescue" and demonstrate the reach and throw rescue techniques from land.**
   - Order of Rescue Webelos (Travel; **4** of 5 Energy; **3** of 5 Supplies; **5** of 5 Prep Time)
3. **Learn how to prevent and treat hypothermia.**
   - Surviving the Chill (Indoor; **4** of 5 Energy; **2** of 5 Supplies; **2** of 5 Prep Time)
4. **Attempt to tread water.**
   - Treading Skills (Travel; **5** of 5 Energy; **4** of 5 Supplies; **5** of 5 Prep Time)
5. **Attempt the Scouting America swimmer test.**
   - Scouting America Swimmer Test Webelos (Travel; **5** of 5 Energy; **4** of 5 Supplies; **5** of 5 Prep Time)
6. **Have 30 minutes, or more, of free swim time where you practice the Buddy System and stay within your ability group. The qualified adult supervision should conduct at least three buddy checks per half hour swimming.**
   - Go Swimming Webelos (Travel; **5** of 5 Energy; **5** of 5 Supplies; **5** of 5 Prep Time)