

Aquanaut At-Home Work



Aquanaut is an elective adventure. If a Scout chooses to earn it, please complete the three tasks below **prior to the June 23, 2025** Den Meeting. *Please note that completing the tasks below are not enough to complete the adventure. A Scout must also attend and complete the activities at the Den Meeting.*

Three Tasks to Complete At-Home:

1. Scouts must read each of the eight parts of the Safe Swim Defense found below and then explain to their parents why each one is important.
2. Scouts are to learn about hypothermia by reading Page 2 of this document and then discuss the questions on Page 2 with a parent.
3. Parents must please complete the Scouting America Annual Health and Medical Record and bring it to the Den Meeting. It can be found here: <https://filestore.scouting.org/filestore/HealthSafety/pdf>. If a parent does not have a printer, please let me know and I will bring copies of the form to the Den Meeting for those who need it.

Reading: The Safe Swim Defense

In order to keep Scouts safe, the Safe Swim Defense must be followed whenever Scouts go swimming.

1. **Qualified Supervision:** All swimming activities must be supervised by a responsible adult who is age 21 or older who is trained in and committed to following with the eight points of Safe Swim Defense.
2. **Personal Health Review:** In order to make sure that a Scout is healthy enough for swimming, a parent/guardian must complete the Scouting America Annual Health and Medical Record. It must be updated every year.
3. **Safe Area:** All swimming areas must be carefully inspected and made safe before swimming.
4. **Response Personnel:** If a lifeguard is not on duty, then there must be one Scout Leader who has been trained to be the Supervisor. The Supervisor must select at least two adults to be Response Personnel. The Response Personnel must stay alert and act as a rescue team if there is an emergency.
5. **Lookout:** The Lookout, who can also be the Supervisor, must watch the conduct of the swimmers and make sure that the Safe Swim Defense is being followed.
6. **Ability Groups:** At the beginning of a swimming activity, Scouts must be tested to see if they are nonswimmers, beginners, or swimmers. Nonswimmers and beginners are to remain in the shallow area of the pool.
7. **Buddy System:** Every Scout must be paired with another Scout of a similar swimming ability. Buddies must stay together, watch each other, and tell an adult if the other one needs help or is missing.
8. **Discipline:** All swimmers must know the rules before swimming and follow them.

Reading: Hypothermia

Hypothermia occurs when the human body gets so cold that it cannot warm itself up again. This is dangerous because the organs in the body will stop working if they get too cold.

Someone might have hypothermia if they have been in cold temperatures and are:

- Feeling cold and numb (numb means you cannot feel part of your body).
- Feeling tired and unable to think normally.
- Unable to stop shivering.
- Unable to make good decisions.
- Feeling grumpy.
- Stumbling, falling, or trying to fall asleep.

To help someone with hypothermia, it is necessary to stop them from getting colder. The next thing is to try to warm up their body temperature in the following ways:

- Move them into a warm shelter
- Take them out of wet clothes and get them into dry clothes
- Wrap them in dry blankets or put them into a dry sleeping bag
- Cover their head while making sure not to cover their mouth and nose
- If they are able, have them drink warm liquids
- Call for help

Discuss these questions with a parent:

1. What is hypothermia?
2. How do you know if someone might have hypothermia?
3. What do you do if someone with hypothermia is wearing wet clothes or shoes?
4. What do you do if someone with hypothermia is outside in cold weather?
5. How else can you warm up someone who might have hypothermia?
6. We are learning about swimming. What does hypothermia have to do with swimming?