



Swimming Merit

Note: This merit may be earned by being certified by the American Red Cross as an Advanced Beginner or Level III swimmer or qualifying for an equivalent certification, OR performing the following requirements:

Red Cross certification completed

1. Holding your breath under water for fifteen seconds
2. Ten cycles of rhythmic breathing
3. Prone float and recovery
4. Prone glide with and without kick
5. Back glide with and without kick
6. Survival float for at least one minute
7. Crawl stroke or beginner stroke for twenty-five yards
8. Elementary backstroke for twenty-five yards
9. Jumping feetfirst into deep water, leveling your body and swimming twenty-five yards, then turning over on your back and returning to the starting point
10. Demonstrate the following safety skills:
 - a. Basic rescue techniques
 - b. The release of a cramp while in the water
 - c. The proper use of personal flotation devices

Leader's Initials

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