



Advanced Swimming Merit

Become certified by the American Red Cross as a Swimmer or Level V swimmer or qualify for an equivalent certification, OR complete the following requirements:

1. Demonstrate each of the following strokes:
 - a. 50-yard sidestroke, each side
 - b. 50-yard back crawl
 - c. 50-yard breaststroke
 - d. Endurance swim-crawl stroke for 200 yards

2. Demonstrate each of the following entries and dives:
 - a. Springboard dives: pike and tuck
 - b. Feet-first surface dive
 - c. Long shallow dive
 - d. One meter board-jumping entry, standing dive
 - e. Stride jump

3. Do a survival float for five minutes.

4. Tread water for five minutes.

5. Swim underwater for 25 feet.

6. Do open turns: front, side, and back.

Leader's Initials
Date _____

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7. Demonstrate the following safety skills:

- a. Artificial respiration
- b. The release of a cramp while you're in the water
- c. The proper use of personal flotation devices
- d. Out-of-water reaching assists
- e. Stride jump fully clothed: Remove shoes and clothing, then use shirt as a personal flotation device for three minutes.
- f. Stride jump fully clothed: Remove shoes and clothing, then use pants as a personal flotation device for three minutes.
- g. In-water rescue techniques, including those using rescue equipment

Leader's
Initials

Date _____

