



# APPLICATION



Name of Applicant \_\_\_\_\_ Unit \_\_\_\_\_

Chartered Organization \_\_\_\_\_ Unit Leader \_\_\_\_\_

Council \_\_\_\_\_

## Requirements

1. Before doing other requirements, successfully complete the BSA swimmer test: Jump feetfirst into water over the head in depth, swim 75 yards/meters in a *strong* manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards/meters using an easy, resting backstroke. The 100 yards/meters must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.
2. Discuss the importance of the *buddy system* in all aquatic activities, and explain specifically how the buddy system is to be used at all times, beginning with the fitting and adjusting of equipment.
3. Define snorkel swimming and diving; explain the function, fit, and selection of mask, fins, and snorkel. How is a safety vest used in snorkeling, and when must it be worn?
4. In confined, shallow (waist-deep) water, demonstrate the use of the following:
  - a. Defogging mask; equalizing pressure in mask, ears, and sinus cavities.
  - b. Snorkel, including the clearing of water at surface and resuming free breathing without removing snorkel from mouth.
5. In confined, shallow (waist-deep) water, demonstrate use of swim fins: (NOTE: Requirements should first be completed using only fins, and then repeated while wearing mask and snorkel.)
  - a. Fit and adjust fins to feet.
  - b. Swim at the surface (10 meters) and underwater (3 meters) using the flutter kick.
  - c. Control direction without using hands while swimming with fins at the surface and underwater.
6. In confined, deep water (maximum 12 feet), demonstrate:
  - a. Proper techniques for entering and exiting the water while wearing snorkeling equipment.
  - b. Headfirst and feetfirst surface dives, including proper body position for safe ascent and descent.
7. Using mask, fins, and snorkel, you and a buddy swim in a confined area of clear water 8-12 feet deep that has a firm bottom:
  - a. Locate and recover from the bottom an object weighing approximately 10 pounds.
  - b. Locate and recover from the bottom an object approximately the size of an automobile ignition key.
8. Explain what special preparation, training, and precautions are required for open-water diving; include survival skills. Understand and explain ascent and descent hazards of diving. Demonstrate knowledge of the diving environment in which you are to learn and practice. Explain the environmental factors that affect snorkeling. Discuss the special precautions for each of the following aquatic environments: ocean, stream, lake.
9. Explain pressure, buoyancy, and submerged optics and acoustics related to snorkel swimming and diving.
10. Discuss the effects of submersion in water on the body and how to handle potentially dangerous situations. What is cardiopulmonary resuscitation and under what circumstances should it be used?
11. Understand and explain hyperventilation.
12. Understand and explain hypothermia.
13. Explain and demonstrate divers' signs and signals, both audible and visual, for use at the surface and under water. Set out a divers' flag and explain its function. Explain the use of equipment markings.

Name of Counselor \_\_\_\_\_

Certifying Agency (BSA, NAUI, PADI, or YMCA) \_\_\_\_\_

Certification Expiration Date \_\_\_\_\_

The applicant named above has satisfactorily completed the Snorkeling, BSA, requirements.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# INFORMATION FOR COUNSELORS

## PURPOSE

The Snorkeling, BSA, requirements have been developed to introduce Scout-age children to the special skills, equipment, and safety precautions associated with snorkeling; to encourage the development of aquatics skills that promote fitness and recreation; and to provide a solid skills and knowledge foundation for those who later will participate in more advanced underwater activity.

## COUNSELORS

Any. Certified Aquatics Instructor, BSA, may serve as a counselor for the Snorkeling, BSA, Award. A person recognized and certified as a snorkeling instructor by the Professional Association of Diving Instructors (PADI), the National Association of Underwater Instructors (NAUI), or the Young Men's Christian Association (YMCA) also qualifies as a Snorkeling, BSA, counselor.

## RECOGNITION

The individual completing the official requirements will receive a recognition card and swimsuit patch. The completed award application should be submitted to the local council service center by the counselor or unit leader.

## PROGRAMMING

Instructions must be conducted in clear water, a swimming pool is recommended. Snorkeling, BSA, is ideally suited to winter programs using indoor pools. Three 45-minute sessions are recommended for instruction, practice, and completion of requirements.

## REFERENCES

For Snorkeling, BSA, requirements 3 through 13, a number of publications provide useful references:

J. Jannet, *Snorkel Diving for Young People* (NAUI 1979)

Ketels, *Safe Skin and Scuba Diving* (PADI 1975)

Wolfinger, *Snorkel Swimming and Breath Hold Diving* (Scubapro 1979).

Council for National Cooperation in Aquatics, *The New Science of Skin and Scuba Diving* (Associated Press)

## REQUIREMENTS

All requirements must be completed as stated on the application form. The counselor may not omit, vary, or add requirements. The requirements are presented in the order in which they should be taught to the Scout.

The second requirement considers the time-honored and time-proven principle of the buddy system. Snorkelers and divers must use the buddy system at all times. Before beginning the activity, each person helps his buddy fit and check the equipment. The principle of the buddy system is that two people can enjoy an aquatics activity together while each provides the critical margin of safety for the other. Each buddy must always be aware of the condition and circumstances of his buddy, and must always be prepared to give immediate assistance if needed.