



Supplemental Bear Den Meeting L

Swimming

Elective 19.

Preparation and Materials Needed

- ▶ Make arrangements for the boys to swim at a pool. Arrange for adequate adult supervision.
 - Have parents and leaders take the Safe Swim Defense online training at www.scouting.org/applications/myscouting.
 - If you've arranged for a lifeguard or supervisor at the pool to conduct instruction and lead the activity, provide them with a copy of this plan.
- ▶ Materials checklist (add to your den Cub tub of U.S./den flags, paper/pencils, other supplies):
 - Scouts and others to bring swimsuits and towels, sunscreen if needed.
 - Swimming belt loops for each Scout.

Before the Meeting

- ▶ Make final preparations with assistance from any assistant den leader or other parent helper, den chief, and/or denner. Organize the space (seating, flags, advancement charts, activity materials, handouts, etc.). If you're snacking, organize space for that and the cleanup.

Gathering

- ▶ Have a gathering activity (games, puzzles, other) that will keep Scouts interested and busy, and that others may join as they arrive. If the den desires, serve a healthy snack during this time.
- ▶ Collect dues, record attendance and any advancement completed at home (a good job for an assistant den leader). Assign parents to meeting roles and hand out a meeting plan to each.

Opening

- ▶ Flag ceremony (indoor or outdoor; rotate roles to complete **Achievement 3f**) with Pledge of Allegiance; the Cub Scout Promise or a patriotic song (of other opening).
- ▶ Consider a roll call, uniform inspection, or den yell.

Business Items

- ▶ Remind the boys of appropriate behavior, including safety considerations, at the site of your visit.
- ▶ Use this time to discuss participation in coming pack meetings or pack events, as needed.

Safe Swim Defense

Before a BSA group may engage in swimming activities of any kind, a minimum of one adult leader must complete Safe Swim Defense training, have a commitment card (No. 34243) with them, and agree to use the eight defenses in this plan.

Activities

- ▶ **Elective 19d:** Tell what is meant by the buddy system. Know the basic rules of safe swimming.
- ▶ **Elective 19a:** Jump feet first into water over your head, swim 25 feet on the surface, stop, turn sharply, and swim back.
- ▶ **Elective 19b:** Swim on your back, the elementary backstroke, for 30 feet.
- ▶ **Elective 19c:** Rest by floating on your back, using as little motion as possible for at least one minute.
- ▶ **Elective 19e:** Do a racing dive from edge of pool and swim 60 feet, using a racing stroke. (You might need to make a turn.)
- ▶ **Swimming belt loop:** Complete these three:
 - Explain the rules of Safe Swim Defense. Emphasize the buddy system.
 - Play a recreational game in the water with your den, pack, or family.
 - While holding a kickboard, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area.

Want More Fun Activities?

For the recreational game, you might play a water game, if permitted at your pool:

- ▶ Pool volleyball? Cannonball contest? Pool tag?
- ▶ Ping-pong race: Scout blows a ping-pong ball ahead of him as he swims a given distance. He cannot touch the ball with his body.
- ▶ Newspaper delivery: Each Scout swims a distance on his back carrying a newspaper, and hands the paper to a judge at the finish line. The judge decides the winner on the basis of whose newspaper remained the driest.
- ▶ Or play your den's favorite water games.



Closing

- ▶ Award (or recognize) any advancement completed at this meeting; thank hosts, guests, and helpers.
- ▶ Closing ceremony: Retire the colors (fold and return the flag), or have a den leader's minute with a Living Circle, or the Law of the Pack and den yell (or other ceremony).
- ▶ Hand out or send family information letter.

After the Meeting

- ▶ If you've changed the sequence of den meetings, double-check to make sure you will still advance your boys appropriately and check with the Cubmaster to make sure you stay coordinated with the pack.
- ▶ Refreshments: If appropriate
- ▶ Cleanup: Recruit enough help to do a good job. Scouts always leave an area as clean, or cleaner, than they found it.