ADVENTURER WATER SAFETY

1. Safe Entry & Swim	a		Perform a forward jump at least three metres into water greater than 1.5 metres deep fully clothed (long trousers, shirt, jumper, socks, as a minimum) and swim 50 metres. Remove clothing in deep water and demonstrate the use of trousers as a buoyant aid (inflated clothing).
	b		Use buoyant aid to support a tired swimmer for one minute, discard aid and tow patient 50 metres. maintaining a clear airway on the patient by correct positioning of the head.
	c		Swim 200 metres without an APFD, using it least four different strokes (not less than 25 metres for each stroke).
	d		Remain afloat for at least four minutes without the use of an APFD.
2. Rescue	e		Put on an APFD in water greater than 1.5 metres deep and swim 100 metres and remove it in water greater than 1.5 metres deep.
	a		Perform two simulated rescues (situation to be nominated by Adviser). A complete knowledge of non-contact, contact and assisted carries is essential. Knowledge of how to avoid contact with a violent patient and a thorough knowledge of defence methods and releases will be necessary.
	b	i	Knowledge of mouth-to-mouth resuscitation techniques when in deep water
		ii	Knowledge of mouth-to-mouth resuscitation techniques when at side of a pool, boat or dock with patient in the water
		iii	Knowledge of mouth-to-mouth resuscitation techniques when on land
3. Safety	a		Demonstrate a thorough knowledge of the safety rules of one of the following activities: swimming, windsurfing, power boating, water skiing, canoeing, sailing, yachting, board diving, spear fishing and snorkelling.
	b		Make a display/poster for your hall/shopping centre on an aspect of water safety.
	c		Give a short talk to a group of Cub Scouts on water safety as it applies to them.
4. Other			Have passed the requirements of Citizenship 2 at Adventurer Level.