EXPLORER WATER SAFETY

1. Safe Entry & Swim	a	i	perform a forward roll into deep water, fully clothed and swim 25 metres. Remove clothing retaining one item to use as a towing aid																						
		ii	use the item of clothing retained to tow a conscious, cooperative patient 20 metres. avoiding contact at all times.																						
	b	i	swim 100 metres without an APFD, including 50 metres using any of the resting strokes																						
		ii	remain afloat for at least four minutes without the use of an APFD																						
		iii	put on an APFD in deep water and swim 50 metres. Demonstrate the 'HELP' position																						
		iv	with at least two other Scouts demonstrate the 'huddle' position.																						
2. Rescue	a		using an improvised flotation device, use a safety jump to enter the water and swim to a conscious patient at least ten metres from shore. Use any tow method to return the patient to the shore																						
OR	b		perform an assisted carry with approach and tow of at least 30 metres, with a fully clothed conscious patient.																						
3. Safety			Present to the Adviser a list of at least ten major safety items suggested by clubs active in one of the following swimming, yachting, power boating, surfing, water skiing, canoeing, scuba diving, board diving.																						
4. Other			Have passed the requirements of Emergencies 1 at Explorer Level.																						
OR			Life Saving Badge at Bronze Medallion or higher																						