

2019 Scouts in Action Month -- Aquatics – and OAS Aquatics Stage 1 Introductory Skills

This program was run in an indoor 18-metre heated pool using a reserved single lane.

Pool safety/Aquatics safety

- Follow instructions – listen to adults
- No running on pool deck
- Enter pool feet first – sit and slide
- Show good manners
- What are some other safety rules?

Badgework

- Why is adult supervision important when swimming and being around water?
- How can you stay safe while playing in the water?
- How does the buddy system work in water?
- How do you signal for help in water?
- How do you maintain position when lost on water?
- What is a PFD and what is it used for?

Fun time

- Kick from side of pool – big and small kicks
- Make waves with body and arms
- Jump tall, jump small from crouching position
- Head, shoulders, knees and toes
- Simon says

Badgework

- Face in water, blow bubbles (like a whale)
- Treasure hunt – retrieve objects from bottom of pool
- Signal for help

Fun time

- Blow ping pong balls across pool
- Washing machine
- Red rover
- Red light, green light
- Walking race
- Tag and floating tag

Badgework

- Float 15 seconds
- Glide 5 metres on front
- Glide 5 metres on back
- Signal for help
- Swim 10 metres any stroke
- Use another stroke
- Name (and act out) 3 animals that live in the ocean

Fun time with buddies

- Bobbing see saw
- Race as a connected pair
- Towing
 - hold on to shoulders
 - pull by arms
 - pull by shoulders on back
- Thigh balance to back float

Badgework

- Review what enjoyed about participating in this swimming activity