

March Roundtable

CUB SCOUT INTEREST TOPIC AND SCOUT LAW CONNECTIONS FOR APRIL 2017

Cub Scout roundtable is a form of commissioner service and supplemental training for volunteers at the den and pack level. It is intended to give leaders supplemental training on BSA policies and procedures, as well as Cub Scout interest topics and ideas for program such as songs, skits, games, and ceremonies. The Cub Scout roundtable also provides an opportunity to share experiences and enjoy fellowship with others.

District: _____ Location: _____ Date: _____

CUB SCOUT INTEREST TOPIC: Aqua Cubs

POINT OF THE SCOUT LAW: Obedient

Cub Scout Roundtable—60-Minute Format			
Time Allotted	Activity	Assigned to	Content
20 minutes from start time	General Session		
2 minutes	Travel from general session to Cub Scout leader session		
Cub Scout Leader Session—Under leadership of Cub Scout roundtable commissioner (15 minutes)			
5 minutes	Ceremony/skit/song/game	Cub Scout roundtable team or participants	Swimming Pool Song
10 minutes	Cub Scout interest topic review and discussion	Cub Scout roundtable team	BSA policies and procedures on aquatics
	Tips for pack activity	Cub Scout roundtable team or participants	Swimming tags and buddy system
Cub Scout leader breakouts training option (20 minutes each group)			
20 minutes	Den leaders 1. Rank-specific discussion of Cub Scout interest topic 2. Hands-on activities	Cub Scout roundtable team	Tiger, Wolf, and Bear aquatic adventures reviewed
20 minutes	Webelos/Arrow of Light leaders 1. Rank-specific discussion of Cub Scout interest topic 2. Hands-on activities	Cub Scout roundtable team	Webelos/Arrow of Light aquatic adventure reviewed
20 minutes	Cubmasters 1. Position-specific discussion on Cub Scout interest topic 2. Hands-on activities	Cub Scout roundtable team	All rank aquatic adventures reviewed Supporting dens with aquatic locations and pack activities
20 minutes	Pack committee members 1. Position/unit-specific discussion on Cub Scout interest topic 2. Hands-on activities	Cub Scout roundtable team	Review aquatics safety section in <i>Guide to Safe Scouting</i>
Cub Scout leader session—all pack leaders combined training option			
20 minutes	Cub Scout interest topic review and discussion extension	Cub Scout roundtable team	Review aquatic adventures for all ranks Supporting dens with aquatic locations and pack activities Review aquatics safety section in <i>Guide to Safe Scouting</i>
Questions/answers, announcements, and closing			
2 minutes	Questions/answers Announcements	Cub Scout roundtable team	Opportunity to answer any additional questions related to the interest topic Share upcoming local Scouting events, activities, and trainings.
1 minute	Closing	Cub Scout roundtable team or participants	Have the group perform the Cub Scout Water Safety Chant.

End on time			
After the Meeting	Refreshments and fellowship for all	Cub Scout roundtable team or participants	Time for fellowship before cleanup is encouraged
	Team meeting for Cub Scout roundtable		Can be conducted now or at another time preferred by the team. Evaluate the current meeting; review attendance and plans for next meeting.

Cub Scout Adventures to Highlight

Tiger—Floats and Boats

Wolf—Spirit of the Water

Bear—Salmon Run

Webelos/Arrow of Light—Aquanaut

Cub Scout Interest Topic: Aqua Cubs

Safety around water is extremely important for everyone. We have many opportunities in Scouting to help teach water safety and swimming skills to our families. The buddy system, buddy tags, and Safe Swim Defense are essential tools that we can use to keep our Scouts and their families safe around the water.

The BSA Safe Swim Defense guidelines strongly recommend that all Scouting units engaging in swimming activities of any kind “have at least one adult or older youth member currently trained in BSA Aquatics Supervision: Swimming and Water Rescue or BSA Lifeguard to assist in planning and conducting” the activities Leaders should complete the Safe Swim Defense training available at my.scouting.org, carry their certification card (No. 34243), and agree to enforce the Safe Swim Defense plan. The plan applies to any place where Scouts may swim: at a beach, private or public pool, wilderness pond, stream, lake, or anywhere else.

The following information is specific to Cub Scout swimming activities:

- The buddy system is critically important, even in a public pool. Remember, even in a crowd, you are alone without protection if no one is attentive to your circumstances. At Cub Scouting events where parents participate with their children, parent and Cub Scout should be paired as buddies.
- At large water parks where several activity features are spread over a large area, unit leaders should base supervision on age. Den leaders should accompany Cub Scouts from area to area, serve as lookouts, and assemble everyone before moving en masse to the next feature. Although it may not be practical for the entire den to line up together for each activity, buddies should be in line together.
- In pool environments, stick to the rule that people swim only in water suited to their ability and with others of similar ability. Most public pools divide shallow and deep water, and this may be sufficient for defining appropriate swimming areas.

- Aquatics activities for dens often are held in backyards with swimming pools. Safe Swim Defense must apply. A certified lifeguard, though highly recommended, is not required. A qualified supervisor must be present. It is critical that the swimming activity be supervised by a conscientious adult who knowingly accepts the responsibility for the members involved in the activity.
- Free-flowing rivers are not recommended sites for Cub Scout swimming.

Interest Topic Song

Swimming Pool Song (Tune—“Sailing, Sailing”)

Swimming, swimming in my swimming pool,
When days are hot, when days are cold,
in the swimming pool.
Sidestroke, breaststroke, fancy diving too.
I'll bet you wish you never had
anything else to do, but . . .

Sing the song seven times, each time replacing a phrase with one of the actions below.

- Swimming, swimming: Imitate swimming action.
- In my swimming pool: Trace outline of pool.
- Days are hot: Wipe hand across forehead.
- Sidestroke: Do the sidestroke.
- Breaststroke: Do the breaststroke.
- Fancy diving: Imitate diving action.

Always end the song with the word “but,” and then repeat the action silently.

Tips for Pack Activity

Practice filling out swim tags and buddy up. Divide the floor into three sections, and assign Scouters to nonswimmers, beginners, and swimmers. Have them pretend to swim and yell “Buddy up.”

Closing: Cub Scout Water Safety Chant

"S" is someone's watching,
never swim alone.

"C" is check the rules,
know where you can roam.

"O" is only buddies
should go far from the shore.

"U" is know what you can do,
don't do any more

"T" is tell a grown-up
if someone's in need.

SCOUT shows safety.

Now you take the lead.

MARCH 2017 CUB SCOUT LEADER BREAKOUT SESSION

Den Leaders

Review individual rank requirements pertaining to swimming. Allow time for questions and answers to ensure all participants understand the requirements. Then have the group share ideas for activities that will include boys who do not swim.

Tiger Elective Adventure: Floats and Boats

1. Identify five different types of boats.
2. Build a boat from recycled materials, and float it on the water.
3. With your den, say the SCOUT water safety chant.
4. Play the buddy game with your den.
5. Show that you can put on and fasten a life jacket the correct way.
6. Show how to safely help someone who needs assistance in the water, without having to enter the water yourself.
7. Show how to enter the water safely, blow your breath out under the water, and do aprone glide.

Wolf Elective Adventure: Spirit of the Water

1. Demonstrate how the water in your community can become polluted.
2. Explain one way that you can help conserve water in your home.
3. Explain to your den leader why swimming is good exercise.
4. Explain the safety rules that you need to follow before participating in swimming or boating.
5. Show how to do a reaching rescue.

6. Visit a local pool or public swimming area with your family or Wolf den. With qualified supervision, jump into water that is at least chest-high, and swim 25 feet or more.

Bear Elective Adventure: Salmon Run

1. Explain the safety rules that you need to follow before participating in boating.
2. Identify the equipment needed when going boating.
3. Demonstrate correct rowing or paddling form. Explain how rowing and canoeing are good exercise.
4. Explain the importance of response personnel or lifeguards in a swimming area.
5. Show how to do both a reach rescue and a throw rescue.
6. Visit a local pool or swimming area with your den or family, and go swimming.
7. Demonstrate the front crawl swim stroke to your den or family.
8. Name the three swimming ability groups for the Boy Scouts of America.
9. Attempt to earn the BSA beginner swim classification.

Webelos Leaders

Review individual rank requirements pertaining to swimming. Allow time for questions and answers to ensure all participants understand the requirements.

Webelos/AOL Elective Adventure: Aquanaut

Complete 1–5 and any two from 6–10.

1. State the safety precautions you need to take before doing any water activity.
2. Recognize the purpose and the three classifications of swimming ability groups in Scouting.
3. Discuss the importance of learning the skills you need to know before going boating.
4. Explain the meaning of "order of rescue" and demonstrate the reach and throw rescue techniques from land.
5. Attempt the BSA swimmer test.
6. Demonstrate the precautions you must take before attempting to dive headfirst into the water, and attempt a front surface dive.
7. Learn and demonstrate two of the following strokes: crawl, sidestroke, breaststroke, or elementary backstroke.
8. Invite a member or former member of a lifeguard team, rescue squad, the U.S. Coast Guard, U.S. Navy, or other armed forces branch who has had swimming and rescue training to your den meeting. Find out what training and other experiences this person has had.

9. Demonstrate how to correctly fasten a life jacket that is the right size for you. Jump into water over your head. Show how the life jacket helps keep your head above water by swimming 25 feet. Get out of the water, remove the life jacket, and hang it where it will dry.
10. If you are a qualified swimmer, select a paddle of the proper size, and paddle a canoe with an adult's supervision.

Cubmasters

Review the requirements for all the rank adventures above. Make a list of local swimming areas for Cub Scouts to visit, including camps, but also discuss how they might have swimming outside of camp activities. Review all BSA swimming policies regarding training, tour plans, etc., and any additional policies at the local council or district level.

Pack Committee Members

Safety is of paramount importance at any BSA water activity. During the annual pack planning meeting, leadership should address all proposed water activities to be certain all required trainings will be completed before each event, that all boys will have the opportunity to participate in some manner, and that BSA policies are understood and followed.

- Refer leaders to the most current BSA policies in the *Guide to Safe Scouting* regarding any water activities.
- Review the training requirements before a water activity can be executed. (Safe Swim Defense training, etc.)
- Review administrative paperwork needs (tour and activity plans, permission slips, etc.)
- Review any policies specific to the local council regarding water activities.

MARCH 2017 CUB SCOUT LEADER COMBINED SESSION

Safety is of paramount importance at any BSA water activity. During the annual pack planning meeting, leadership should address all proposed water activities to be certain all required trainings will be completed before each event, that all boys will have the opportunity to participate in some manner, and that BSA policies are understood and followed.

- Refer leaders to the most current BSA policies in the *Guide to Safe Scouting* regarding any water activities.
- Review the training requirements before a water activity can be executed. (Safe Swim Defense training, etc.)
- Review administrative paperwork needs (tour and activity plans, permission slips, etc.)
- Review any policies specific to the local council regarding water activities.
- Review the pack's buddy tag system and ensure that the necessary supplies are available to all units.

- Review individual rank requirements pertaining to swimming. Allow time for questions and answers to ensure all participants understand the requirements.
- Have the group share ideas for water activities that will include boys who do not swim.
- Do council and district events provide opportunities for units to participate in water activities? Discuss ways to support dens with aquatic locations and pack activities.

RESOURCES

- Aquatics Safety, www.scouting.org/HealthandSafety/GSS/gss02.aspx
- *Aquatics Supervision*, No. 34346
- Safe Swim Defense, www.scouting.org/OutdoorProgram/Aquatics/safe-swim.aspx
- Safe Swim Defense Pocket Certificate, No. 34243
- Safety Afloat, www.scouting.org/HealthandSafety/Aquatics/safety-afloat.aspx