BEAR ELECTIVE ADVENTURES: SALMON RUN

Additional checkoff sheets and helps are available from ScouterMom.com.

Complete requirements 1–4 plus two others										
1. Explain the importance of response personnel or lifeguards in a swimming area. Tell how the buddy system works and why it is important.										
2. Visit a local pool or swimming area with your den or family. Go swimming or take a swimming lesson										
3. Explain the safety rules that you need to follow before participating in boating.										
4. Identify the safety equipment needed when going boating.										
5. Demonstrate correct rowing or paddling form. Explain how rowing and canoeing are good exercise.										
6. Show how to do both a reach rescue and a throw rescue.										
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. Earn the BSA beginner swim classification.										
Completed										
Presented										