

## **Aquanaut**

### **Pirates's Gold Hunt**

**Equipment:** Paint and 3/4-inch iron washers.

**Setting:** Pool

Gild 3/4-inch iron washers with gold paint. Scatter them over a roped-off area of water that is between knee and waist depth. On signal, the boys recover as many gold pieces as they can in an allotted time. Be sure boys have to duck for most of the gold pieces.

### **Water Polo**

**Equipment:** Ball

**Setting:** Pool

Use the entire pool as the playing area. Line the teams up at opposite ends of the pool and have them change sides after each score. Toss the ball in the center of the pool. The players may advance it by any means while they and the ball remain in the pool. A score is made by placing the ball in the goal at either end of the pool. The game consists of two 10-minute halves.

### **Table Waiter Race**

**Equipment:** Paper plate, stone or cork

**Setting:** Pool or lake

For this race each swimmer carries a paper plate containing a stone or cork on the plate when he crosses the finish line. If it falls off, the swimmer may replace it.

### **Towel Relay Rescue**

**Setting:** Pool or lake

Divide group into two teams. Station one boy from each team on the shore. Give him a bath towel. The other team members stand in shoulder-deep water, facing the shore. On signal, the boy on shore runs into the water, heaves an end of the towel to first teammate, and pulls him to shore. Boy just rescued jumps back into water and rescues next boy, etc.

### **Boat Safety Rules**

No horseplay.

No standing when moving.

Yield to the right.

No boating in stormy or windy weather.

If capsized, stay with the board.

### **Boating Tips**

- Hang onto a swamped boat. Rest for a while, then try to get back into the boat, or point the boat at shore, hold onto the back and kick your feet
- The person rowing usually sits on the middle seat (1). His passenger sits on the stern seat (2). If he has another passenger, he sits on the forward seat (3).
- The passenger should keep looking ahead to guide the person rowing.
- When getting into a rowboat, step into the center. For a high place step first onto the center of a seat. **(Do not jump.)**
- In some ways a rowboat is like a person. It can carry only so much. It can be caught off balance. It gets hurt if it slams into anything.

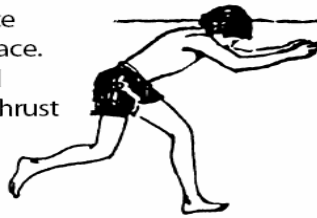
## Drownproofing

This technique for staying afloat indefinitely may give confidence to boys who fear the water and do not believe they can float. The steps are:

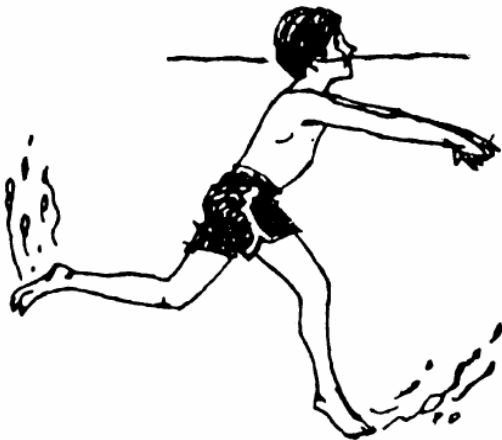
1. Relax completely. Be lazy. With lungs full of air, float face down, with back of neck on the surface. Rest for 3 seconds. This is not a test to see how long breath can be held under water.



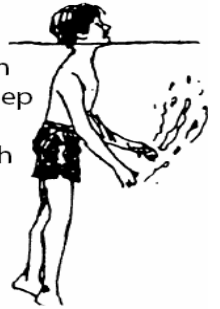
2. Get ready to raise face above the water surface. Extend arms forward slowly. Get ready to thrust downward with arms and legs.



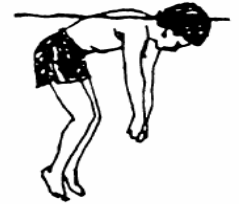
3. As head is raised to surface, exhale through nose and mouth. Shoulders should stay under the water.



4. Keep head straight and push downward with hands to keep head above water. Inhale slowly - there is no rush. With lungs again full of air, drop head forward and thrust downward and backward with arms and legs.



5. Relax. Hold breath. Let arms and legs dangle while floating forward and upward. Beginners should rest 3 seconds before doing Step 1 again. Experts rest 10 seconds. Avoid bobbing above or below surface.



- **Teach Basic Rescue Methods:** Illustrated by the words REACH, THROW, ROW and GO. (See *Webelos Scout Book*)
- **Make Kickboards:** Beginning swimmers can use these to practice kicking. Wooden kickboards can be made while working on the Craftsman badge. These can also be made from styrofoam.
- **Have Fun:** Remember that 15-20 minutes at one lesson is as long as boys maintain interest. Add water games, but make them short. Swimming is a very tiring sport. If the boys feel any fear of the water, generally it will disappear in the heat of a good water game or two.