

## LIFESAVING MERIT BADGE WORKBOOK

This Scoutmaster Bucky Merit Badge Workbook is based off the current *Scouts BSA Requirements*.

Consider also using the Lifesaving merit badge class preparation page for clarification and expectations when participating in a Scoutmaster Bucky merit badge opportunity ([online](#) or [in-person](#)).

<https://scoutmasterbucky.com/merit-badges/lifesaving/>

Scout's  
Name:

**REQUIREMENT 1:** Before doing requirements 3 through 15, review with your counselor the principles of Safe Swim Defense.

Completed

**REQUIREMENT 2:** Before doing requirements 3 through 15:

**REQUIREMENT 2 A:** Earn the [Swimming](#) merit badge.

Completed

**REQUIREMENT 2 B:** Swim continuously for 400 yards using each of the following strokes in a strong manner, in good form with rhythmic breathing, for at least 50 continuous yards: front crawl, sidestroke, breaststroke, and elementary backstroke.

Completed

**REQUIREMENT 3:** Explain the following:

**REQUIREMENT 3 A:** Common drowning situations and how to prevent them.

**REQUIREMENT 3 B:** How to identify persons in the water who need assistance.

**REQUIREMENT 3 C:** The order of methods in water rescue.

**REQUIREMENT 3 D:** How rescue techniques vary depending on the setting and the condition of the person needing assistance.

**REQUIREMENT 3 E:** Situations for which in-water rescues should not be undertaken.

**REQUIREMENT 4:** Demonstrate “reaching” rescues using various items such as arm, leg, towels, shirts, paddles, and poles.

Completed

**REQUIREMENT 5:** Demonstrate “throwing” rescues using various items such as a line, ring buoy, rescue bag, and free-floating support. Successfully place at least one such aid within reach of a practice victim 25 feet from shore.

Completed

**REQUIREMENT 6:** With your counselor’s approval, view in-person or on video a rowing rescue performed using a rowboat, canoe, kayak, or stand up paddleboard. Discuss with your counselor how effectively and efficiently the rescue was performed.

**REQUIREMENT 7:** List various items that can be used as aids in a “go” rescue. Explain why buoyant aids are preferred.

**REQUIREMENT 8:** Correctly demonstrate rescues of a *conscious* practice subject 30 feet from shore in deep water using two types of buoyant aids provided by your counselor. Use a proper entry and a strong approach stroke. Speak to the subject to determine his or her condition and to provide instructions and encouragement.

**REQUIREMENT 8 A:** Present one aid to a subject, release it, and swim at a safe distance as the subject moves to safety.

Completed

**REQUIREMENT 8 B:** In a separate rescue, present the other aid to a subject and use it to tow the subject to safety.

Completed

**REQUIREMENT 9:** Discuss with your counselor when it is appropriate to remove heavy clothing before attempting a swimming rescue. Remove street clothes in 20 seconds or less, enter the water, and approach a *conscious* practice subject 30 feet from shore in deep water. Speak to the subject and use a nonbuoyant aid, such as a shirt or towel, to tow the subject to safety.

**REQUIREMENT 10:** Discuss with your counselor the importance of avoiding contact with an active subject and demonstrate lead-and-wait techniques.

**REQUIREMENT 11:** Perform the following *nonequipment* rescues for a *conscious* practice subject 30 feet from shore. Begin in the water from a position near the subject. Speak to the subject to determine his or her condition and to provide instructions and encouragement.

**REQUIREMENT 11 A:** Perform an armpit tow for a calm, responsive, tired swimmer resting with a back float.

Completed

**REQUIREMENT 11 B:** Perform a cross-chest carry for an exhausted, responsive subject treading water.

Completed

**REQUIREMENT 12:** In deep water, show how to escape from a victim's grasp on your wrist. Repeat for front and rear holds about the head and shoulders.

Completed

**REQUIREMENT 13:** Perform the following rescues for an *unconscious* practice subject at or near the surface 30 feet from shore. Use a proper entry and strong approach stroke. Speak to the subject and splash water on the subject to determine his or her condition before making contact. Quickly remove the victim from the water, with assistance if needed, and position for CPR.

**REQUIREMENT 13 A:** Perform an equipment assist using a buoyant aid.

Completed

**REQUIREMENT 13 B:** Perform a front approach and wrist tow.

Completed

**REQUIREMENT 13 C:** Perform a rear approach and armpit tow.

Completed

**REQUIREMENT 14:** Discuss with your counselor how to respond if a victim submerges before being reached by a rescuer, and do the following:

**REQUIREMENT 14 A:** Recover a 10-pound weight in 8 to 10 feet of water using a feetfirst surface dive.

Completed

**REQUIREMENT 14 B:** Repeat using a headfirst surface dive.

Completed

**REQUIREMENT 15:** Demonstrate management of a spinal injury to your counselor:

**REQUIREMENT 15 A:** Discuss the causes, signs, and symptoms of a spinal injury.

**REQUIREMENT 15 B:** Support a faceup subject in calm water of standing depth.

Completed

**REQUIREMENT 15 C:** Turn a subject from a facedown to a faceup position in water of standing depth while maintaining support.

Completed

**REQUIREMENT 16:** Demonstrate knowledge of resuscitation procedure:

**REQUIREMENT 16 A:** Describe how to recognize the need for rescue breathing and CPR.

**REQUIREMENT 16 B:** Demonstrate CPR knowledge and skills, including rescue breathing, on a mannequin under the guidance of a current CPR/AED instructor trained by a nationally certified provider.

\_\_\_\_\_  
Certified CPR Instructor Name

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Certified CPR Instructor Signature

\_\_\_\_\_  
Date

Approved

**REQUIREMENT 17:** With your counselor, discuss causes, prevention, and treatment of other injuries or illnesses that could occur while swimming or boating, including hypothermia, dehydration, heat-related illnesses, muscle cramps, sunburn, stings, and hyperventilation.