

Snorkeling, BSA Application

Name of Applicant _____

Council _____

Unit Number _____

Name of Counselor _____

Qualification _____

Signature _____

Date _____

Requirements

1. Before doing other requirements, successfully complete the BSA swimmer test: Jump feetfirst into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.
2. Discuss the importance of the buddy system in all aquatics activities, and explain specifically how the buddy is to be used at all times in snorkeling, beginning with the fitting and adjusting of equipment.
3. Define snorkel swimming and diving; explain the function, fit, and selection of mask, fins, and snorkel. Explain circumstances in which an inflatable flotation vest should be worn for snorkeling.
4. In confined, shallow (waist-deep) water, demonstrate the following:
 - (a) Defogging a mask; equalizing pressure in your mask, ears, and sinus cavities.
 - (b) Using a snorkel, including the clearing of water at the surface and resuming free breathing without removing the snorkel from your mouth.
5. In confined, shallow (waist-deep) water, demonstrate the use of swim fins: (**Note:** Requirements should first be completed using only fins, and then repeated while wearing a mask and snorkel.)
 - (a) Fit and adjust fins to feet.
 - (b) Swim at the surface (10 yards) and underwater (three yards) using the flutter kick.
 - (c) Control direction without using your hands while swimming with fins at the surface and underwater.
6. In confined, deep water (maximum 12 feet), demonstrate:
 - (a) Proper techniques for entering and exiting the water while wearing snorkeling equipment.
 - (b) Headfirst and feetfirst surface dives, including proper body position for safe ascent and descent.
7. Show knowledge of snorkeling signals:
 - (a) Demonstrate divers' signs and signals, both audible and visual, for use at the surface and underwater.
 - (b) Set out a diver down flag and explain its function.
8. In clear, confined water 8–12 feet deep that has a firm bottom, while swimming with a buddy, use mask, fins, and snorkel to locate and recover an object from the bottom.
9. Demonstrate basic survival skills:
 - (a) Float facedown for five minutes while breathing through a snorkel with a minimum of movement.
 - (b) Demonstrate survival floating for five minutes without use of a snorkel.
 - (c) Using fins, show how to tow an exhausted or unconscious buddy to safety.
10. Review and explain the eight points of Safe Swim Defense and BSA Snorkeling Safety. Explain training, preparations, and precautions required for snorkeling in open water. Explain environmental factors that affect snorkeling and discuss special precautions needed for oceans, streams, and lakes.
11. Explain pressure, buoyancy, and submerged optics and acoustics related to snorkel swimming and diving.
12. Discuss the effects of submersion on the body and how to handle potentially dangerous situations:
 - (a) What is hyperventilation and how is it avoided?
 - (b) What are the symptoms and consequences of hypothermia?
 - (c) Why is CPR training recommended for those participating in swimming and snorkeling activities?