



Pre camp swim classification tests

What: This is an opportunity for your unit to have your annual BSA swim classification check done under the supervision of NCAC-approved aquatics personnel.

Who: Any NCAC unit (Pack, Troops and Crews).

Up to 20 tests per 30 minute session

Where: Camp Snyder pool

When: June 3. 30 min blocks starting at 1pm, last session starting at 4pm

Cost: \$3 per participant

Registration deadline: May 30



Aquatics Supervision Training: Swimming and Water Rescue (SWR) & Paddle Craft Safety (PCS)



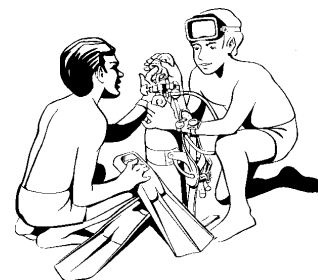
What: This is the hands-on, in/on water training for supervisors of any scouting swimming or boating activity. It covers the skills needed to

meet Safe Swim Defense and Safety Afloat policies applied at the unit level. This is the training referenced in BSA's Safe Swim Defense and Safety Afloat guidelines. The training consists of a classroom portion and water sessions. Safe Swim Defense training and Safety Afloat training are prerequisites for these courses.

Who: Older youth (min. 15 years old) and adult leaders.

Where: Camp Snyder and Goshen Scout Reservation waterfronts in 2018. Classroom sessions run 9am-Noon. Water sessions run 1pm to 5pm.

Cost: \$55 (includes the required course text – Aquatics Supervision No. 34737) \$25 if you already have the book



Scuba BSA



What: This is an introductory/try-it scuba experience that does not result in scuba certification. It covers the requirements of the Scuba BSA award. It is not the Scuba Diving merit badge.

Who: Any Boy Scout-aged youth or adult.

Maximum 8 participants per session

Where: Camp Snyder pool

When: June 10. 1.5 hour sessions at 1, 2:30, and 4pm

Cost: \$25 (includes all equipment)

Registration deadline: Jun 4

Paddle Craft Safety Basic

Class Date	Registration Deadline
6 May 18	30 Apr
29 Sep 18	24 Sep

Swimming and Water Rescue

Class Date	Registration Deadline
9 Jun 18	4 Jun
11 Aug 18	6 Aug

Paddle Craft Safety River

Class Date	Registration Deadline
12 May 18	30 Apr
6 Oct 18	24 Oct

Scout Challenge Canoe Race

<http://www.american canoe.org/page/ScoutChallenge>
June 2 2018 Fredericksburg, VA



Mile Swim BSA

To work on this award outside of summer camp, contact
Chuck Frizzelle
frizzelle04@yahoo.com
(703) 439-0514



Canoeing Merit Badge Counselor Training

This training is held as an add-on component to the in-water Paddle Craft Safety sessions. See www.ncacbsa.org/aquatics for more information

Register for any of these programs at
www.ncacbsa.org/aquatics

Safe Swim Defense (SSD) and Safety Afloat (SA) Training



What: BSA Safe Swim Defense and Safety Afloat training is required for any BSA unit conducting swimming or boating activities.

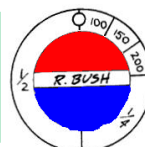
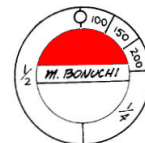
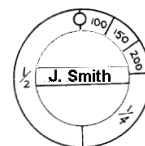
Who: Adult leaders supervising a swimming/boating activity must have completed Safe Swim Defense/Safety Afloat training within the previous two years.

Where: SSD and SA training is available online at scouting.org. NCAC also offers this training at Pow Wow and University of Scouting. The in-person training must be presented by qualified trainers.

When: Pow Wow – Oct 28 2017
University of Scouting—Feb 24 2018

Camp Snyder Aquatics Work Day—Saturday, May 5 2018

Come out and help us get Camp Snyder's pool and waterfront ready for a summer full of aquatics fun !



**Want to help with aquatics
for youth in our area?
Consider joining our NCAC
Aquatics Committee**

We meet 4 times per year:

Dec 7 2017 Fairfax VA

Mar 15 2018 Bethesda MD

Jun 17 2018 Haymarket VA

Sep 20 2018 Bethesda MD

Dec 6 2018 Fairfax VA



**American
Red Cross**



CPR/AED Pro and First Aid Training

BSA & American Red Cross Lifeguard

What: BSA Lifeguard is professional level training that meets the requirements of government agencies for professional lifeguards at regulated swimming activities. The course will include American Red Cross Lifeguarding/First Aid/CPR/AED Certification in addition to BSA Lifeguard training.

Who: The program is open to all registered adults and older youth (minimum age 15). It is a recommended adjunct to the Aquatics Supervision awards for unit leaders who wish to expand their water safety. Youth who wish to work on the aquatics staffs at BSA camps need this training. Participants must attend all scheduled sessions.

How: This course includes the Red Cross blended-learning Lifeguarding course. This requires participants to complete 7 1/2 hours of online training at their convenience before the May 30 session. The online training allows us to minimize the classroom lecture time.

Where: Manassas & Haymarket VA

When: May 20 2-4 pm - prerequisites & orientation, Manassas VA

June 2&3, June 9 9am—5pm Haymarket VA **Cost:** \$130

Registration deadline: May 12

What: This the CPR/AED for Professional Rescuers and First Aid training that is required for BSA Lifeguard requirement #6. This training is usually not included in non-Red Cross BSA Lifeguard training courses. The course will use the Red Cross blended-learning versions of CPR/AED for the Professional Rescuer and First Aid. That means you will do on-line work before the in-person skills session so we can minimize the classroom time. Successful completion of course requirements will result in 2 American Red Cross certifications.

Where: Camp Snyder, VA

When: Saturday, May 19, 2018 Registration deadline: May 14

Saturday, Sept 20, 2018 Registratin deadline: Sept 15

Cost: \$65 or \$55 - \$55 plus \$10 for CPR pocket mask (if you don't have one)

Maximum registrations: 6



Register for any of these programs at www.ncacbsa.org/aquatics

For more information contact Mike Meenehan 703-400-2176

mmmeenehan@cox.net



**Memorial Day Weekend
Lake Phoenix, VA
www.scubajam-va.org**



NCAC Aquatics Committee



The National Capital Area Council's Aquatics Committee enhances local aquatics activities by being the center of effort for recreational and instructional programs in, on and under the water. The goal of the committee is to further the aims of scouting at the unit, district and council levels through safe, enjoyable aquatics programming. Key activities include training for both youth and adults, programming, advancement, and safety. A primary role is attracting, developing and retaining qualified leadership to support those activities. The committee consists of volunteer specialists who work closely with other NCAC committees that have joint aquatics responsibilities.

For more information please visit the Aquatics Committee webpage at www.ncacbsa.org/aquatics



Aquatics Committee Activities

The NCAC Aquatics Committee activities include, but aren't limited to:

Training

Work with the council Leadership Development (training) committee to provide aquatics training for adults and youth:

- Safe Swim Defense and Safety Afloat
 - Basic swimming and boating skills training for unit leaders
 - Basic water-rescue skills training for unit leaders
 - Development of unit aquatics activities for unit leaders
 - Camp aquatics staff training in:
 - Aquatics skills
 - Aquatics safety, including lifeguarding
 - Basic canoeing
 - Non-swimmer instruction
- Paddle Craft Safety Course
Swimming and Water Rescue Course
Effective teaching of aquatics skills
Basic crew rowing
Basic whitewater

Program

Provide and promote a broad array of basic and high-adventure swimming and boating activities to support all parts of the Scouting program:

- Promote learn-to-swim programs for all Scouts and especially for Cub Scouts by providing opportunities and incentives to learn to swim.
- Conduct BSA swim tests
- Whitewater canoe, kayak, rafting trips
- Snorkeling BSA Kayaking BSA Boardsailing BSA Scuba BSA Mile Swim BSA Stand Up Paddleboarding BSA
- Promotion of aquatics high adventure—Northern Tier, Sea Base, and others
- Enhanced aquatics activities during day camp and resident camp sessions for both Cub Scouts and Boy Scouts
- Special aquatics camp sessions for Boy Scouts and Venturers with emphasis on activities not available during regular summer camp sessions
- Winter swim programs with learn-to-swim and advancement opportunities for Cub Scouts, Boy Scouts, and Venturers
- Coordination with other councils to promote programs and resources
- Implementation and promotion of the aquatics portions of the national Red Cross and Boy Scout agreements and key interface with the assigned Red Cross aquatics liaison in the designated local chapter of the Red Cross
- Coordination with other agencies (e.g., YMCA, NAUI, PADI, American Canoe Association, etc.) for joint programs or use of facilities

Advancement

Promote advancement opportunities for youth:

- Cub Scout electives and sports award for swimming
- Webelos Aquanaut
- Second Class and First Class requirements
- Swimming and Lifesaving merit badge clinics (non-summer camp)
- Canoeing merit badge (non-summer camp)
- Resources for all aquatics-related merit badges

Safety

Actively assess safe operation of council- and district-led aquatics activities, including summer camp, and promote aquatics safety at the unit level.

Promotion of Safe Swim Defense and Safety Afloat at the district and unit levels

Pre-camp swim classification testing

Review of council and district safety training and procedures for aquatics activities, including day and resident camps

Inspection of summer camp and other council and district aquatics activities facilities and equipment

Want to help with the NCAC Aquatics Committee or need more information? Contact:

Mike Meenehan, NCAC Aquatics Committee, 703-400-2176 mmmeenehan@cox.net

Michael Snowdon, NCAC Aquatics Committee Staff Advisor, Michael.snowdon@scouting.org

Do you want to conduct swimming or boating activities with your Scouts?

Then here is what you need to know!

Some activities have higher health and safety risks associated with them than others. BSA has an enviable safety record when it comes to aquatics activities. A major reason for this is that BSA requires all aquatics activities to be conducted according to BSA's Safe Swim Defense and Safety Afloat guidelines. That is why BSA requires that all swimming and activity afloat must be supervised by a mature and conscientious adult age 21 or older who is trained and committed to the nine points of BSA Safety Afloat and/or the eight points of Safe Swim Defense.



What is Safe Swim Defense and Safety Afloat?

SSD and SA are BSA safety guidelines that must be followed when conducting aquatics activities with your Scouts.

How do I get trained?

SSD and SA training are available either online or in-person. The on-line version is available at www.my.scouting.org. The in-person version is available at NCAC training events such as Pow Wow and University of Scouting. It is also available at summer camp waterfronts. The training can be arranged to be presented at local training events such as Roundtables.

How long is the training?

Each module takes about 45 minutes to complete.

How long is the training valid?

The training must be renewed every two years.

Does the training teach me the safety skills I need to know?

No. The simple introduction to rules and procedures should allow a conscientious leader to assess his/her readiness to conduct a unit aquatics activity. However, the policies suggest or mandate various skills that cannot be learned in a lecture or online. To fill that gap are two hands-on courses that provide the unit leader with basic skills. Aquatics Supervision: Swimming and Water Rescue and Aquatics Supervision: Paddle Craft Safety provide in-depth training in Safe Swim Defense and Safety Afloat principles along with basic swimming, boating, and rescue skills.

Where can I get more information?

Your NCAC Aquatics Committee is a great source of information about scouting aquatics. See www.ncacbsa.org/aquatics

for more information.





Pre-Camp Swim Classification Tests



Saturday, June 3 2018
Camp William B. Snyder Pool
Haymarket, Virginia
1pm - 4pm

This is an opportunity for your unit to have your annual BSA swim classification check done under the supervision of NCAC-approved aquatics personnel at the Camp William B. Snyder pool. A unit swim classification record will be issued by NCAC Aquatics personnel to each unit showing the swim classification (swimmer, beginner, non-swimmer) of each participant. This event is open to all NCAC units.

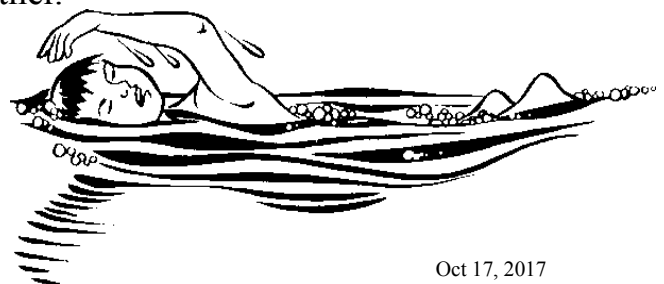
Units must register online at www.ncacbsa.org/aquatics



for a 30 minute block. Up to 20 tests can be administered during a block. Available times start at 1:00pm, 1:30, 2:00, 2:30, 3:00, 3:30, 4:00 pm. Cost is \$3 per participant. Minimum preregistration is 10 per unit. Smaller groups will be handled on a walk-in, pay-onsite, space available basis. The registration deadline is May 29.

Note: Although these swim tests are being conducted prior to summer camp, the camp aquatics director is expected to review or retest any scout or leader whose skills appear to be inconsistent with his classification. Additionally, the camp aquatics program director is authorized to retest any Scout or group of Scouts at his discretion. Goshen Scout Camp waterfronts require swim classification tests to be conducted at Goshen in Lake Merriweather.

For more information contact Camp Snyder 571-248-4904. This opportunity is brought to you by the National Capital Area Council Aquatics Committee.



BSA Swimming & Water Rescue Course Information

This course provides BSA leaders with information and skills to prevent, recognize, and respond to swimming emergencies during unit swimming activities. It expands the awareness instruction provided by *Safe Swim Defense* training. Persons completing the training should be better able to assess their preparation to supervise unit swimming events. The BSA recommends that at least one person with this training is present to assist with supervision whenever a unit swims at a location that does not provide lifeguards. This training is open to any registered adult leader, Scout, Venturer, or Explorer who is age 15 or older. A council approved instructor must directly supervise all training. The course takes approximately eight hours and is valid for three years.

Although the training is professional lifeguards, the course is not a lifeguard training. *BSA Lifeguard* training for the other hand, this course that may not be covered in programs such as: preventative system and swim classification area in diverse situations; the use of equipment; and emergency



consistent with training provided *Swimming & Water Rescue* course and is not a substitute for summer camp aquatics staff. On addresses important information generic lifeguard training measures, including the buddy tests; how to set up a safe swim of non-standard rescue action plans in remote settings.

Therefore, BSA leaders with lifeguard training from other agencies are encouraged to complete this course prior to supervising unit swim activities in remote settings.

Adult and youth first aid training, including CPR, is an important safety consideration for all Scouting activities, not just swimming.

First aid training is not included in the *Swimming & Water Rescue* course with the expectation the leader has addressed this need separately, as noted in the course material and on the training card.

BSA Swimming and Water Rescue Requirements

Course Prerequisites

- Be age 15 years or older prior to training
- Submit health review (Part B only, will be collected at the course)
- Have current BSA swimmer classification and Safe Swim Defense training (is available online at <https://myscouting.scouting.org/>)

Swimming Ability

- Complete the BSA Swimmer Test
- Recover a 10-pound weight from 8 feet of water.

Water Skills

- Administer both the BSA *beginner* and *swimmer* classification tests.

-Demonstrate reaching assists from deck, side and shallow water using items such as arms, legs, towels, rescue tubes, and poles.

-Twice demonstrate throwing assists using items such as lines, ring buoys, throw bags, and free-floating supports. Successfully place at least one such aid within reach of a subject 25 feet from shore.

-Demonstrate stride jump and compact jump entries into deep water.

-Demonstrate an accompanied rescue for a conscious subject in deep water 20 feet from shore. Enter the water with a buoyant aid, present the aid to the subject, release it, and accompany the subject to shore. Speak to the subject throughout the assist to provide clear instruction and encouragement.

-Demonstrate a contact rescue for an unconscious subject at or near the surface in deep water 20 feet from shore:

Approaching the subject from the front, use a wrist tow to move the subject to shore. During the approach, confirm that the subject is passive.

Approaching the subject from the rear, use an armpit tow to move the subject to shore. During the approach, confirm that the subject is passive.

With the assistance of one other person, and without the aid of a backboard, remove an unconscious subject from the water at the edge of the pool or pier and check for breathing and circulation.

Practice in-water rescues of both conscious and unconscious subjects using a variety of flotation aids.

-Demonstrate the following defensive actions:

Front head-hold escape

Rear head-hold escape

-Demonstrate a line-and-tender rescue as both the swimmer and the line tender.

-Demonstrate in-line stabilization for a suspected spinal injury in shallow water:

For a face-up subject

For a face-down subject

-Demonstrate a line-and-tender rescue as both the swimmer and the line tender.

-Demonstrate in-line stabilization for a suspected spinal injury in shallow water:

For a face-up subject

For a face-down subject.

Knowledge Development

Correctly answer 80 percent of the questions on the *Swimming and Water Rescue* written exam covering Safe Swim Defense, emergency action plans, surveillance, victim recognition, and water rescue. Review any incomplete or incorrect answers.

NCAC Swimming and Water Rescue Course Information

The Swimming and Water Rescue course has 4 major components:

- 1) Course Prerequisites
- 2) Classroom session
- 3) Written test
- 4) In-the-water session

The course prerequisites should be completed before the classroom session is conducted. Registrants must be 15 years old before the first class session. Part B of the BSA annual Health and Medical Record should be brought to the first class session. The BSA swimmer classification must have been achieved within the past 12 months.

Component 2 is held as a three hour classroom session. The *required* textbook for #2 & #3 is BSA Aquatics Supervision publication (No. 34737). It serves as the text for the course and is the standard reference on policies and skills covered during the course. Exam questions for BSA Swimming and Water Rescue are taken from the review questions of Sections I and II beginning on pages 43 and 135. Participants should be ready take the written test at the end of the classroom session. They should be familiar with Sections 1 & II before coming to the class. Experience has shown that it is unlikely that the written test can be successfully completed without reviewing the appropriate sections in the Aquatics Supervision book since all the test material is NOT covered during the classroom session.

Component 4 takes about 4-6 hours of in-water work. Participants will get wet during the session, so be prepared. The BSA swim test must be completed prior to participation in component #4.

Successful completion of all four course components results in a Swimming and Water Rescue course completion card being awarded. Cards expire 3 years after completion.

Register online ncacbsa.org/aquatics. Register early to ensure your place in the course. A minimum of three participants is needed one week before the course. If there are not sufficient registrations one week before the course it will be cancelled (we will attempt to contact you).

The \$50 SWR course registration fee includes the required textbook, the classroom session, and the water session. If you already have the Aquatics Supervision manual then the course fee is \$20. Please note that the same book is used for this course and the BSA Paddle Craft Safety course.

Swimming and Water Rescue 2018 Course Schedule	
<u>Date</u>	<u>Registration Deadline</u>
9 June 2018	4 June
11 Aug 2018	6 Aug

SWR Classes are held at the Hylton Training Center, Camp William B. Snyder 6100 Antioch Road, Haymarket, VA 20169.

Contact the lead instructor, Jenna Kwon (jlevine1213@gmail.com), if you have any questions.

BSA Paddle Craft Safety Training Courses

Float trips are popular Boy Scout and Venturing activities. Safety Afloat awareness training provides guidelines for safe float trips and is required of unit leaders, but does not provide the skill training mandated by those guidelines. BSA Paddle Craft Safety courses expands Safety Afloat training to include the skills, as well as the knowledge, needed for a unit leader to confidently supervise canoeing or kayaking excursions on flat and moving water. Persons completing the training should be better able to assess their preparation to supervise paddle craft activities. The training is open to any registered adult leader, Scout, Venturer, or Explorer who is age 15 or older. The training must be conducted by a council approved instructor, takes roughly eight hours and is valid for three years.

There are multiple versions of the course—Basic Canoeing, Basic Kayaking (flat water skills) and River Canoeing, River just that—introductory flat is done on moving water and safely lead downriver float trips.



Kayaking. The Basic course is water skills. The River course covers the skills needed to

The Basic course is offered by Snyder on Haymarket VA. It followed by a nearby on/in flat course is scheduled for the course. The River course

video so that is done at the conclusion of the Basic course at Camp Snyder to make it convenient for those taking part in both courses. Leaders attending the River course only will have to attend the video review session on the previous weekend.

NCAC at Camp William B. consists of a classroom session water session. The River weekend after the Basic requires viewing/discussing a

The training can be arranged for your Unit or District at your location if there will be 6 or more enrolled in the course.

Paddle Craft Safety Basic Course Requirements:

Course Prerequisites

- Current Safety Afloat training (can be done online at scouting.org)
- At least 15 years old; Submit health review (Part B only, will be reviewed at the course);
- Complete BSA swimmer test;
- Have current Safety Afloat training (available online at myscouting.scouting.org/)

Personal Safety Skills

- Select a lifejacket of appropriate size and demonstrate proper fit.
- Demonstrate the feet-up floating position used if caught in a current.
- Demonstrate H.E.L.P and Huddle positions; Capsize and swim a boat to shore.

Basic boating skills

Demonstrate the following maneuvers on calm water using standard stroke techniques:

- Transport boat from rack or trailer to water's edge

- Safely board and launch the craft.
- Travel in a straight line for 50 yards.
- Stop the craft.
- From the stop, move the boat sideways first to the right, then to the left.
- From the stop, pivot the boat to the right, then to the left.
- Return to shore along a curved course demonstrating both left and right turns while underway
- Land, safely exit and store the craft.

Group safety skills

- Throw a rescue bag, laying the line within 3 feet of an object 30 feet away.
- Demonstrate a boat rescue of a swimmer.
- Demonstrate an on-water boat-over-boat assist.

Knowledge development

- Correctly answer 80% of the questions on the Paddle Craft Safety written exam covering Safety Afloat, trip preparation, emergency action plans, and basic boating knowledge. Review any incomplete or incorrect answers.

NCAC Paddle Craft Safety Basic Course Information

The Paddle Craft Safety Basic course has 4 major components:

- | | |
|-------------------------|------------------------------------|
| 1) Course Prerequisites | 2) Classroom session |
| 3) Written test | 4) On/in-the-water boating session |

The course prerequisites should be completed before the classroom session is conducted. Safety Afloat training is available online at www.scouting.org. Registrants must be 15 years old before the first class session. Part A of the BSA annual Health and Medical Record should be brought to the first class session. The BSA swimmer classification must have been completed within the past 12 months.

Component 2 is held as a three hour classroom session. The required textbook for #2 & #3 is BSA Aquatics Supervision publication (No. 34737). It serves as the text for the course and is the standard reference on policies and skills covered during the course. The written exam is taken directly from the material in Section I (p. 43-45) and Chapters 12 through 20 in Section III (p. 278-282) of the text. Participants should be prepared to take the written test at the end of the classroom session by being familiar with Sections I & III before coming to the class. Experience has shown that it is unlikely that the written test can be successfully completed without reviewing the appropriate sections in the Aquatics Supervision book since all the test material is NOT covered during the classroom session.

Component 4 takes about 4-6 hours of on/in-the water work. Participants will get wet during the session, so be prepared. The BSA swim test must be completed prior to participation in component #4. This course involves boating and therefore abides by the Personal Health Review criteria of BSA's Safety Afloat guidelines. Since the activity is not unduly strenuous and lasts less than 72 hours, only a health history (BSA Annual Health and Medical Record, Part A) is

required. Participants must present their health history before participating in any water activities.

Successful completion of all four course components results in a Paddle Craft Safety Basic course completion card being awarded. Cards expire 3 years after completion.

Paddle Craft Safety- River Requirements

1. Prerequisites:

- A. Submit written evidence of physical fitness
- B. Have current Safety Afloat training.
- C. Have current training in Aquatics Supervision: Paddle Craft Safety- Basic for the appropriate craft.
- D. Demonstrate or provide evidence of current ability to complete the 100 yard BSA swimmer classification.

2. View and discuss the ACA/BSA video “Reading the Rhythms of Rivers and Rapids”.

3. Do the following during an instructor-led canoe or kayak trip of at least three miles down a flowing river with Class I or Class II features, including standing waves, a downstream V, and a large eddy. A segment that includes isolated Class II+ or Class III rapids that can be portaged is appropriate, but not necessary. Features and water levels must be consistent with the safe performance of the requirements.

- A. Transport boat from trailer or carrier to river’s edge. Safely board and launch the boat into a current.
- B. Review the effect of basic flat-water strokes in moving water, demonstrating the ability to stay parallel with the current.
- C. Demonstrate knowledge of river signals to communicate with other boats.
- D. Perform a controlled swamp in a current, safely exit the craft, and guide it to shore.
- E. Swim feet first in a current without a boat and catch a throw bag deployed from shore.
- F. Successfully deploy a throw bag to a person fulfilling requirement 3E.
- G. If canoeing, demonstrate a cross draw stroke. If kayaking, demonstrate a low brace.
- H. Demonstrate ability to cross the current using a front ferry.
- I. Demonstrate an eddy turn.;
- J. Demonstrate peel out of an eddy.
- K. Stop above a rapid indicated on a river map. Scout the rapid to determine how best to run the rapid and then run it.
- L. Stop above a hole, low-head dam, or other feature indicated on a river map. Scout and portage the feature, even if it can be safely run.
- M. Land, safely exit, and load the boat for transport.

4. Write a float plan for a troop, crew, or ship covering the stretch of river used for training.

NCAC Paddle Craft Safety River Course Information

As with any river activity, the PCS River course requires preparation to ensure a safe experience. Part of that preparation involves reviewing the ACA/BSA video “Reading the Rhythms of Rivers and Rapids” and generating a float plan for the stretch of river used for training. Those items are covered in a session the week before the on-river session. They are done at the conclusion of the PCS Basic course held at Camp Snyder. Completion of the PCS River course requires attendance at the planning/review session along with successful demonstration of the PCS River course skills.

NCAC Paddle Craft Safety Course Registration Information

Register online ***ncacbsa.org/aquatics***

The \$55 PCS Basic course registration fee includes the required textbook, the classroom session, water session and all required equipment. If you already have the Aquatics Supervision manual then the course fee is \$25. Please note that the same book is used for this course and the BSA Swimming and Water Rescue course. The registration fee for the PCS River course is \$25 which includes all required equipment.

2018 Paddle Craft Safety Basic Course Schedule	
<u>Date</u>	<u>Registration Deadline</u>
6 May	30 April
29 Sept	24 Sept
2018 Paddle Craft Safety River Course Schedule	
Planning session 6 May	30 April
River session 12 May	
Planning session 29 Sept	24 Sept
River session 6 Oct	

For more info: Tom Ryan tdryanjr@gmail.com (Basic course)

Mark Wray redshoestwo@juno.com (River course)



ACA | Canoe - Kayak - SUP - Raft - Rescue
503 Sophia Street, Suite 100
Fredericksburg, VA 22401
Phone: 540-907-4460
Fax: 888-229-3792

www.americancanoe.org/GRWCR

Scout Challenge

Saturday, June 2, 2018
Fredericksburg, Virginia



The Scout Challenge is a tandem canoe race that occurs on the first Saturday in June each year in conjunction with the Great Rappahannock Whitewater Canoe Race (www.americancanoe.org/GRWCR) and Rock the River FXBG (www.rocktheriverfxbg.com).

Proceeds from this 38th annual race support Friends of the Rappahannock, the ACA Stream-to-Sea Initiative, the Fredericksburg Fire Department's River Rescue Team, and the Fredericksburg Chapter of Team River Runner.

Competitors:

- Boy Scouts, Girl Scouts, Sea Scouts & Venture Crews

Race Course:

- Rappahannock River - from Old Mill Park to City Dock
- Approximately 1.8 river miles of moving water

Classes - all races are in tandem canoes:

- Men
- Women
- Mixed (1 male / 1 female)

Logistics:

- Tandem canoes are provided courtesy of the Virginia Outdoor Center
- Scouts must register and pay online or on-site
- Waivers must be signed; if an individual is under 18 years of age, a parent or guardian must sign a Minor Waiver

2018 Information (*Old Mill Park*):

- Thursday, May 31, 2018 - 5:30pm - Practice Date
- Saturday, June 2, 2018 – Race Date
 - Location: Old Mill Park, Fredericksburg, VA
 - On-site Registration: before 2pm
 - Race Starts: 2:30pm

Additional information, including maps, registration and waivers can be found at:
www.americancanoe.org/grwcr

For additional questions pertaining to the Scout Challenge, please contact volunteer Race Director Mike Robinson at mhrobin@msn.com.

Making the World a Better Place to Paddle! Since 1880.

Boy Scouts of America and American Red Cross Lifeguard Training 2018



Do you need training for your Lifeguarding job for the summer?

Dates/Times

May 12 Registration Deadline!!

May 20 2-4 pm, Sea Dragon Aquatic Center, 9446 Taney Road; Manassas, VA 20110

- Prerequisite swim test and orientation

June 2-3 & 9 9am-5pm Camp William B. Snyder, Haymarket VA

Note: You must attend ALL sessions to complete the course

This course will use the Red Cross blended learning option that requires approximately 7 1/2 hours of online study before June 2. This allows us to reduce the amount of time needed for the pool-side classes.

Certifications

You will earn the following certifications by successfully completing this course:

-American Red Cross Lifeguarding/First Aid/CPR/AED

-BSA Lifeguard

What do you need:

Cost: \$130

-You must be at least 15 years old

-You must supply a BSA Annual Health and Medical Record form signed by a physician (Parts B & C). You must be approved for swimming activities

-You must demonstrate the following at the prerequisite swim test: swim continuously for 550 yards, including at least 100 yards of each of the following strokes in good form: front crawl, breaststroke, elementary backstroke, and sidestroke. Immediately following the swim you must tread water for two minutes using no hands (your hands must be under your armpits).

-You must be able to, starting in the water, swim 20 yards using a front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, surface, swim with the object 20 yards back to the starting point, and exit the water, all within 1 minute, 40 seconds.

-You will need to furnish a swim mask, snorkel and fins (all other equipment is provided)

-You will need to bring a bag lunch for each day of the weekend sessions.



**American
Red Cross**

**Register early since the course is
limited to the first 16 participants!**

Online Registration: www.ncacbsa.org/aquatics



CPR/AED for Professional Rescuers and First Aid Training



May 19 and September 15, 2018
Camp William B. Snyder



This is the training required for, but usually not included with, BSA Lifeguard. (BSA Lifeguard requirement #6). So this is a good idea if you are planning on earning BSA Lifeguard this summer.

The course uses the blended learning method. This combines online sessions done at your convenience with the scheduled hands-on in-classroom skills session.

You will have a 2 week window to complete the 4 hr online components. The in-person skills session are Saturday, May 19 and September 15 from 9am-Noon at Camp Snyder. You only need to attend one session.



In order to attend the in-person session, students must pass the assessment at the end of the online session and print a copy of their online completion certification to submit to the instructor at the in-person session.

Certifications that will be issued upon successful completion:
-American Red Cross CPR/AED for Professional Rescuers and Health Care Providers
-American Red Cross First Aid



Course materials: Participant Handbooks for both courses will be furnished in digital form to the students.

Cost: \$55 plus \$10 for CPR mask, if you don't have one. Total of \$65

Online registration is available at ncacbsa.org/aquatics For more information contact Mike Meenehan
Maximum course registration: 6 (703-400-2176) mmmeenehan@cox.net
Registration deadline: Spring class May 14; Fall class Sept 10





SCUBAJAM VIRGINIA

*"The most fun you can have
Scuba Diving outside of SeaBase!"*



Labor Day Weekend Lake Phoenix—Rawlings, Virginia

SCUBA DIVERS Wanted!

ScubaJam is an opportunity for youth who are certified scuba divers to enjoy a great weekend camping and diving with their friends.

Offering a well supervised and scout friendly ScubaJam at Lake Phoenix provides some of the best inland diving on the east coast and events and challenges to keep the fun rolling while developing scuba skill s and leadership.

Fun * Convenient * Affordable

Prizes & Scuba Scholarships!

Last year the event, sponsored by scuba manufacturers, training agencies and dive centers throughout the region, provided over \$7,000 in merchandise and promotional items and \$2,750 in scholarships to allow youth to advance their scuba and leadership training within the sport.

For more information, contact ScubaJam Virginia

www.ScubaJam-VA.org

www.facebook.com/ScubaJamVA



Not Yet a SCUBA DIVER?

Scuba is an adventurous and rewarding lifetime activity that develops nurtures an awe and respect for nature while allowing an intimacy with it that is not possible above water. It is a great activity, but requires some training and maturity.

Get Started with SCUBA BSA!

Ask your local dive center or your favorite scuba instructor to provide your group with this very affordable experience program. A great activity for everyone in your group. It is both educational and challenging and can easily be done locally.

Move on with the BSA Scuba Merit Badge!

Earning the scuba merit badge requires time and keen interest and it is not as affordable as some other merit badges, but for those with the interest and capacity it will open and whole new world of wonders. Again your local dive center or instructor can help you.

Find a Youth Oriented Dive Center or Instructor.

Check the listing on the reverse or contact ScubaJam Virginia! They would love to help make scuba diving happen for interested youth.

Dive Center Sponsors

The dive centers listed below are the center of scuba diving in their communities. Together with their respective training agencies, they have demonstrated their commitment quality education excellent service to the public and particularly their enthusiasm for helping youth enter and grow in the sport.

Call them! They will be delighted to help you introduce your group to scuba diving, to help find dive pros to work with you and do everything to allow you to come to ScubaJam!

Northern Virginia

Fredericksburg, VA

The SCUBA Shack
(540) 373-1030
www.ScubaShackVA.com

Manassas, VA

Blu Water Scuba
(571) 379-7000
www.BluWaterScuba.com

Virginia Scuba
(703) 369-0098
www.VaScuba.com

Occoquan, VA

Patriot Scuba
(703) 490-1175
www.PatriotScuba.com

Woodbridge, VA

Woodbridge Scuba
(703) 878-4365
www.WoodbridgeScuba.com

Maryland

Baltimore, MD

Get Out and Dive
(202) 203-9518
www.GetOutAndDive.com

Tidewater Virginia

Portsmouth, VA

Chesapeake Bay Dive Center
(757) 398-3483
www.CBDCScuba.com

Virginia Beach, VA

Lynnhaven Dive Center
(757) 481-7949
lindsey@ldcscuba.com

Shenandoah Valley

Harrisonburg, VA

Scuba Buddy's
(540) 433-3337
www.Scuba-Buddys.com

Winchester, VA

Scubaventures Dive Center
(540) 539-1615
www.scubaventure.com

Central Virginia

Brunswick, Va

Brunswick Scuba
(434) 955-0304
www.BrunswickScuba.com

Charlottesville, VA

Dive Connections
(434) 964-9200
www.Connect2Diving.com

Rawlings, VA

Lake Phoenix
(804) 716-2199
www.lake-phoenix.com

Richmond, VA

The Dive Shop
(804) 270-0700
www.TheDiveShopRichmond.com

North Carolina

Greenville, NC

Rum Runners Dive Shop
(252) 439-4390
www.RumRunnersDiveShop.com

Raleigh, NC

Gypsy Divers
(919) 255-1931
www.GypsyDivers.com



Many thanks to our generous and involved sponsors ...



1754 Timberwood Blvd.; Charlottesville, VA 229
www.ScubaJam-VA.org * facebook.com/ScubaJamVA



Scuba BSA

Sunday
June 10, 2016

Camp William B. Snyder Pool

Scuba BSA introduces participants to the special skills, equipment, and safety precautions associated with scuba diving, encourages aquatics activities that promote fitness and recreation, and provides a foundation for those who later will participate in more advanced underwater activities.

The Scuba BSA experience contains two parts—Knowledge Development and Water Skills Development. During the first part, participants learn basic dive safety information and overview skills to be used during their water experience. The Water Skills Development session introduces essential dive skills, such as mask clearing, regulator clearing, and alternate air source use.

This is an introductory, try-it scuba experience. It does not result in certification for diving on your own. It is not the BSA Scuba Diving merit badge. Many people decide to go on and take a certification course after trying scuba.

The 1.5 hour Scuba BSA sessions start at 1, 2:30, and 4pm. This is for any scout-aged youth or adult. Maximum of 8 participants per one hour session. Preregistration is required since each participant must complete a medical questionnaire. Cost is \$25 per person. Registration deadline is June 4. A scuba medical statement (available at <http://www.scouting.org/filestore/HealthSafety/pdf/padi.pdf>) will need to be completed for this activity. Completion of the form may require a physician's approval.

All you need to bring is your swimsuit and a towel!

Registration is available on www.ncacbsa.org/aquatics

If you have questions, contact:

Mike Meenehan (703) 400-2176 mmmeenehan@cox.net



Earn the Scuba Diving Merit Badge at Camp Snyder this summer!



August 18-19 & 25-26 2018

You will get your PADI Open Water Diver Certification at the end of this two weekend course. PADI is the Professional Association of Diving Instructors, the largest and most widely recognized scuba certifying organization in the world.

The Open Water Training course at Camp Snyder includes:

- orientation session
- classroom instruction sessions
- pool training sessions
- 4 open water dives
- quarry admissions
- use of all equipment
- air fills
- dive logbook
- text book
- electronic recreational dive planner
- Scuba BSA award
- Scuba Diving Merit Badge
- PADI Open Water Certification Card

All this will open the door to a whole new underwater world of fun and adventure for only \$550

How old do I have to be?

This course is for Scouts and Adults least 11 years old. Participants younger than 15 years old will receive PADI Junior Open Water Diver Certification. 15 years and older receive PADI Open Water Diver Certification.



Do I need a physical exam?

Certain medical conditions may preclude safe diving. You will be given a confidential PADI medical form to complete regarding your medical history. If you have any of the medical conditions which may make diving inadvisable, written permission from your doctor will be required before you begin scuba training. The medical questionnaire will be available at www.ncacbsa.org when registration starts.

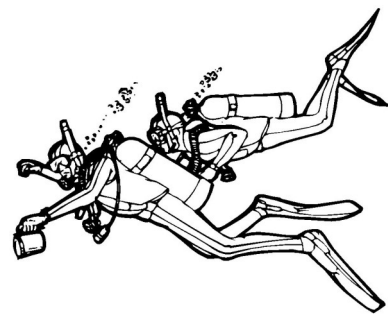
How is the class structured and when is it?

The class begins with a two-hour orientation session several weeks before the start of the first classroom session on Aug 5 (1-3 pm at Camp Snyder). At that session you will be given your textbook, a PADI electronic recreational dive planner, and an instructional DVD to view at home prior to the classroom. You will also complete all the PADI administrative paperwork needed before starting your training (so be sure to have a parent/guardian at the orientation for signatures on required paperwork). You will then have several weeks before the first session to do your independent study by reviewing the textbook and answering the questions at the end of

each of the five modules. The classroom sessions will start at 9am at Camp Snyder on Aug 18 & 19. The pool sessions will follow the classroom session. Each evening will conclude about 5pm at Camp Snyder. The required open water training dives will take place at a quarry in Fredericksburg Virginia on Saturday and Sunday Aug 25 & 26. We meet at the quarry at 10am and are done by 1pm. Since certification is performance based, participants must attend all classroom/pool sessions and the final open water dives. Makeup sessions outside this schedule will require additional fees. A separate Scuba Diving Merit Badge counseling session will be held on Aug 26 from 4-6 pm at A.B. Sea's Diving in Fairfax Station VA where you will turn in the rental dive gear used for the class. Cost of the counseling session is included in the course fee. If you are already scuba certified but not in the class, the Scuba Diving Merit Badge session fee is \$5. Preregistration is required.

What skills will I learn?

You will learn how to plan a dive; manage your equipment; enter and exit the water; control your breathing and buoyancy; recover and clear your regulator and mask; breathe from alternate air sources; perform various emergency and safety procedures; use a diving instrument console; and navigate underwater using basic compass skills. You will also have to complete a 200-yard swim using any stroke you are comfortable with and then float/tread water for 10 minutes.



How big is the class?

The class is limited to 16 students. There will be at least 2 instructors and 2 assistants to guarantee that you will get the individual attention that you need.



What about all that equipment?

It is recommended, but not required, that you have your own mask, snorkel and fins. However, you do not have to buy any scuba equipment nor will you be pressured to. During the first pool session you will be fitted with a complete set of equipment to use throughout your training. Just bring your bathing suit, a towel and your enthusiasm. All equipment is furnished by A.B. Sea's Diving.

What does it cost and how do I register?

The complete course cost is \$550. The full fee is due when you register. All registration will be done online via the NCAC website at: www.ncacbsa.org/aquatics. The four required forms will be available for downloading from the website. You can download the forms and complete them before the orientation session. Register early because we expect the course to fill up fast! A small waiting list will be maintained. The last day to register is 30 July 2018.

Cost for the Scuba Diving Merit Badge counseling session on August 26 is included in the course fee. The cost is \$5 if you are not in the Camp Snyder Scuba course.

Where can I get more information?

Contact the course director, Mike Meenehan at mmmeenehan@cox.net (703-400-2176)

Introductory Snorkeling and Scuba Diving Opportunities for Scout Groups

Snorkel BSA Award



The Snorkeling BSA award has been developed to introduce Scout age children to the special skills, equipment, and safety precautions associated with snorkeling; to encourage the development of aquatics skills that promote fitness and recreation; and to provide a solid skills and knowledge foundation for those who later will participate in more advanced underwater activity.

No minimum age, one-hour classroom session (can be done at a unit meeting), one hour deep end pool session.

Cost: \$25 per person (4 person min)

Scuba BSA Award



Scuba BSA introduces qualified Boy Scout, Venturing, and registered adult participants to the special skills, equipment, and safety precautions associated with scuba diving, encourages aquatics activities that promote fitness and recreation, and provides a foundation for those who later will participate in more advanced underwater activity.

Minimum age: Any registered Boy Scout. One hour classroom session (can be done at a unit meeting), one hour shallow end pool session.

Cost: \$25 per person (4 person min. If a subsequent scuba class is taken with A. B. Sea's, a free log book binder will be included)

Discover Snorkeling



70% of the world lies just below the surface and the Discover Snorkeling is the first step towards exploring the underwater world. Take your first step with confidence with helpful tips and suggestions to make the most of your glimpse into the watery world.

Snorkeling is the use of a mask to see underwater and a snorkel to breathe comfortably while looking down from the surface. Snorkelers may also use fins and buoyancy vests. Snorkelers generally stay on the surface, although they may perform occasional dives to get a better look at something below.

No minimum age, conducted in shallow end of pool. (30-60 mins)

Cost: \$20 per person (4 person min)



Discover Scuba

The PADI Discover Scuba program lets you experience the thrill of diving under the supervision of a PADI Professional in a pool. During your adventure, you'll master some basic concepts of scuba diving and .

Discover Scuba Minimum age: 10 years old. One hour classroom session, one hour shallow end pool session. Includes Scuba BSA award requirements. (classroom can be done on your location at a scout meeting(preferred), at night or just prior to the pool session)

Cost: \$25 per person (if a subsequent scuba class is taken with A. B. Sea's, a free log book binder will be included) (2 person min)



PADI Skin Diver

Skin divers use masks, snorkels, fins and buoyancy vests to both snorkel on the surface and dive down below. Skin divers are proficient at properly adjusting their equipment and buoyancy, equalizing air spaces while diving and clearing their snorkels of water. Skin divers generally venture further than snorkelers and may make frequent surface dives.

Minimum age: 8 years old. One hour classroom session, one-hour deep end pool session, includes Snorkel BSA Award requirements and PADI Skin Diver certification card. (classroom can be done on your location at a scout meeting(preferred) or during a weeknight)

Cost: \$35 per person (4 person min)



Scuba Review

Is your group already scuba certified and want to refresh your skills with certified instructors before taking that trip? If so, a scuba review session is just what you need.

Cost: \$25 per person

Note: All programs require a parent/guardian signature on releases/statement of understanding. Costs include all necessary equipment rental and pool admission. If you have a pool, we can come to your location too!

To register, schedule or discuss any of these opportunities contact:
A.B. Sea's Diving 703-819-6920 (abseas2@aol.com) or
Mike Meenehan 703-503-5356 (mmmeenehan@cox.net)