



5th Grade Webelos Scouts



Fifth-Grade Webelos Den Meeting #1

Aquanaut activity badge (complete), Family Member activity badge (completion)

Preparation and materials needed:

- Plan this den meeting at the end of the summer, just before the beginning of the school year. Families of any nonswimmers should take swim lessons over the summer to prepare for the Aquanaut activity badge at the end of the summer.
- At least one month in advance, make arrangements with an outdoor or indoor pool. Ask a lifeguard or water safety instructor to work with the boys. Give the Aquanaut activity badge and Swimming belt loop requirements to the lifeguard at least a week in advance.
- Arrange to have personal flotation devices available, as well as equipment for reaching and throwing rescues.
- Submit a Local Tour Permit Application to your council service center two weeks before this activity. (The Local Tour Permit Application can be found at www.scouting.org/CubScouts/CubScoutingForms/forms and on the CD in the Resources folder on the main menu)
- Send permission slips for this aquatic outing to each family, to be returned as boys arrive at the site.
- A minimum of one adult leader must complete Safe Swim Defense online training at the BSA Online Learning Center. Sign into the Online Learning Center through the MyScouting portal (www.scouting.org/applications/myscouting).
- Remind boys to bring their completed Family Member activity badge requirements to this meeting.
- Bring a U.S. flag and the den flag.

Gathering:

- Collect permission slips as boys arrive.
- Collect den dues.
- Record attendance.
- Collect Family Member activity badge requirements and record additional requirements completed over the summer.

Opening ceremony:

- A Webelos Scout should plan and lead the flag ceremony.

- Recite the Pledge of Allegiance, the Cub Scout Promise, Law of the Pack, Scout Oath, and/or Scout Law.

Advancement:

Aquanaut activity badge requirements:

1. Jump into water over your head. Come to the surface and swim 100 feet, at least half of this using a backstroke.
2. Stay in the water after the swim and float on your back and your front, and demonstrate survival floating.
3. Put on a personal flotation device (PFD) that is the right size for you. Make sure it is properly fastened. Wearing the PFD, jump into water over your head. Show how the PFD keeps your head above water by swimming 25 feet. Get out of the water, remove the PFD, and hang it where it will dry.
4. Do a front surface dive and swim under water for four strokes before returning to the surface.
5. Explain the four basic water rescue methods. Demonstrate reaching and throwing rescues.
7. Pass the BSA "swimmer" test:
 - Jump feet-first 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.
 - After completing the swim, rest by floating.

The 100 yards must be completed in one swim without stops and must include at least one sharp turn.
8. While you are a Webelos Scout, earn the Cub Scout Sports belt loop for Swimming.

Closing:

- Snack.
- Hand out family information letter. (A sample family information letter can be found at www.scouting.org/CubScouts/Resources and on the CD in the Resources folder on the main menu.)

The Webelos Scouts who participated in den meeting #1 should now have earned the Aquanaut activity badge. Those completing Family Member activity badge requirements during the summer have earned the Family Member activity badge. These should be presented to qualifying Webelos Scouts at the next pack meeting.

Next Up:

- For den meeting #2, instructional material for ultimate can be obtained from your local parks and recreation department, library, or university or college athletic department. Another resource is the Ultimate Players Association Web site

(www.upa.org). Video papers are available at this site for various plays and strategies for the game; click on Physical Educator Outreach.

- Bring plastic playing discs, a U.S. flag, and the den flag.

At this time of year, area Boy Scout troops will hold various recruiting events, including open houses and outdoor activities. Contact area Boy Scout troops for a list of events that your Webelos Scouts may attend. With the Webelos den, visit at least one Boy Scout troop meeting and one Boy Scout-oriented outdoor activity. These activities must be different from the outings used to earn the Outdoorsman activity badge (Arrow of Light Award requirement 4). After visiting at least one Boy Scout troop meeting and one Boy Scout-oriented outdoor activity, each Webelos Scout should identify a Boy Scout troop that he thinks he might like to join, visit it with his parent or guardian, and have a conference with the Scoutmaster (Arrow of Light Award requirement 6.)