

# SAINTS GLOBAL ACTIVITY PLAN

## SWIMMING

### PHYSICAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

#### THE CULMINATING EVENT

### The capstone pool stations

In Session 3, the group runs four stations under direct lifeguard supervision: the continuous swimmer test (jump, 75 yards strong strokes, 25 yards back, sharp turn, floating rest), a 150-yard multi-stroke endurance swim, dry-land rescue rehearsal under load (reach, throw, line), and surface dives with a safe deep-water entry. Each saint completes every station. The session is the field test for everything Sessions 1 and 2 prepare for.

INDOOR OR OUTDOOR POOL WITH AT LEAST 9 FEET OF CLEARLY MARKED DEEP WATER, ON-DUTY LIFEGUARD, POSTED DEPTH MARKERS, AND A NON-SLIP DECK

#### 4 SESSIONS IN THIS PLAN

## SESSION 1 · PHYSICAL CORE

⌚ 60 min target

# Safe Swim Defense and what goes wrong in water

*Settle the safety questions before anyone gets in.*

**SESSION AIM**

Walk the eight Safe Swim Defense points against the real pool the group will use in Sessions 2 and 3. Drill first-aid responses for the most common in-water emergencies: cramps, cold-water shock, hyperventilation, and spinal-injury suspicion. Saints leave with a rescue decision card in hand and a swim-readiness checklist for the pool day.

**🎯 WALK AWAY WITH**

- Has walked the eight Safe Swim Defense points against the real pool venue
- Has rehearsed first-aid for cramps, cold-water shock, hyperventilation, and a possible spinal injury
- Has a rescue decision card (reach, throw, row, go) and can explain why contact rescues are the last option
- Knows the swim-readiness checklist for Session 2 — suit, towel, goggles, water bottle, and a parent signature on the swim permission form if required

**📦 BRING / SET UP**

- A printed Safe Swim Defense one-pager (one per saint)
- The rescue decision card handout (one per saint)
- Two long objects for the reach drill — a pool pole, a kayak paddle, a stout broom handle
- A throw bag, a ring buoy, or a sealed gallon jug on a 30-foot line for the throw drill
- First-aid kit and a swim-permission/parent-signature form for the Session 2 pool day
- A whiteboard or large pad for the eight-point walkthrough

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — Where did it go wrong**

⌚ 5 min

Ask the group: 'Have you ever been in or near water when something went wrong — a cramp, a slip, somebody who couldn't get back?' Take three or four short answers. Do not let the stories run; the point is to put the real risks in the room before the eight points hit paper. Most in-water emergencies start with a small thing — a missed step, a leg cramp, a swimmer past his limit — and water makes every small thing bigger fast.

## SESSION 1 · SAFE SWIM DEFENSE AND WHAT GOES WRONG IN WATER (PAGE 2 OF 4)

## THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Walk the eight Safe Swim Defense points**

⌚ 18 min

1. Hand out the Safe Swim Defense one-pager. Read the eight points aloud as a group: qualified supervision, personal health review, safe area, response personnel (lifeguards), lookout, ability groups, buddy system, discipline.
2. Take each point one at a time and apply it to the actual pool the group will use in Session 2. Who is the qualified supervisor? Where is the deep-end boundary? Where is the lifeguard chair, the throw line, the rescue tube? Which saint is paired with which buddy?
3. Pause at point 3 (safe area) and point 6 (ability groups). Both points fail more often than the others. Walk what changes when the venue is unfamiliar, when a saint hides his classification, or when a strong swimmer assumes the rules don't apply to him.
4. Have each youth name one Safe Swim Defense point that he personally has to own at the pool day — a buddy he is paired with, a depth boundary he will respect, a known limit he will not hide.
5. Distribute the swim-permission form. Each youth takes it home tonight. No signed form, no pool day. Confirm any health conditions the leader needs to know about before Session 2.

REQ 1A

## SESSION 1 · SAFE SWIM DEFENSE AND WHAT GOES WRONG IN WATER (PAGE 3 OF 4)

## THE HOUR — CONTINUED

BLOCK 3 · ROLEPLAY **First aid for the in-water emergencies**

⌚ 20 min

1. Walk four scenarios, four minutes each, as a roleplay around the room. Saints take turns being the responder and the victim.
2. Scenario A — leg cramp 30 feet from the wall. Responder: have him float on his back, knead the calf, do not panic, signal a lifeguard, sidestroke or backstroke him to the wall if he can move on his own. Bring up that a hard kick early in a swim is the most common cramp trigger.
3. Scenario B — cold-water shock at first immersion. Responder: keep him at the wall for one minute; he will gasp, his breathing will be out of his control. Coach slow, controlled exhales until breathing settles. Never let a saint launch into a swim from a cold entry without acclimating first.
4. Scenario C — hyperventilation before a breath-hold. Responder: stop the swim. Hyperventilating before underwater work robs the brain of the carbon-dioxide signal that says 'breathe' — saints have drowned this way. Three normal breaths and a single pre-dive exhale. No exceptions.
5. Scenario D — a saint hits his head on the pool edge or the bottom. Responder: do not move him. Suspect a spinal injury. Stabilize his head and neck in line, support him face-up with the lifeguard, and wait for trained help. The danger of moving him outweighs the fatigue of holding him still.
6. Quick add-ons in the last minute: heat illness (shade, water, cooling), dehydration (a half-liter per hour in heat), stings (rinse with vinegar or seawater, never fresh water), and cuts (pressure, clean, monitor — open cuts mean out of the water).

REQ 1B

## SESSION 1 · SAFE SWIM DEFENSE AND WHAT GOES WRONG IN WATER (PAGE 4 OF 4)

## THE HOUR — CONTINUED

BLOCK 4 · SKILL PRACTICE **Rehearse the rescue — reach, throw, row, go**

⌚ 12 min

1. Hand out the rescue decision card. Read the four methods aloud in order. Reach with a long object first. Throw a buoyant line second. Row a craft third. Go in only if you are a trained lifeguard.
2. Set up a reach drill on dry land. One youth lies prone with one hand anchored on a fixed point. The other extends the pole, paddle, or branch to a 'victim' six feet away. Talk him through grabbing the end. Switch.
3. Set up a throw drill. Step on the free end of the line. Throw the bag or jug past the victim and draw it back across his chest. Three saints try each throw and reset.
4. Discuss why contact rescues are reserved for trained lifeguards. A panicking victim will climb anyone who comes within arm's reach, pushing the would-be rescuer under. An untrained swimmer who enters the water becomes the second victim.
5. Each youth states aloud which method he would try first for a victim ten feet from the dock, twenty feet from the dock, and forty feet from the dock. Wrong answer here is going to swim — make sure no saint gets to the pool day still thinking the brave move is jumping in.

## REQ 1B

BLOCK 5 · REFLECTION **Close — Bring this to the pool**

⌚ 5 min

1. Confirm Session 2's pool day: when, where, lifeguard on duty, depth at the deep end, and start time.
2. Each youth packs his swim bag tonight, not Saturday morning: suit, towel, goggles, water bottle, parent-signed permission form. A saint without a signed form does not get in the water.
3. Read the rescue decision card aloud once more, slowly. Then put it in the swim bag.

## AT THE CLOSE · DEBRIEF

1. Which of the eight Safe Swim Defense points do you most need to own at the pool day, and why?
2. Which of the four roleplay scenarios are you least confident about, and what part throws you?
3. If a saint were caught fifteen feet from the dock, which rescue method would you reach for first?

☑ *Initial 1a and 1b on each saint's BRC after this session. Confirm every youth has the swim-permission form and a packed swim bag before Session 2.*

## SESSION 2 · PHYSICAL CORE

⌚ 60 min target

# Classification, strokes, and floating

*Set the baseline in the water — what each saint can already do, and what each saint needs to drill.*

**SESSION AIM**

First pool session. Saints take the swimmer classification test, then work through the five strokes in 25-yard sets while the leader and lifeguard call form corrections. The hour closes on floating and survival positions in life jackets — resting float, survival float, HELP, and huddle. Saints leave with a classification on the BRC and a clear list of strokes to drill before Session 3.

**🎯 WALK AWAY WITH**

- Has taken the swimmer classification test and knows his classification (non-swimmer, beginner, or swimmer)
- Has practiced each of the five strokes in 25-yard sets and has at least one specific form correction to work on
- Has held the resting float, survival float, HELP, and huddle positions in a life jacket
- Has the five-strokes reference card and a list of which strokes to drill on his own before Session 3

**📦 BRING / SET UP**

- Pool access with at least 9 feet of clearly marked deep water and a lifeguard on duty
- The five-strokes reference card (one per saint, in a zip bag or laminated for poolside)
- One properly sized life jacket per saint (Type III or Type V, fitted at the dock before the block starts)
- Pool watch or phone timer in a waterproof case for the classification test
- Two lane lines or floating dividers if the pool can be split into a shallow and a deep work zone
- BRC printouts in a folder at poolside (pens with a hard surface — do not bring the BRC to the deck)

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — Pool walk-through**

⌚ 5 min

Stand on the deck with the group. Point out the deep-end boundary, the lifeguard chair, the rescue tube and the throw line, the marked depths along the wall, and the exit point each youth uses if he is in trouble. Confirm buddies from Session 1 are still paired. Anyone whose buddy is missing pairs up with the leader or with the saint already paired most loosely. No saint enters the water without a buddy on the deck.

## SESSION 2 · CLASSIFICATION, STROKES, AND FLOATING (PAGE 2 OF 4)

## THE HOUR — CONTINUED

## BLOCK 2 · PHYSICAL Take the swimmer classification test

🕒 12 min

1. Each youth jumps feetfirst into chest-deep water (or the shallow end, by ability) and surfaces.
2. Run the classification test as a group, one saint at a time while the rest wait at the wall. The test: 75 yards of any strong stroke other than the back, 25 yards on the back (any back stroke), one sharp turn between any two segments, then float and rest at the deep-end wall. No rest between the 75 and the 25 — the test is continuous by design.
3. Time and observe each saint. Look for strong, steady form on the 75 yards; a clean turn that does not break the swim; a controlled 25 yards on the back; and a real float at the end (not a tread, not a wall-hang).
4. Record each saint's classification on his BRC at the leader's folder: non-swimmer (cannot complete), beginner (completes shallow-water version with rest), or swimmer (completes the full test). The classification is honesty about ability, not a rank — it places him in the right depth zone for the rest of the badge.
5. Saints classified as beginner or non-swimmer move to the shallow zone for the next block. Saints classified as swimmer stay deep. The lifeguard owns the deep zone for the rest of the session.

REQ 2A

## SESSION 2 · CLASSIFICATION, STROKES, AND FLOATING (PAGE 3 OF 4)

## THE HOUR — CONTINUED

## BLOCK 3 · SKILL PRACTICE Drill the five strokes in 25-yard sets

⌚ 22 min

1. Hand out the five-strokes reference card at poolside (laminated or in a zip bag — do not bring paper into spray range). Walk the five strokes in order at the wall: front crawl, back crawl, breaststroke, sidestroke, elementary backstroke.
2. Demonstrate one stroke at the wall before each set. Stand or kneel on the deck and walk the arm and leg pattern; then have a strong swimmer demonstrate one length while the rest watch.
3. Front crawl — 25 yards. Watch for body roll (saints often swim flat and tire fast) and for steady side-breathing every two or three strokes (not lifting the head forward).
4. Back crawl — 25 yards. Watch that the head stays still and eyes up; the arms enter thumb-first and exit pinky-first; the kick is small and steady.
5. Breaststroke — 25 yards. Watch the timing — pull, breathe, kick, glide. New swimmers rush the kick and miss the glide; older swimmers sometimes drop the head between strokes and lose the visibility advantage of the stroke.
6. Sidestroke — 25 yards each side. Watch that the lower arm pulls forward and the upper arm sweeps to the hip; the scissor kick is the same on both sides. This is the rescue-tow stroke; both sides must work.
7. Elementary backstroke — 25 yards. Watch the whip kick and the symmetric arm recovery under the surface. This is the resting stroke; pace stays slow.
8. Call one specific form correction for each youth per stroke. Each youth writes the correction on the reverse of his reference card before he leaves. He drills it on his own between sessions.

## BY TIER

## ENTRY

Run each stroke at half-distance in the shallow zone with the lifeguard or the leader at arm's reach. Goal is form before distance.

## ESTABLISHED

Run each stroke for the full 25 yards at moderate effort. Pick the two weakest strokes and run a second 25 of each.

## MENTOR

Run each stroke for 25 yards. After your own work, demonstrate one stroke at the wall for the group and call form corrections for one entry-tier saint through his sidestroke set.

REQ 3B



## SESSION 2 · CLASSIFICATION, STROKES, AND FLOATING (PAGE 4 OF 4)

## THE HOUR — CONTINUED

## BLOCK 4 · PHYSICAL Float and survive — four positions in a life jacket

⌚ 16 min

1. Fit each youth with a properly sized life jacket on the deck before entering the water. The jacket should not ride up past the ears when lifted by the shoulder straps. Refit any saint whose jacket is loose.
2. Resting float (face-up, no PFD, deep zone or under the lifeguard's eye in the shallow zone). Hold the float for 30 seconds. The position is back arched, lungs full, arms and legs spread wide. Drop a leg and the body sinks; relax and the lungs do the work.
3. Survival float (face-down, no PFD, head-up to breathe every 8-10 seconds). Hold for 30 seconds. The position conserves heat by closing the body inward; the head lifts only to breathe. This is the warm-water survival skill — use it when no help is close and you must conserve energy.
4. HELP position in a life jacket (Heat Escape Lessening Position). Knees pulled toward the chest, arms across the chest, head back. Hold 30 seconds. This is the solo cold-water survival position; the jacket keeps the face up while the body conserves heat at the core.
5. Huddle position in life jackets, three or four saints together. Chests in, arms locked around each other, legs intertwined. Hold 30 seconds. This is the group cold-water survival position; the bodies share heat and the group stays together for rescue.
6. Quick teaching: in cold water the leading killer is hypothermia, not drowning. Floating in a jacket and holding HELP or huddle buys the rescue minutes that swimming away would have spent.

## REQ 3E

## BLOCK 5 · REFLECTION Close — Drills for the week

⌚ 5 min

1. Each youth confirms which two strokes he is drilling on his own before Session 3 — the two that drew the most form corrections today. He writes them on the back of the five-strokes card.
2. Reminder for Session 3: same pool, same start time. The capstone stations require a signed permission form, a packed bag, and a saint who arrived rested and fed. The lifeguard owns the deep zone again.
3. Last call for any saint who needs a buddy reassignment, a fitting on a life jacket, or extra time at the shallow wall.

## AT THE CLOSE · DEBRIEF

1. Which stroke gave you the most trouble today, and what was the form correction the leader called?
  2. When you held the survival float for 30 seconds, what did you do with your breathing?
  3. Which of the four floating positions felt least natural, and why?
- 📝 Initial 2a, 3b, and 3e on each saint's BRC after this session. Record the classification (non-swimmer / beginner / swimmer) next to 2a. Note any saint flagged for extra drill time before Session 3.

## SESSION 3 · PHYSICAL CORE

⌚ 60 min target

# The capstone pool stations

*Run every in-water requirement in one supervised hour.*

**SESSION AIM**

Second pool session. Four stations under direct lifeguard supervision: the continuous swimmer test, a 150-yard multi-stroke endurance swim, the rescue rehearsal under load, and surface dives plus the safe deep-water entry. Each saint rotates through every station. The session is the field test — Sessions 1 and 2 prepared for this hour.

**🎯 WALK AWAY WITH**

- Has completed the continuous swimmer test under direct observation (jump, 75 strong, 25 back, sharp turn, float)
- Has swum 150 yards continuously using multiple strokes
- Has demonstrated reach, throw, and line rescue with a helper and a practice victim
- Has performed feetfirst and headfirst surface dives to retrieve an object and a standing headfirst entry plus a long shallow dive from the deck

**📦 BRING / SET UP**

- Same pool as Session 2 with a confirmed lifeguard on duty for the full hour
- A pool watch or phone timer in a waterproof case
- A heavy retrieval object for the surface-dive station (a rubber brick or weighted ring; never a fragile or sharp object)
- A throw bag or buoyant ring on a 30-foot line and a long reach pole for the rescue station
- A volunteer 'practice victim' for the rescue station — a leader or an older Saint who will play the role under instruction, not a youth at risk
- The rescue decision card and the five-strokes reference card brought from Sessions 1 and 2

**🔗 THE HOUR****BLOCK 1 · DISCUSSION Opener — Six days of drilling**

⌚ 5 min

Round the room on the deck before anyone gets in. Each youth names the two strokes he drilled this week and one thing that changed. Note who put in real time and who did not. Saints who skipped drills are more likely to struggle on the 150-yard set, and they may have to come back to a future pool day to complete what they missed today.

## SESSION 3 · THE CAPSTONE POOL STATIONS (PAGE 2 OF 4)

## THE HOUR — CONTINUED

## BLOCK 2 · PHYSICAL Station 1 — The continuous swimmer test

⌚ 15 min

1. Each youth runs the test in turn. The lifeguard owns the deep zone. The leader stands on the deck with the watch and the BRC folder.
2. Sequence: jump feetfirst into deep water — surface — 75 yards using any strong strokes other than the back — at least one sharp turn during the swim — 25 yards on the back — rest by floating at the wall. No rest between the 75 and the 25.
3. Watch breathing on the 75. The most common failure is breathing every stroke instead of every two or three; the rhythm collapses and the saint runs out of air in the second half. Call the cadence from the deck if a youth's breathing breaks.
4. Watch the turn. A sharp turn is a clear change of direction without dropping the legs or stopping the stroke; a youth who has to plant his feet has not turned, he has stopped.
5. Each youth who completes the test initials the BRC at 3a tonight. A youth who does not complete it runs his drilled strokes again with the lifeguard and re-attempts at the end of the session if time remains; if not, he runs it under a leader at a future pool day before the badge signs off.

## REQ 3A

## BLOCK 3 · PHYSICAL Station 2 — 150 yards with three strokes

⌚ 15 min

1. Each youth swims 150 yards continuously, switching strokes at least three times — for example: 50 yards front crawl, 50 yards breaststroke, 50 yards elementary backstroke. He chooses his strokes from the five worked in Session 2; he tells the leader his plan at the wall before starting.
2. Pace is conservative by design. The point is endurance, not speed. A saint who burns the first 50 yards at race pace will be off-form for the last 100.
3. Watch the second half. Form usually breaks at 75 to 100 yards in. When form slips on one stroke, that is the moment to switch to the next — managing fatigue by changing the muscle group, not by powering through.
4. Stagger starts so the lifeguard can watch each saint clearly. A youth in trouble signals at the wall; the lifeguard intervenes on the deck side.

## BY TIER

## ENTRY

Swim 150 yards using two strokes — your strongest first 75, your second strongest last 75. Take a 5-second pause at the wall at the switch if you need it.

## ESTABLISHED

Swim 150 yards switching three times among your strongest three strokes. No pauses; the switches happen mid-stroke at the wall.

## MENTOR

Swim 150 yards switching three times and pace yourself behind an entry-tier saint for the first 50 yards. After your set, watch one entry-tier saint through his switch and call any form correction at the wall.

## REQ 3C

## SESSION 3 · THE CAPSTONE POOL STATIONS (PAGE 3 OF 4)

## THE HOUR — CONTINUED

## BLOCK 4 · ROLEPLAY Station 3 — Rescue rehearsal with a helper

⌚ 15 min

1. Move to the shallow end and the deck side. The lifeguard supervises; the leader sets up the station.
2. Reach rescue: a volunteer plays the 'practice victim' in shallow water within range of the pool pole. Each youth runs the reach himself — lie or kneel on the deck, anchor with one hand, extend the pole with the other, and pull the victim to the wall. Switch in the next saint.
3. Throw rescue: the victim moves to throw-bag range, about 20 feet. Each youth steps on the free end of the line, throws past the victim, and draws the bag back across his chest. Two tries each. A throw that lands beyond the victim and pulls in clean is the goal; a throw that lands short is a quick reset, not a failure.
4. Line rescue with a helper: a youth on the deck anchors the line. A second youth wades in or walks the deck edge with the buoyant end, hands it to the victim, and the anchor draws both in. Rotate so each saint plays both roles.
5. Discuss why a contact swimming rescue is reserved for trained lifeguards. A panicking victim climbs anyone within arm's reach. Untrained rescuers become the second victim. Each youth states aloud which method he would try first for a victim ten feet from the dock, twenty feet from the dock, and forty feet from the dock — the same question from Session 1, asked again now that he has run the methods.

REQ 3D

## SESSION 3 · THE CAPSTONE POOL STATIONS (PAGE 4 OF 4)

## THE HOUR — CONTINUED

## BLOCK 5 · PHYSICAL Station 4 — Surface dives and the deep-water entry

⌚ 10 min

1. Move to the deep zone with the lifeguard. Confirm depth — at least 9 feet, with the depth markers in view from the deck.
2. Standing headfirst entry: each youth performs a standing headfirst dive from the deck into deep water. Hands together, head between the arms, body straight, entry angle clean. A youth who is uncertain runs a long shallow dive instead — a flatter entry from a crouched position that goes out, not down.
3. Long shallow dive: each youth runs one long shallow dive from the deck. The dive should travel forward and surface within two or three strokes; the entry is flat and forgiving, never headfirst into unknown depth.
4. Feetfirst surface dive: from the surface in deep water, each youth performs a feetfirst surface dive to retrieve the rubber brick or weighted ring from the bottom. Hands push down at the surface, body straight, descent controlled. Surface with the object and tread to the wall.
5. Headfirst surface dive: from the surface in deep water, each youth performs a headfirst surface dive to retrieve the same object. Tuck the head, jackknife at the hips, drive the legs up, descend on the hands. Surface with the object.
6. Quick teaching point at the wall: diving into unknown depth is the single leading cause of swim injuries. The depth at this pool is marked and confirmed; the depth at every future water you visit is your responsibility to verify before you dive.

REQ 3F

REQ 3G

## AT THE CLOSE · DEBRIEF

1. Which station was hardest for you, and what part of it gave out first — breath, form, focus, or nerve?
  2. On the 150-yard swim, when did your form first slip, and what stroke did you switch to?
  3. Which rescue method did you say you would try first at forty feet — and is that what you said in Session 1?
- ☑ *Initial 3a, 3c, 3d, 3f, and 3g on each saint's BRC after this session. Confirm 3b is fully marked from Session 2. A youth who did not complete the swimmer test at Station 1 has it scheduled at a future pool day before Session 4.*

## SESSION 4 · PHYSICAL CORE

⌚ 60 min target

## Pool day debrief and BRC sign-off

*Account for what each saint did in the water and sign off.*

**SESSION AIM**

Dry session after the pool day. Saints debrief the capstone in pairs, name the skill that required the most calm or control, and write three water habits to keep at home. Each youth connects swimming as a lifesaving skill to one moment of service it could enable. The session ends with a BRC walk-through and the badge signs off tonight unless something is genuinely outstanding.

**🎯 WALK AWAY WITH**

- Has told the story of the skill at the pool that required the most calm or control
- Has named one moment when his swimming could protect another person at the lake, at a baptism, or on a future outing
- Has written three water habits to keep at home and one careless habit to drop
- Has a fully signed BRC unless a specific requirement is outstanding

**📦 BRING / SET UP**

- Each saint brings: his BRC, his rescue decision card, and his five-strokes reference card from the pool sessions
- Half-sheets of paper and pens (one per saint for the three-keep-one-drop writing)
- A whiteboard or large pad for the BRC walk-through
- Any classification record or station record from Session 3 (leader holds the master copy)

**🕒 THE HOUR****BLOCK 1 · DISCUSSION Opener — Pool day report**

⌚ 5 min

Go around the circle. Each saint answers in one sentence: what was the hardest moment in the pool last week? Do not compare and do not correct. Answers usually range from 'the 150 felt longer than it sounds' to 'I almost grabbed the lane line on the test.' The range sets up the calm-and-control debrief in the next block.

## SESSION 4 · POOL DAY DEBRIEF AND BRC SIGN-OFF (PAGE 2 OF 3)

## THE HOUR — CONTINUED

BLOCK 2 · DISCUSSION **Calm or control — pair debrief**

⌚ 16 min

1. Pair up with a saint who was not your buddy at the pool. Eight minutes each — one talks, the other listens. No advice, no comparing.
2. Each youth describes the single skill at the pool that required the most calm or control. It could be the survival float, the deep-end entry, the 150-yard switch, the rescue throw, or a moment between stations when fear or fatigue spiked.
3. He names what got him through it — a breath pattern, the saint at the wall, a sentence from Session 1, a count, the wall in front of him. He says it aloud to his partner.
4. Switch and repeat for eight minutes.
5. Each pair reports back to the group with one phrase from the partner's story — only what the partner gave permission to share. Each youth writes the single skill and what got him through in his BRC margin at 4a.

## REQ 4A

BLOCK 3 · DISCUSSION **Where this skill protects someone**

⌚ 14 min

1. Open with a brief example from the leader: a moment when his own swimming protected another person — at the beach, on a river trip, at a stake activity, at a baptism. Keep it under two minutes and concrete.
2. Ask the group: 'Where will this skill matter most in the next year?' Take answers from each saint. Real places — Bear Lake, a ward swim party, a river trip, a baptism, a sibling at the pool, a future scout high-adventure trip.
3. Discuss what a strong swimmer owes the saints around him. The first owe is honesty about ability (Safe Swim Defense point 6, ability groups). The second is being the saint who notices first when something goes wrong. The third is having the reach-throw-row decision in his head before the moment arrives.
4. Each youth writes in his BRC margin at 4b: one specific place his swimming could protect someone in the next year, and who would be in the water with him.

## REQ 4B



## SESSION 4 · POOL DAY DEBRIEF AND BRC SIGN-OFF (PAGE 3 OF 3)

## THE HOUR — CONTINUED

BLOCK 4 · CREATIVE **Three habits, one drop**

⌚ 15 min

1. Each youth writes for four minutes on a half-sheet, in two columns. Column A: 'Three water habits I will keep at home — at the pool, at the lake, on every outing where there is water near.' Column B: 'One careless habit the badge showed me I have to drop.'
2. Column A examples to spark thinking, not to copy: I will always swim with a buddy. I will check the depth before any dive. I will carry the rescue decision card on every outing with water. I will hold my own classification honestly — beginner is not a thing to hide.
3. Column B examples: jumping off a dock without checking depth, hyperventilating before a breath-hold, leaving a younger sibling unwatched at the pool, swimming alone in the deep end at home.
4. Each youth reads both columns aloud to the group. No commentary from the group. The leader listens for who is stretching and who is being tepid.
5. Brief leader point at the close: the badge signs off tonight, but the real test of the work is the next swim each youth takes. The three habits each youth writes here are how the badge keeps mattering after the BRC is signed.

REQ 4A

REQ 4B

BLOCK 5 · REFLECTION **BRC sign-off**

⌚ 10 min

1. Walk the BRC with each saint one at a time while the rest of the group cleans up the half-sheets and returns the reference cards to their swim bags.
2. Confirm each requirement is marked. 1a and 1b from Session 1. 2a, 3b, and 3e from Session 2. 3a, 3c, 3d, 3f, and 3g from the capstone. 4a and 4b from tonight.
3. Anything still outstanding — most commonly a youth who did not complete the swimmer test or who missed Session 3 — gets a concrete deadline written on the BRC. The leader and the saint sign the BRC, with the outstanding requirement clearly marked.
4. For a youth whose BRC is fully signed tonight, name one specific moment from the badge that the leader will remember about him in particular. Speak to him by name. Keep it short.

## AT THE CLOSE · DEBRIEF

1. Which of your three keep-habits do you think is most at risk of being the one you drop first, and what will you do to keep it?
2. Where is the next water you will swim in, and what will be different about how you approach it?
3. What is one thing the leader said tonight that you wrote down to remember?

☑ *Initial 4a and 4b on each saint's BRC after this session. With the capstone confirmed from Session 3, the BRC should fully sign off tonight unless a requirement is genuinely outstanding.*



## HANDOUT 1 OF 2

## FROM SESSION 1 — REHEARSE THE RESCUE — REACH, THROW, ROW, GO

# In-Water Rescue — Reach, Throw, Row, Go

Carry it at every water activity. Try every method before you go in.

## SWIMMING · FIELD CARD

## Try every method before you go in.

Reach, throw, row, then go — and only go if you are trained.

### FOUR METHODS — IN ORDER OF SAFETY

1

#### Reach

stay on land · extend a pole, paddle, branch, or shirt

##### HOW TO DO IT

Lie flat or kneel. Anchor yourself — grab something fixed with one hand. Extend the object with the other.

##### WHEN IT WORKS

The victim is within arm's-length plus the length of what you can extend. Use it first whenever distance allows.

2

#### Throw

throw a buoyant object on a line · ring, jug, cushion

##### HOW TO DO IT

Step on the line's free end. Throw past the victim and draw it back. Talk him through grabbing on.

##### WHEN IT WORKS

The victim is beyond reach but still conscious and able to grab. A throw bag, ring, or any floating jug works.

3

#### Row

take a boat, board, or float to him

##### HOW TO DO IT

Take any stable craft you can launch in seconds. Wear a life jacket. Hand the victim the stern, not the side.

##### WHEN IT WORKS

The victim is too far for a throw and a craft is available nearby. The boat becomes the floating platform.

4

#### Go — trained only

a lifeguard's last option, never a saint's first

##### WHY NOT YOU

A panicked victim will climb anyone who comes within reach. Untrained rescuers become the second victim.

##### WHAT YOU DO

Call for the lifeguard or 911. Send a second person to make the call while you keep reaching, throwing, rowing.

**Stay out of the water unless you are trained. Reach, throw, or row first.**

Print this handout for in-person reference during session 1 — rehearse the rescue — reach, throw, row, go.

## HANDOUT 2 OF 2

## FROM SESSION 2 — DRILL THE FIVE STROKES IN 25-YARD SETS

# Five Strokes — Form, Breathing, When to Use It

Use poolside between sets. Switch strokes before fatigue forces it.

## SWIMMING · FIELD CARD

## Pick the stroke that fits the swim.

Each of the five does a different job. Switch when the swim changes.

### THE FIVE STROKES

1

**Front crawl**

fastest stroke · long distance and racing

**FORM AND BREATHING**

Body flat and long. Alternating arms, flutter kick. Turn the head to the side to breathe every two or three strokes.

**USE IT WHEN**

Open water with no obstacles, lap swimming, or any distance where speed matters more than vision.

2

**Back crawl**

face up · breathe whenever you want

**FORM AND BREATHING**

On the back. Alternating arms over the shoulder, flutter kick. Eyes up. Breathe freely the whole time.

**USE IT WHEN**

You need rest mid-swim, when you're recovering, or when a long swim back to safety calls for steady breathing.

3

**Breaststroke**

head up between strokes · scan ahead

**FORM AND BREATHING**

Both arms pull out and sweep in. Frog kick. Glide between strokes. Head lifts on the pull to breathe.

**USE IT WHEN**

Visibility matters — watching a partner, tracking a target, scanning for debris. Steady, conservation-paced.

4

**Sidestroke**

one side · one arm stays free

**FORM AND BREATHING**

On your side. Lower arm pulls forward; upper arm sweeps to the hip. Scissor kick. Face stays clear of water.

**USE IT WHEN**

Towing something — a board, a victim on a rescue line, gear. The free arm holds what the lower arm can't.

5

**Elementary backstroke**

slowest · least tiring · the resting stroke

**FORM AND BREATHING**

On the back. Symmetric arms recover under the surface; whip kick. Glide.

**USE IT WHEN**

You are tired and need to keep going for a long time. The endurance stroke.

Switch strokes before fatigue forces it. Each stroke rests a different set of muscles.

Print this handout for in-person reference during session 2 — drill the five strokes in 25-yard sets.