



# Aquanaut

## Webelos Adventure Workbook



No one may add or subtract from the official requirements found in the *Cub Scout Webelos Handbook*  
Requirements were revised in December 2016. This workbook was updated in October, 2018..

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Please submit errors, omissions, comments or suggestions about this **checklist** to: [Workbooks@USScouts.Org](mailto:Workbooks@USScouts.Org)  
Comments or suggestions for changes to the **requirements** should be sent to: [Advancement.Team@Scouting.Org](mailto:Advancement.Team@Scouting.Org)

Cub Scout's Name: \_\_\_\_\_ Pack No. : \_\_\_\_\_

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Source for requirements: Cub Scout Webelos Handbook (#34754 - SKU 646430)

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**This adventure is an elective adventure which can be used to earn the Webelos and Arrow of Light Badges.**

**Complete Requirements 1-4 and at least two others.**

1. State the safety precautions you need to take before doing any water activity.


2. Discuss the importance of learning the skills you need to know before going boating.


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- 3. Explain the meaning of "order of rescue" and demonstrate the reach and throw rescue techniques from land.


- 4. Attempt the BSA swimmer test.
- 5. Demonstrate the precautions you must take before attempting to dive headfirst into the water,  
 and attempt a front surface dive.
- 6. Learn and demonstrate two of the following strokes: crawl, sidestroke, breaststroke, or trudgen.  
 Crawl       Sidestroke       Breaststroke       Elementary Backstroke
- 7. Invite a current or former lifeguard, or member of a rescue squad, the U.S. Coast Guard, U.S. Navy, or other armed forces branch who has had swimming and rescue training to your den meeting. Find out what training and other experiences this person has had.

Who did you invite? \_\_\_\_\_


- 8. Demonstrate how to correctly fasten a life jacket that is the right size for you.
- Jump into water over your head.
- Swim 25 feet wearing the life jacket
- Get out of the water, remove the life jacket and hang it where it will dry.
- 9. If you are a qualified swimmer, select a paddle of the proper size and paddle a canoe with an adult's supervision.

When working on Cub Scout Advancements and awards, Cub Scouts, their parents, and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from <http://usscouts.org/advance/docs/GTA-Excerpts-Cub.pdf>.

You can download a complete copy of the *Guide to Advancement* .from <http://www.scouting.org/filestore/pdf/33088.pdf>.