



Safe Swim Defense

This is to certify that

Rich Langford

has satisfactorily completed specific instruction in Safe Swim Defense and has agreed to use the eight defenses in this plan on every occasion when TROOP 133 goes swimming. (Unit and No.)

This card is good for 2 years from date:

March 10, 1985 Summerville Council.
Boy Scouts of America

Signed:

Burnham B. Cooper Campmaster
Aquatics Counselor Certified by Council

BOY SCOUTS OF AMERICA

SAFE SWIM DEFENSE COMMITMENT

As an adult leader, I promise to faithfully observe all the following safety procedures as required in Safe Swim Defense.

1. Responsible adult over 21 in charge who must be trained in water safety, or use assistants who are qualified.
2. Require evidence of fitness. Adjust supervision to anticipate any potential risks.
3. Preswim exploration of swim area—three areas identified.
4. Lifeguards posted and equipped with lines and poles.
5. A lookout posted where he can see all areas at all-times.
6. Swimmers divided into ability groups—nonswimmers, beginners, and swimmers.
7. All swimmers paired as buddies and always swim with buddies.
8. Intelligent discipline maintained at all times.

Signed _____

Adult leader