

Swimming

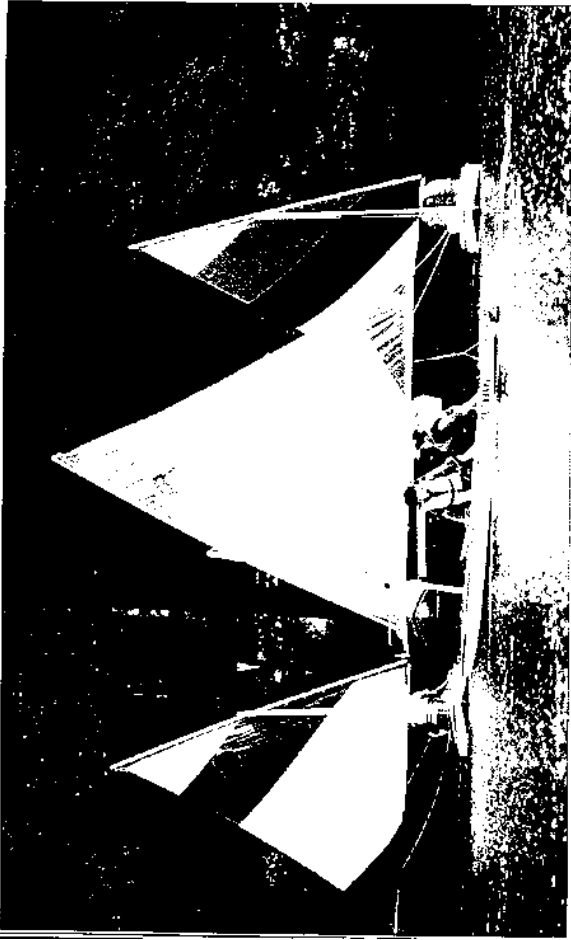
Someone once said that of all Scouting skills, swimming was the most useful and the most fun. It's a survival skill, a rescue skill, a fun skill, and a fitness skill. It works for all sizes and ages, beginner to expert, indoors and out. It also opens up a world of other sports—sailing, waterskiing, snorkeling, scuba diving, canoeing, kayaking, and water games of many kinds.

But water can also be a dangerous place. Think about this: If you go down while playing soccer or basketball, you might come up with a sprained ankle. But if you go down while swimming, you might not come up at all.

Become a swimmer before you set sail, and know the **BSA Safe Swim Defense** plan.

Safety has to be more important in swimming than in just about any other sport. Here are some tips to make swimming safer—and even more fun.

- Get a thorough health checkup—from your family doctor, if you can. Follow his or her advice.
- **Always swim in a safe, supervised area.**
- Always swim with a buddy. If possible, find a buddy with equal swimming ability. If not, stay in the area designated for the less skilled buddy.
- Know your swimming abilities and limitations. Stay within them. Don't push your luck.
- Don't swim (or do any heavy exercise) for at least an hour after you eat.



Introduction

If you like to get away, to "escape" once in a while from everyday life, try sailing. In a sailboat, you can escape to a world that is anything but routine. All you need is a boat, water, and wind.

If you like company, you can bring a friend or two along. If you want to sail alone, there will be no one out there but you and the water and the sky. If you like peace and quiet, there will be no sound louder than the breeze in the sails and the waves breaking softly against the bow. If you like a challenge to your muscles or your mind, sailing can give you all you can handle.

Note: The language of the sailor can be mysterious and confusing. To those who are familiar with it, the language is precise and explicit; rarely do seagoing words have more than one meaning. An abridged glossary for the beginning sailor starts on page 73 of this pamphlet.

