

# Aquatics School

## A-School

Aquatics School is a leadership program that teaches Scouts, Venturers, and Scouting Leaders how to teach aquatics skills and to plan a unit's aquatics activities. Although participants will have the opportunity to certify as both a BSA Lifeguard and an American Red Cross Lifeguard (if they meet the age requirements), the "A-School" is much more than just a lifeguard school. A-School is a leadership and skills development program that gives Scouts and Scouters the skills needed to make them better instructors and better leaders. Aquatics school graduates are taught the fundamentals of Safe Swim Defense and Safety Afloat, Aquatics Supervision, the principles of teaching a non-swimmer, planning skills for Unit swim and float plans, as well as professional rescuer skills. Graduates will also have the opportunity to hone their public speaking and presentation skills.



Aquatics School will be held at Camp Lavigne July 15 thru 21. Consider sending several youth and adult participants to the A-School to assure a safe and effective unit aquatics program.

When participants arrive they will have their swimming skills and aquatics knowledge tested. Then participants will be split into two watches that will compete all week as they hone their leadership, teaching, and aquatics skills.

During the course, participants will learn to work together as a team to accomplish the tasks set before them.



## Attendance Requirements

A-School participants must be registered Boy Scouts, Varsity Scouts, Venturers, or Scout Leaders. Participants must be at least 14 years of age on or before the date of arrival. Participants must be 15 years old by the end of the week in order to earn **BSA Lifeguard** and **American Red Cross Lifeguard** certifications. Participants must be 15 years old in order to earn **Swimming and Water Rescue** and **Paddlecraft Safety** certification.

**All participants must be able to complete the pre-course swim tests -**

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs.
3. Complete a timed event within 1 minute, 40 seconds.
  - | Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - | Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
  - | Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.