

AQUATICS (ORCHARD LAKE)

Check out the Aquatics Program at Orchard Lake! All Aquatic Programming is under the supervision of a Nationally Certified BSA Aquatics Instructor. All of our Aquatics Staff are BSA Lifeguards and hold CPR Certifications. Our Boating area has **Rowboats, Canoes, Kayaks, Paddleboards, and Sailboats. Adult Leaders are asked to serve as additional rescue personnel in their free time.**



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Canoeing	Scouts must have passed the swimmers test.	No Costs
Kayaking & Kayaking BSA	Scouts must have passed the swimmers test. Recommended for older Scouts.	No Costs
LIFESAVING	Young Scouts should not attempt this badge. All Scouts will need to have earned Swimming MB. Complete Req. 2a & 16b before camp.	No Costs
Rowing	Scouts must have passed the swimmers test.	No Costs
Small Boat Sailing	Scouts must have passed the swimmers test.	No Costs
SWIMMING	Scouts must have passed the swimmers test.	No Costs
<i>Instructional Swim</i>	Available to Scouts even if they are taking Swimming MB.	No Costs
<i>Mile Swim, BSA (attend ALL week)</i>	Recommended for experienced swimmers. Scouts must has passed swimmers test.	No Costs
<i>Paddleboard BSA</i>	Recommended for experienced swimmers. Scouts must has passed swimmers test.	No Costs
<i>BSA Lifeguard (attend all week)</i>	Recommended for experienced swimmers. Scouts must has passed swimmers test. Scouts must be 15+ and earn Red Cross CPR/AED for the Pro. Rescuer	No Costs

BSA LIFEGUARD

The purpose of the BSA Lifeguard is to provide an intensive training program in aquatics safety for older Scouts and adult leaders.

Participant Qualifications: 15+ and 1st Class rank or recommendation of unit leader.

Note: First Aid and Professional Rescuer CPR/AED certifications needs to be earned prior to camp, or within 120 days of starting the program.



Completion of the course earns participants a 2-year lifeguard certification, recognized at all BSA camps and events. In many states, BSA lifeguards may work at public beaches and camps.

Lifeguarding at Camp will also provide participants with training, information, and skills to prevent, recognize, and respond to swimming emergencies during unit swimming activities. It expands the awareness instruction provided by Safe Swim Defense training. Persons completing the training should be better able to assess their preparation to supervise unit swimming events. Skills training will include:

- Multiple rescue techniques including rescue from a watercraft
- Swimming extension rescue
- Active and passive drowning rescue
- Submerged victim rescue
- First Aid and Professional Rescuer CPR/AED



MILE SWIM

Come and test your swimming ability and stamina Friday evening! Remember to train throughout the week!

Please note the below requirement that many miss. If wanting to do the Mile Swim, YOU MUST TRAIN. You can accomplish this at camp, during open swims.

Under the supervision of a currently qualified certified aquatics instructor or equivalent, participate in four hours of training and preparation for distance swimming (one hour a day maximum).