

Outdoor Adventure Skills by Topic

Aquatic Skills, Stages 1-5 by topic

	Health & Safety	Technique: Swimming	Technique: SCUBA	Technique :Snorkel	Nature
	1.1 I know when to use a PFD (Personal Flotation Device). 1.4 I understand the importance of the buddy system ... for swimming and water activities. 1.5 ... stay safe while playing around water .	1.2 I can float for five seconds and glide for five metres on my front and back without assistance. 1.3 I can put my face in the water and blow bubbles . 1.6 I can get an object off the bottom in chest-deep water.			1.7 I know three different types of animals that live in the ocean .
	2.3 I know how to put on a PFD by myself.	2.1 I can swim with my head in the water . 2.2 I can swim 10 metres (any stroke) without assistance.		2.4 I know how snorkel gear works . 2.5 I have snorkeled in a pool or open water (such as a lake).	
	3.1 I can explain common water safety risks and how to avoid them. 3.3 I know how to remove a cramp in my leg with a buddy's help. 3.4 I can put on a PFD while in the water and use the HELP and Huddle positions. 3.6 I can recognize the signs of a panicked snorkeler/diver ... call for help		3.5 I can swim 25 metres in a pool (using any stroke).	3.2 I can use a snorkel and adjust my mask to fit comfortably.	
	4.3 I can explain the hazards of shallow water blackout . 4.5 I know how to select a safe place to snorkel .	4.1 I have achieved one of the following: Aquaquest Stage 6, YMCA Swimmer Level, Red Cross Swim Kids Stage 5 , or I can demonstrate equivalent skills.	4.2 I can free dive with snorkel and mask to 1.5 metres and fetch an item from the bottom, and clear my snorkel upon surfacing—without lifting my head out of the water. 4.4 I know what gear is necessary for a water-based snorkel Adventure, including protective clothing, masks and sunscreen. 4.6 I have snorkeled in open water and observed at least one marine/aquatic creature. 4.7 I know why ear equalization is necessary when snorkelling/diving at depth.		
	5.3 I can achieve the "Swim to Survive" standard.	5.1 I have tried an introductory Scuba experience in a pool (Bubblemaker/SEAL Team/Discover Scuba Diving).		5.2 I can identify five species in my local aquatic environment, including hazardous species.	

Edited for brevity. Stages 6 onward have addition topics of Leadership, Adventure, and Navigation. Be sure to consult the official documentation www.scouts.ca/scoutinglife/wp-content/uploads/oas/aquatic-skills-en.pdf as well as the complete wiki references wiki.scouts.ca/en/Aquatic_Skills and wiki.scouts.ca/en/Aquatic_Skills_by_Topic