



Water Sports

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).
Send comments to: craig@craiglincoln.com. Requirements revised: 2008, Workbook updated: January 2008.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

1. Show that you know first aid for injuries or illnesses that could occur while participating in water sports, including

hypothermia, _____

heat exhaustion, _____

heatstroke, _____

dehydration, _____

sunburn, _____

minor cuts and blisters. _____

2. Do the following:

A. Identify the conditions that must exist before performing CPR on a person. Explain how such conditions are recognized.

B. Demonstrate proper technique for performing CPR using a training device approved by your counselor. _____

3. Before doing the following requirements, successfully complete the BSA swimmer test. _____

4. Do the following:

A. Discuss the BSA Safety Afloat policy. (See [Safety Afloat](#)) Tell how it applies to Water Sports. _____

B. Name the different types of personal flotation devices (PFDs), and explain when each type should be used.

Show how to choose and properly fit a PFD. _____

C. Know the Water Sports Safety Code. ([See it below](#)) Promise that you will live up to it and follow it in all water work for this badge. _____

Know the safety precautions that must be used by the boat operator in pulling water-skiers and wakeboarders. _____

5. Show the following skier signals to the safety observer in the boat:

skier safe, faster, slower, turns, back to dock, cut motor, skier in water.

6. Showing reasonable control while using two skis, one ski, or a wakeboard, do EACH of the following:

- A. Show how to enter the water from a boat and make a deepwater start without help. _____
- B. Show you can cross both wakes four times and return to the center of the wake each time without falling. _____
- C. Show you can fall properly to avoid an obstacle. Also, show that you can drop handle and coast to a stop without loss of balance. _____

7. While on shore, show that you now how to properly adjust the bindings on your ski(s) or wakeboard to fit yourself. Then, in deep water, show that you can adjust bindings to fit. Recover and put on your ski(s) or wakeboard that has come off during a fall.

Online Resources (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Merit Badge Workbooks: usscouts.org -or- meritbadge.org ► **Merit Badge Books:** www.scoutstuff.org

Boy Scouts of America: <http://www.scouting.org/> ► [Requirements](#) ► [Intro to Merit Badges](#) ► [Guide to Safe Scouting](#)

► [Youth Protection](#) ► [Leave No Trace](#) ► [Outdoor Code](#) ► [Wilderness Use](#) ► [Safe Swim Defense](#) ► [Safety Afloat](#)

[ExpertVillage First Aid Videos](#) 📺 [Make a First Aid Kit](#) 📺 [Basics](#) 📺 [Basics2](#) 📺 [CPR Basics](#) 📺 [Venomous Snake Bite](#)

[ExpertVillage Swimming Lesson Videos](#) 📺 [Tread Water](#) 📺 [Basics](#) 📺 [Freestyle](#) 📺 [Breaststroke](#) 📺 [Backstroke](#)

[ExpertVillage.com Lesson Videos:](#) 📺 [How to Water Ski](#) 📺 [How to Start Wakeboard](#)

USA Water Ski: <http://www.usawaterski.com>

U.S. Coast Guard Office of Boating Safety: http://www.uscgboating.org/safety/metlife/water_ski.htm

World Wakeboard Association: <http://www.thewwa.com>

WATER SPORTS SAFETY CODE

Water sports are fun and challenging but involve inherent risks of injury or death. To increase your enjoyment of the sport and to reduce your risks, use common sense and follow these guidelines:

- Familiarize yourself with all applicable federal, state and local laws, the risks inherent in the sport and the proper use of equipment.
- Know the waterways and always have a person other than the boat driver as an observer.
- The rider, observer, and driver should agree on hand signals.
- Never start out until the rider signals that they are ready.
- Always use caution and common sense.

Regarding your equipment and your towrope:

- Always wear a U.S. Coast Guard Type III (PFD) vest.
- Inspect all equipment prior to use. Check bindings, fins, and flotation device prior to each use and DO NOT USE if damaged.
- Towropes stretch during use. If a rope breaks or is suddenly released, it can snap back striking boat occupants or the user which could result in injury or death.
- Inspect rope before use and do not use towrope if frayed, knotted or damaged. Use proper toe rope for the activity.
- Ensure rope is free from all body parts prior to starting out or during use.
- Keep persons and ropes away from propeller when engine is running, even if in neutral. Should rope become entangled in propeller, SHUT OFF ENGINE AND REMOVE IGNITION KEY BEFORE RETRIEVING ROPE. Propellers are very sharp and can cut wet skin easily.