

# Webelos Scout Activity Badge Requirements to Complete While Camping

## **Webelos Aquanaut Requirements:** (Always have an adult with you who can swim. Follow BSA Safe Swim Defense requirements.)

1. Jump into water over your head. Come to the surface and swim 100 feet, at least half of this using a backstroke.
2. Stay in the water after the swim and float on your back and your front, and demonstrate survival floating.
3. Put on a personal flotation device (PFD) that is the right size for you. Make sure it is properly fastened. Wearing the PFD, jump into water over your head. Show how the PFD keeps your head above water by swimming 25 feet. Get out of the water, remove the PFD, and hang it where it will dry. (Personal flotation device required)
4. Do a front surface dive and swim under water for four strokes before returning to the surface.
5. Explain the four basic water rescue methods. Demonstrate reaching and throwing rescues.
6. With an adult on board, show that you know how to handle a rowboat. (Rowboat required)
7. Pass the BSA "Swimmer" test:
  - Jump feet-first into water over the head in depth, level off, and begin swimming.
  - Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl.
  - Then swim 25 yards using an easy, resting backstroke.
  - After completing the swim, rest by floating.
8. While you are a Webelos Scout, earn the Cub Scout Sports belt loop for swimming.

## **Webelos Athlete Requirements:** (Can begin these requirements)

4. Every time you work on requirement 5 below, start with at least 5 minutes of stretching warm-up activities.
5. Do as many as you can of the following and record your results. Show improvement in all of the activities after 30 days.
  - Have another person hold your feet down while you do as many curl-ups as you can.
  - Do as many pull-ups from a bar as you can. (Pull-up bar required)
  - Do as many push-ups from the ground or floor as you can.
  - Do a standing long jump as far as you can.
  - Do a quarter-mile run or walk.
6. Do a vertical jump and improve your reach in 30 days. (Tape measure needed)
7. Do a 50 yard dash as fast as you can, and show a decrease in time over a 30 day period. (Timer needed)
8. Ride a bike 1 mile as fast as you can, and show a decrease in time over a 30 day period. (Timer needed)
9. Swim a quarter mile in a pool or lake as fast as you can, and show a decrease in time over a 30 day period. (Always have an adult with you who can swim. Follow BSA Safe Swim Defense requirements.)

**Webelos Sportsman Requirements:** (Equipment for chosen sports required)

1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.
2. Explain what good sportsmanship means.
3. While you are a Webelos Scout, earn Cub Scout Sports belt loops for two individual sports (badminton, bicycling, fishing, marbles, swimming, or tennis).
4. While you are a Webelos Scout, earn Cub Scout Sports belt loops for two team sports (baseball, basketball, soccer, softball, volleyball, flag football, or ultimate).

**Webelos Traveler Requirements:**

4. With your parent or guardian, take a trip to a place that interests you. Go by car, bus, boat, train, or plane.
5. Figure out what it costs per mile for the trip you took or planned to fulfill requirement 2, 4, 6, or 7. (Don't forget to include getting back to your starting point.)
7. Decide on a trip you would like to take that lasts at least two days. Pack everything you would need for that trip.

**Webelos Outdoorsman Requirements:**

1. Present yourself to your Webelos den leader, properly dressed, as you would be for an overnight campout. Show the camping gear you will use. Show the right way to pack and carry it.
2. With your family or Webelos den, help plan and take part in an evening outdoor activity that includes a campfire.
3. With your parent or guardian, take part in a Webelos den overnight campout or a family campout. Sleep in a tent that you have helped pitch.
7. Discuss with your Webelos den leader the rules of outdoor fire safety. Using these rules, show how to build a safe fire and put it out.
8. With your accompanying adult on a campout or outdoor activity, assist in preparing, cooking, and cleanup for one of your den's meals. Tell why it is important for each den member to share in meal preparation and cleanup, and explain the importance of eating together.
11. Demonstrate setting up a tent or dining fly using two half hitches and a taut-line hitch. Show how to tie a square knot and explain how it is used.