

Lifesaving Merit Badge Lesson Plan

1st Class (Pool)

Show 4 main strokes	-	-	-	-	1b
Discuss Method of Rescue	-	-	-	-	2
Reaching Rescues	-	-	-	-	3 - Sign Off
Throwing Rescue	-	-	-	-	4 - Sign Off
Show and Do 10lb weight	-	-	-	-	12 - Sign Off

2nd Class (Pool)

Practice Front Crawl & Breaststroke	-	-	-	-	1b
Explain Boating Rescues	-	-	-	-	5 - Sign Off
Practice Lifesaving Entry w/ Tube	-	-	-	-	7a-d
Practice Lifesaving Entry	-	-	-	-	10-11
Blocks and Escapes	-	-	-	-	10
Why avoid contact	-	-	-	-	8 - Sign Off

3rd Class (Pool)

Practice Sidestroke & Elementary Backstroke	-	-	-	-	1b
Show and Practice Tube Rescues	-	-	-	-	7a-d
Explain Rescue Aids	-	-	-	-	6 - Sign Off

4th Class (Pool)

Practice All the Strokes	-	-	-	-	1b
Test on Tube Rescues	-	-	-	-	7a-d - Sign Off
Spinal Management	-	-	-	-	14a-c - Sign Off
Make up for 10lb weight	-	-	-	-	

5th Class (Pool)

Allowed to do the 400 yards	-	-	-	-	1b - Sign Off
Show and Practice Conscious Rescues	-	-	-	-	9a-c
Show and Practice Unconscious Rescues	-	-	-	-	11a-c
Make up for any requirements	-	-	-	-	

6th Class (Pool)

400 yards (50 on Front Crawl, Sidestroke, Breaststroke, Elementary Backstroke)	-	-	-	-	1b - Sign Off
Do Conscious Rescues	-	-	-	-	9a-c - Sign Off
Blocks and Escapes	-	-	-	-	10 - Sign Off
Do Unconscious Rescues	-	-	-	-	11a-c - Sign Off
Explain Clothes Disrobe	-	-	-	-	7e
Make up for any requirements	-	-	-	-	

7th Class (Pool)

Make up for any requirements

8th Class (Lecture)

1 st & 2 nd class requirements	-	-	-	-	1a - Sign Off
First Aid	-	-	-	-	15 - Sign Off
CPR	-	-	-	-	13a-b - Sign Off
Clothes Disrobe	-	-	-	-	7e - Sign Off
Method of Rescue	-	-	-	-	2 - Sign Off