Water Fun

Traveling near a lake or stream? Going to the ocean or sea? Why not explore the wet and wonderful world of water. To earn this badge, you must complete activity 1.





The HELP position

1. Safety First

Show how to use a PFD (personal flotation device). Refer to the American Red Cross Web site www.arc.org.

- Put it on, adjust it to fit, and fasten it securely.
- Jump into the water with a PFD on.
- Float and swim with a PFD on.
- Practice the HELP (Heat Escape Lessening Position) and the huddle position to keep warm.

2. Picture It

Increase your awareness of different water habitats by doing three or more of these activities:

- Listen to the sounds of moving water by the ocean, along the shores of a lake, or by a swiftly running stream.
- Watch waves in salt or fresh water.
- Watch a leaf float in running water.
- Smell the air near salt water, running water, or a swamp or bog.
- Look for signs of life on a beach walk.
- Feel a breeze while on the water or fly a kite along the shoreline.
- Watch a sunset or sunrise reflected in a large body of water.

Find a way to express your feelings about your experience through the arts or participate in a Girl Scout's Own ceremony that celebrates water as your theme.

3. A Balancing Act

Show how to get in and out of a small craft safely. Keep the boat in trim (balanced) as you:

- Load gear
- Stow things
- Sit down and stand up
- Move around and change places

Note: This can be done in a small boat, sailboat, canoe, or two-person kayak.

4. Get in the Swim of Things

On a swimming trip to a pool, pond, or lake, show an adult how you can:

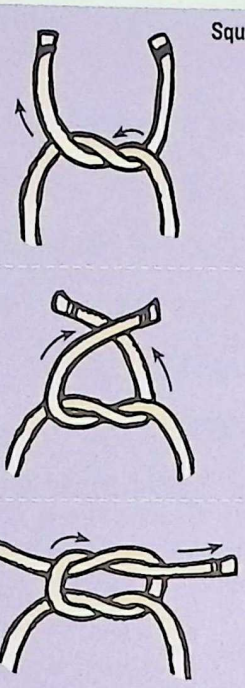
- Float on your back for one minute.
- Tread water for two minutes.
- Do two different swim strokes.
- Use your best stroke and swim 50 yards.*

Remember: Use the buddy system at all times.

5. Water Games

Make up and play a game in the water to show you understand and can use the buddy system.

* See page 235 for the metric conversion chart.



6. A Sailor's Life

Do at least two of the following:

- Tie a fancy knot.
- Sail a model boat.
- Learn a song about the sea and sing it.
- Learn something about life on the water or under it.

7. Precious Water

Brainstorm ways that you can conserve water. Also think of how not to add to water pollution in your community, or in an area that you are visiting with your family or group. Then, start the habit of being a clean water saver.

8. Look Closely

Plan a discovery trip to a lake, stream, or salt-water environment. See how many exciting discoveries you can make about this aquatic habitat. Find out:

- What plants and animals live in the water and on the land nearby.
- Whether the water is warm or cold, clear or murky.
- What the bottom surface is like under the water.

9. Let the Games Begin

With a friend or family member, attend a water event, such as a canoe or kayak race, swim meet, surfing competition, fishing derby, parade of sail, synchronized swimming event, or water polo game. Learn the rules of the event.

10. Jobs on the Water

Tour a place where people go to have fun on the water, such as a marina, pool, cruise ship, party boat dock, or boat landing. Talk to someone who works there and find out what they do that helps others enjoy and be safe on the water.

