

**TO:** NCS Aquatics Section Participants – Ten Mile River Scout Reservation

**FROM:** NCS Aquatics Section Staff

**DATE:** May 9, 2024

**SUBJ:** Welcome letter and Important Information about NCS Aquatics

Hello, and welcome to the Aquatics Section of the National Camping School!

Following your registration, you should have received an email with the address and location of Ten Mile River Scout Camps, the camp hosting our NCS course. The email provides basic information about NCS, including the day and time you should arrive, as well as information specific to the Aquatics Section to help you prepare for your week at NCS.

The NCS course at Ten Mile River will start on Saturday, June 1<sup>st</sup> and will end on Friday, June 7<sup>th</sup> no later than 12 pm. If you are currently certified as an Aquatics Instructor, BSA and have registered to attend the re-certification training program, re-certification training will be completed by 1 pm on Tuesday, June 4<sup>th</sup>.

It is recommended that Aquatics Section students arrive Saturday morning, June 1<sup>st</sup> at 9 am for registration – we have a busy week and would like to complete the swim test and lifeguard pre-requisite check for everyone as soon as possible on Saturday. If you wish to arrive on Friday evening, please let me know so I can inform the host council.

In order for you to participate in the NCS Aquatics Section, upon your arrival at the camp, you must present the following information:

- Proof of registration with a Council
- Proof of current Youth Protection Training
- Current Lifeguard certification from a nationally recognized agency such as the BSA, American Red Cross, YMCA or another authorized agency.
- A BSA health form, with parts A & B completed by you and part C, completed and signed by a physician, or other authorized healthcare professional.
- Current CPR certification from the American Red Cross or American Heart Association or other authorized agency. Please note that we are aware that many students will receive CPR training and certification as part of their general staff training during their summer camp's staff week. You will be allowed to participate at NCS and receive an NCS certificate and Aquatics Instructor, BSA card & patch if you complete the course, however, please be advised that your Aquatics Instructor, BSA certification is not valid without current certification in CPR.

Following registration and a health check on Saturday morning, you'll be directed to a campsite to unload your gear. You will then proceed to the waterfront for a BSA swim check and lifeguard pre-requisite testing. Successful completion is a requirement for continuing in the course:

- Complete the BSA swimmers test consisting of swimming 75 yards on your front or side using the breaststroke, front crawl or side stroke, 25 yards on you back using a resting back stroke, and float.

- Immediately after completion of the swimmers test, swim continuously for an additional 450 yards using the breast stroke or front crawl.
- Immediately after completion of the 450-yard swim, tread water for two minutes without using your arms.
- After a short rest: starting in the water, swim 20 yards using a front crawl or breaststroke, surface dive 7-to-10 feet, retrieve a 10-pound object, surface, swim with the object 20 yards back to the starting point, and exit the water within one minute and 40 seconds.

After some time to rest, we will also be completing the Lifeguard Competency Assessment. This is not a pass/fail exercise but it will help us guide the instruction for the rest of the week:

- Active victim rescue in deep water.
- Rescue a submerged passive victim in deep water. Within 90 seconds, remove the victim from the water using a backboard for extrication. Perform CPR on a manikin for 3 minutes.
- In-line stabilization for face-down victim in shallow water (backboarding not required).

Due to the amount of material to teach and limited time for makeup or remedial work is typically limited to an hour or so before breakfast. This includes the pre-requisite testing listed above. Anyone who does not complete this on Saturday must do so Sunday before breakfast.

Based on feedback from NCS Aquatics staff and previous Aquatics students, the following are helpful tips to ensure that you are comfortable and successful at NCS:

- This program is very demanding, both mentally and physically. Make sure that you take care of yourself and get adequate nutrition and rest whenever possible. Protect yourself from the sun, as well as insects.
- Throughout the week you'll be put into the unusual position of being both a boy or girl of scout age, and a teacher, often at the same time. Be open to new ideas and new ways of doing things and be willing to share what you know.
- We need to make the most of the limited time we have during the week. Be respectful of the staff and other students by being prepared to start all skill practice and classroom sessions on time.

The informational email you should have received following your registration includes a general packing list. The following are additional clothing, personal gear and equipment required for Aquatics:

- Plan for both cool and wet weather during the week. Please bring adequate towels and swimming suits.
- Both the canoeing and boating instruction will require footwear that will get wet. Please bring closed-toed shoes that can get wet (and will dry quickly). Sandals are acceptable, provided that the shoes have straps to secure the sandals to your feet. Flip-flops are not recommended, other than for showering.
- Plan for our swimming and lifesaving/lifeguarding instruction will take place in a lake. While we typically want to make sure that everyone is comfortable in the water without using goggles, we recommend that you bring a pair for use during the swimming instruction for your comfort. For

the lifesaving instruction, goggles will not be permitted, so you should be prepared to work without them during lifesaving practice.

- While the Canoeing merit badge allows scouts to be seated when performing skills, for safety and stability in the canoe during instruction and practice we strongly recommend that Aquatics Section students kneel while performing canoe strokes. Therefore, we urge you to bring kneepads, or another type of soft cushion (of your choosing) for your comfort while kneeling.
- Bring at least one BSA field uniform (shirt, pants, belt) along with BSA t-shirts as you will wear the BSA uniform at all times, other than when you are on, or in, the water.
- Bring a light jacket or other long sleeve garment that can be worn under your lifejacket, in the event of windy, or cool, weather while out on the water.
- Bring hats or visors for sun protection and comfortable tee shirts for additional sun protection and/or cool weather while at the waterfront. It is also recommended that you bring sunscreen with a minimum SPF of 30, or higher.
- Rain gear should be light, breathable and comfortable to wear while engaged in boating and canoeing practice.
- Mosquito netting to cover your bunk at night is strongly recommended, as well as insect repellent. You will be staying in tents for the week.
- There is limited electrical power in the campsites. We will have some power strips in the classroom to charge electronics during the day.
- Laptops/tablets are welcome to take notes or access any of the referenced material during the week.

If you have any questions about the Aquatics Section and program, please feel free to contact me at the email address below.

We look forward to meeting you on Saturday, June 1<sup>st</sup> at Ten Mile River Scout Camps in Narrowsburg, NY.

Yours in Scouting,

Dan Smith

Aquatics Section Director, NCS at Ten Mile River

[dan27451@comcast.net](mailto:dan27451@comcast.net)

978-302-8136 (cell)