

Scuba Diving

Merit Badge Workbook

Merit badges are earned by doing: reading the pamphlet, practicing the skills, and showing your counselor what you have learned.
This workbook gives you a place to organize your notes and track your progress along the way.
Merit badge counselors may not require the use of this or any similar workbook.
You still must satisfy your counselor that you can demonstrate each skill and have learned the information.
Use the space under each requirement to note what you have done and what you want to talk about, not to write out full answers.
When a requirement says discuss, show, tell, explain, or demonstrate, that is what you must do.
No one may add to or subtract from the official requirements found on scouting.org (Guide to Advancement 7.0.4.8).

Scouting America last updated this badge's requirements page on September 19, 2025.
Requirements change from time to time. Double-check scouting.org before you start.

Scout's name: _____ Unit: _____ Date started: _____

Counselor's name: _____ Phone no.: _____ Email: _____

Links marked "Scouting America resources" are the ones Scouting America shares on its official badge page.
This workbook is unofficial and not endorsed by Scouting America.

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1. Do the following:

(a) Show that you know first aid for injuries or illnesses that could occur while scuba diving, including hypothermia, hyperventilation, squeezes, decompression illness, nitrogen narcosis, motion sickness, fatigue, overexertion, heat reactions, dehydration, injuries by aquatic life, and cuts and scrapes.

Scouting America resources: What Is Hypothermia? (video)
What Are the Bends in Scuba Diving? Decompression Sickness Explained (video) · How To Relieve Cramps While Scuba Diving (video)
Diving With Anxiety | Tips for Staying Calm & Confident at Depth! (video) · Seasickness Prevention and Treatment (website)
What Is Nitrogen Narcosis and How Do You Get It? (video)

First aid for scuba diving injuries and illnesses

Injury or illness	First aid
hypothermia	
hyperventilation	
squeezes	
decompression illness	
nitrogen narcosis	
motion sickness	
fatigue	
overexertion	
heat reactions	

First aid for scuba diving injuries and illnesses (continued)

Injury or illness	First aid
dehydration	
injuries by aquatic life	
cuts and scrapes	

(b) Identify the conditions that must exist before performing CPR on a person, and explain how to recognize such conditions. Demonstrate the proper technique for performing CPR using a training device approved by your counselor.

Scouting America resources: How To Perform Hands-Only CPR (video)

Conditions that must exist before performing CPR, and how to recognize them

CPR demonstrated on _____ Training device used _____

Requirement 1 completed on _____ counselor initials _____

2. Before completing requirements 3 through 6, earn the Swimming merit badge.

Scouting America resources: Swimming Merit Badge (website)

Swimming merit badge earned on _____

Requirement 2 completed on _____ counselor initials _____

3. Discuss the Scuba Diver's Code with your counselor, and explain the importance of each guideline to a scuba diver's safety.

Scouting America resources: Scuba School International Divers Code (website)

Discussed with my counselor on _____

The Scuba Diver's Code

Guideline	Why it matters for a diver's safety

The Scuba Diver's Code (continued)

Guideline	Why it matters for a diver's safety

Requirement 3 completed on _____ counselor initials _____

4. Earn an Open Water Diver Certification from a scuba organization recognized by the Scouting America scuba policy.

Scouting America resources: How To Get Scuba Certified (video)

Certifying organization _____ Date certified _____

Instructor _____ Certification card number _____

Requirement 4 completed on _____ counselor initials _____

5. Explain what an ecosystem is, and describe four aquatic ecosystems a diver might experience.

Scouting America resources: Aquatic Ecosystems (Characteristics, Types and Examples) (video)

What an ecosystem is

Four aquatic ecosystems a diver might experience

Ecosystem	What a diver might experience there

Requirement 5 completed on _____ counselor initials _____

6. Find out about three career opportunities in the scuba industry. Pick one and find out the education, training, and experience required for this profession. Discuss this with your counselor, and explain why this profession might interest you.

Scouting America resources: Top 5 Jobs in the Commercial Diving Industry (video) · Navy Diver (video)
Navy Medical Deep Sea Diving Technician—DMT (video) · 5 Types of Diving Job (video)
Dream Job: A Day in the Life of Our Divers by Aquarium Love Stories (video)

Three careers in the scuba industry

Career	What the job involves

The one I picked

Education, training, and experience required

Why this profession might interest me

Requirement 6 completed on counselor initials

Counselor sign-off

Your counselor signs your blue card or approves the badge in Scoutbook, and your unit records it. This line is for your own records.

Counselor's signature Date completed

Official Scouting America resources

Scouting America resources: Scuba Diving merit badge page (requirements and resources) · Scuba Diving merit badge pamphlet (free PDF)
All merit badges

Made by Cole at ScoutSmarts.com, an Eagle Scout who loves helping Scouts.
Spot an error or a requirement change? Tell me at scoutsmarts.com/contact.
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