

Staged Activity Badges: Swimming

Leader or Instructor to initial against completed activities. Complete all requirements of each stage.

Beaver / Cub / Scouts name _____

STAGE 3



		Initial
1 Safety	<p>Know the safety rules and where it is safe to swim locally.</p> <p>Explain the rules covering swimming for Scouts.</p>	<p>_____</p> <p>_____</p>
2 Enter Pool	Demonstrate a controlled entry or dive from the side of the pool, into at least 1.5 metres of water.	<p>_____</p>
3 Short Swim	Swim 50 metres in shirt and shorts.	<p>_____</p>
4 Tread Water	Tread water for three minutes with one hand behind their back.	<p>_____</p>
5 Water Skills	<p>Surface dive into 1.5 metres of water and recover an object with both hands from the bottom. Return to the side of the pool holding the object with both hands.</p> <p>Enter the water from the side of the pool by sliding in from a sitting position. Using any floating object for support, take up and hold the Heat Escape Lessening Posture for five minutes.</p>	<p>_____</p> <p>_____</p>
6 Distance Swim	Swim 400 metres without stopping.	<p>_____</p>
7 Swimming Activity	<p>Take part in an organised swimming activity, since gaining their previous Swimming Badge.</p> <p>(Event _____)</p>	<p>_____</p>

Leader or Instructors Name _____ Date _____

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STAGE 2



		Initial
1	Safety Know the safety rules and where it is safe to swim locally.	_____
2	Enter Pool Demonstrate a controlled entry or dive from the side of the pool, into at least 1.5 metres of water.	_____
3	Short Swim Swim ten metres on their front, ten metres on their back, and ten metres on their back using only their legs.	_____
4	Tread Water Tread water for three minutes in a vertical position.	_____
5	Water Skills Surface dive into at least 1.5 metres of water and touch the bottom with both hands.	_____
	Mushroom float for ten seconds.	_____
	Enter the pool and push off from the side on their front, and glide for five metres.	_____
6	Distance Swim From the side of the pool, push off on their back and glide for as far as possible.	_____
	Distance Swim Swim 100 metres without stopping.	_____
7	Swimming Activity Take part in an organised swimming activity. (Event _____)	_____

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STAGE 1



		Initial	
1	Safety	Know the safety rules and where it is safe to swim locally.	_____
2	Enter Pool	Without using the steps, demonstrate a controlled entry into at least 1.5 metres of water.	_____
3	Short Swim	Swim ten metres on their front.	_____
4	Tread Water	Tread water for 30 seconds in a vertical position.	_____
5	Water Skills	Using a buoyancy aid, float still in the water for 30 seconds.	_____
		Demonstrate their ability to retrieve an object from chest deep water.	_____
		Perform a push and glide on both their front and back.	_____
6	Distance Swim	Swim 25 metres without stopping.	_____
7	Swimming Activity	Take part in an organised swimming activity. (Event _____)	_____

Leader or Instructors Name _____ Date _____