



Badge Information

Swimmer	Stage 1
<p>Description</p> <p>There is quite a lot of work to do for this swimmers badge but if you love splashing about you'll love this!</p> <p>Perfect to prepare you for fun and adventure in the Sea Scouts – you can do this badge in ANY section, beavers, cubs, scouts or explorers.</p>	
<p>Requirements</p> <p>Get your swimming teacher or coast to sign to say you can: -</p> <ol style="list-style-type: none">1. Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.2. Show you know how to prepare for exercises such as taking part in a warm up.3. Demonstrate a controlled entry, without using the steps, into at least 1.5 metres of water.4. Swim 10 metres on your front.5. Tread water for 30 seconds in a vertical position.6. Using a buoyancy aid, float still in the water for 30 seconds.7. Demonstrate your ability to retrieve an object from chest-deep water.8. Perform a push and glide on both your front and back.9. Swim 25 metres without stopping.10. Take part in an organised swimming activity. <p>Swimming teacher / coach signature _____ Date _____</p>	