



## Badge Information



### Swimmer

### Stage 3

#### Description

There is quite a lot of work to do for this swimmers badge but if you love splashing about you'll love this!

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.

#### Requirements

##### Get your swimming teacher or coast to sign to say you can: -

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. You could do this by leading a warm up.
3. Demonstrate a controlled entry or dive from the side of the pool into at least 1.5 metres of water.
4. Swim 50 metres in shirt and shorts.
5. Tread water for three minutes, with one hand behind your back.
6. 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 in both hands.
7. 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.
8. Swim 400 metres without stopping.
9. Take part in a different organised swimming activity to the one on your previous swimming badge.

Swimming teacher / coach signature

Date

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