



Swimmer's Badge

Swimmer 1

Complete the following:

- 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 your 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 your ability to retrieve an object from chest deep water.

Perform a push and glide on both your front and back.
- 6 **Distance swim** Swim 25 metres without stopping.
- 7 **Swimming activity** Take part in an organised swimming activity

Name of Young Person:

Name of Assessor:

Role/Qualification of Assessor:

I confirm the above Young Person has completed the above tasks.

Signed (by assessor):

Date:



Swimmer's Badge

Swimmer 2

Complete the following:

- 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 your front, ten metres on your back, and ten metres on your back using only your 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 your front and glide for five metres.

From the side of the pool, push off on your back and glide for as far as possible.
- 6 **Distance swim** Swim 100 metres without stopping.
- 7 **Swimming activity** Take part in an organised swimming activity.

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Swimmer's Badge

Swimmer 3

Complete the following:

- 1 **Safety** Know the safety rules and where it is safe to swim locally.

Explain the rules governing swimming for Scouts.
- 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 50 metres in shirt and shorts.
- 4 **Tread water** Tread water for three minutes with one hand behind your back.
- 5 **Water skills** 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.

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.
- 6 **Distance swimming** Swim 400 metres without stopping.
- 7 **Swimming activity** Take part in an organised swimming activity, since gaining your previous swimming badge.

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Swimmer's Badge

Swimmer 4

Complete the following:

- 1 Safety** Know the safety rules and where it is safe to swim locally.

Explain the rules covering swimming for Scouts.
- 2 Enter pool** Demonstrate a racing dive into at least 1.5 metres of water and straddle jump into at least two meters of water.
- 3 Short swim** Swim 100 metres in less than four minutes.
- 4 Tread water** Tread water for five minutes.
- 5 Water skills** Surface dive into 1.5 metres of water, both head first and feet first and swim at least five metres under water on both occasions.

Enter the water as for unknown depth. Swim ten metres to a floating object and use it to take up and hold the Heat Escape Lessening Posture for five minutes.
- 6 Distance swim** Swim 800 metres without stopping. you should swim 400m on your front and 400m on your back.
- 7 Swimming activity** Take part in an organised swimming activity, since gaining your previous swimming badge.

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Swimmer's Badge

Swimmer 5

Complete the following:

- 1 Safety** Know the safety rules and where it is safe to swim locally.

Explain the rules covering swimming for Scouts.
- 2 Enter pool** Demonstrate a racing dive into at least 1.5 metres of water and a straddle jump into at least two meters of water.
- 3 Short swim** Swim 100 metres in shirt and shorts. On completion, remove the additional clothes and climb out of the pool unaided. Time limit three minutes.
- 4 Tread water** Tread water for five minutes, for three of which one arm must be held clear of the water.
- 5 Water skills** Scull on your back, head first for ten metres then feet first for ten metres. Move into a tuck position and keeping your head out of the water, turn 360 degrees.

Swim ten metres, perform a somersault without touching the side of the pool and continue to swim in the same direction for a further ten metres.

Demonstrate the Heat Escape Lessening Posture.

Demonstrate a surface dive, both head and feet first into 1.5 metres of water.
- 6 Distance swimming** Swim 1000 metres using any three recognised strokes for a minimum distance of 200 metres per stroke. This swim must be completed in 35 minutes.
- 7 Swimming activity** Take part in an organised swimming activity, since gaining your previous swimming badge.

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