



12th Beaver Scouts
Elm Ridge



Staged Activity Badges: Swimmer

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 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.

I (Instructor / Teacher) confirm that (Beaver)
Has completed all of the above to gain His/Her Stage 1 Swimmers Badge

Signed

Date

