



12th Cub Scouts
Elm Ridge



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 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.
From the side of the pool, push off on their 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.

I (Instructor / Teacher) confirm that (Cub)
Has completed all of the above to gain His/Her Stage 2 Swimmer Badge

Signed

Date

