

Swimmer Staged Activity Badge Stage 5



How to earn your badge:

Requirements	Achieved	
1	Learn about where to swim safely in different locations and find out about rescue equipment.	
2	Take part in a warm up before getting in the pool.	
3	Demonstrate how to get in and out of the water safely using a variety of different methods of entry.	
4	Swim confidently on your front for 50 metres without stopping.	
5	Swim confidently on your back for 50 metres without stopping.	
6	Swim breaststroke or butterfly for 50 metres.	
7	Swim 200 metres in a stroke of your choice.	
8	Swim in clothes for 25 metres.	
9	Perform 3 different sculling techniques during a swim.	
10	Tread water with one hand above the water to attract attention.	
11	Demonstrate one diving technique into the pool followed by a 25 metre swim.	
12	Learn about different rescues and perform one of them.	

I confirm that _____ has achieved the requirements for the Swimmer Stage 5 Activity Badge

Name _____

Signature _____