

# Swimmer Staged Activity Badge Stage 3



## How to earn your badge:

Requirements		Achieved
1	Learn about where to swim safely in different locations and find out about the four key water safety messages.	
2	Take part in a warm up before getting in the pool.	
3	Demonstrate how to get in and out of the water safely without support.	
4	Tread water for 15 seconds	
5	Swim 15 metres on your front without support.	
6	Swim 15 metres on your back without support.	
7	Swim 25 metres in a stroke of your choice, with or without support.	
8	Show a push and glide movement into a swim, then swim for 5 metres.	
9	From a floating position, move into a standing position without support. Do this on both your front and back.	
10	Pick up an object from the floor of the pool.	

I confirm that \_\_\_\_\_ has achieved the requirements for the Swimmer Stage 3 Activity Badge

Name \_\_\_\_\_

Signature \_\_\_\_\_