

# Swimmer Staged Activity Badge

## Stage 2



### How to earn your badge:

Requirements	Achieved	
1	Learn about where to swim safely in different locations and find out some safety rules for a swimming pool	
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	Swim 10 metres on your front, with or without support.	
5	Swim 10 metres on your back, with or without support.	
6	Perform a log roll of at least 180 degrees in the water, either on your front or on your back.	
7	Demonstrate a push and glide into the middle of the pool on both your front and your back.	
8	Starting from the side of the pool, retrieve a floating object with your face submerged in the water.	
9	Float on your front and then your back, holding each float for at least 5 seconds.	

I confirm that \_\_\_\_\_ has achieved the requirements for the Swimmer Stage 2 Activity Badge

Name \_\_\_\_\_

Signature \_\_\_\_\_