

# Swimmer Staged Activity Badge Stage 4



## 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 two different methods of entry.	
4	Swim confidently on your front for 25 metres without stopping.	
5	Swim confidently on your back for 25 metres without stopping.	
6	Swim 25 metres using either the breaststroke or butterfly swimming techniques.	
7	Demonstrate the breaststroke leg movements whilst holding onto the side of the pool.	
8	Swim 100 metres in a stroke of your choice.	
9	Tread water for 30 seconds.	
10	Swim in clothes for 10 metres.	
11	Scull for 5 metres on your front or your back.	

I confirm that \_\_\_\_\_ has achieved the requirements for the Swimmer Stage 4 Activity Badge

Name \_\_\_\_\_

Signature \_\_\_\_\_