



Swimmer Activity Badge

Stage 1

Name of Beaver _____

Parts 2—7 of this badge need to be verified by your swimming teacher. If you do not have a swimming teacher then it needs to be verified by your parent or guardian. Part 1 will be done as an activity with the colony.

	Activity	Completed
1	Safety Know the safety rules and where it is safe to swim locally.	
2	Enter pool Without using the steps, demonstrate a controlled entry into at least 1.5 metres of water.	<input type="checkbox"/>
3	Short swim Swim ten metres on your front.	<input type="checkbox"/>
4	Tread water Tread water for 30 seconds in a vertical position.	<input type="checkbox"/>
5	Water skills Using a buoyancy aid, float still in the water for 30 seconds. Demonstrate your ability to retrieve an object from chest deep water. Perform a push and glide on both your front and back.	<input type="checkbox"/>
6	Distance swim Swim 25 metres without stopping.	<input type="checkbox"/>
7	Swimming activity Take part in an organised swimming activity.	<input type="checkbox"/>

Verification

Name of Swimming Teacher/Parent _____

Signature _____ Date _____