



Swimmer Activity Badge

Stage 2

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 Demonstrate a controlled entry or dive from the side of the pool, into at least 1.5 metres of water. | <input type="checkbox"/> |
| 3 | Short swim Swim ten metres on your front, ten metres on your back, and ten metres on your back using only your legs. | <input type="checkbox"/> |
| 4 | Tread water Tread water for three minutes in a vertical position. | <input type="checkbox"/> |
| 5 | Water skills <ul style="list-style-type: none">• Surface dive into at least 1.5 metres of water and touch the bottom with both hands.• Mushroom float for ten seconds.• Enter the pool and push off from the side on your front and glide for five metres.• From the side of the pool, push off on your back and glide for as far as possible. | <input type="checkbox"/> |
| 6 | Distance swim Swim 100 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 _____