



Swimmer Staged 1 ACTIVITY BADGE.



This goes towards 100% of their stage 1 badge.

Dear Swimming Instructor,

Please could you assess me on the following, so that I can gain my Swimmer Stage 1 badge in Beavers/Cubs/Scouts.

Feel free to make notes on this sheet, as required. When you have finished, please complete the section at the bottom, to confirm that I have fulfilled the requirements of the badge.

- Safety:** Know the safety rules and where it is safe to swim locally
- Enter pool:** Without using steps, demonstrate a controlled entry into at least 1.5m of water
- Short swim:** Swim 10m on your front.
- Tread water:** Tread water for 30 seconds in a vertical position.
- 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.
- Distance swim:** Swim 25 metres without stopping
- Swimming activity:** Take part in an organised swimming activity.

I confirm that.....has met the above stated requirements for the Swimmer Stage 1 Badge

Signed..... Date/...../.....

Print Name.....

Place at which the assessment took place.....

Please hand back to one of your Beaver/Cub/Scout Group Leaders to sign.

Signature.....