

# Scouts

## 20th Oldham Uppermill Methodist

### Staged Badges - Swimmer

The Swimmer badge has 5 stages, which are listed in the tables below. There are several different swimming schemes, all of which differ slightly, so for your child to be awarded the badge you need to print off the page required and ask their swimming instructor to sign the boxes on the sheet to show what they can do, and then bring it in and give it to a leader.

#### Stage 1

1	Learn the general safety rules for swimming (such as not diving into shallow water, or not swimming on your own) and know where it is safe to swim locally.	
2	Show you know how to prepare for exercises, such as taking part in a warm up.	
3	Demonstrate a controlled entry, without using the steps, into at least 1.5 metres of water.	
4	Swim 10m on your front.	
5	Tread water for 30 seconds in a vertical position.	
6	Using a buoyancy aid, float still in the water for 30 seconds.	
7	Demonstrate your ability to retrieve an object from chest-deep water.	
8	Perform a push and glide on both your front and back.	
9	Swim 25m without stopping.	
10	Take part in an organised swimming activity.	



## Stage 2

1	Learn the general safety rules for swimming (such as not diving into shallow water, or not swimming on your own) and know where it is safe to swim locally.	
2	Show you know how to prepare for exercises, such as taking part in a warm up.	
3	Demonstrate a controlled entry, without using the steps, into at least 1.5 metres of water.	
4	Swim 10m on your front, 10m on your back, and 10m on your back using only your legs.	
5	Tread water for 3 minutes in a vertical position.	
6	Surface dive into at least 1.5 metres of water and touch the bottom with both hands.	
7	Mushroom float for 10 seconds.	
8	Enter the pool and push off from the side on your front, gliding for 5 metres	
9	From the side of the pool, push off on your back and glide for as far as possible.	
10	Swim 100m without stopping	
11	Take part in an organised swimming activity.	

## Stage 3

1	Learn the general safety rules for swimming (such as not diving into shallow water, or not swimming on your own) and know where it is safe to swim locally.	
2	Show you know how to prepare for exercises. You could do this by leading a warm up.	
3	Demonstrate a controlled entry, or dive from the side of the pool, into at least 1.5 metres of water.	
4	Swim 50m in shirt and shorts.	
5	Tread water for 3 minutes with one hand behind your back.	
6	Surface dive into at least 1.5 metres of water and recover an object with both hands from the bottom. Return to the side of the pool holding the object in both hands.	
7	Enter the water from the side of the pool by sliding in from a sitting position. Using any floating object for support, take up and hold the heat escape lessening posture for 5 minutes.	
8	Swim 400m without stopping	
9	Take part in a different organised swimming activity to the one for your previous swimming badge.	

#### Stage 4

1	Learn the general safety rules for swimming (such as not diving into shallow water, or not swimming on your own) and know where it is safe to swim locally.	
2	Show you know how to prepare for exercises. You could do this by leading a warm up.	
3	Demonstrate a racing dive into at least 1.8 metres of water and straddle jump into at least 2 metres of water.	
4	Swim 100m in less than 4 minutes.	
5	Tread water for 5 minutes.	
6	Surface dive into at least 1.5 metres of water, both head first and feet first and swim at least 5m underwater on both occasions.	
7	Enter the water as you would if you didn't know the depth. Swim 10m to a floating object. Use the object to take up and hold the heat escape lessening posture for 5 minutes.	
8	Enter the pool and push off from the side on your front, gliding for 5 metres	
9	From the side of the pool, push off on your back and glide for as far as possible.	
10	Swim 800m using any of the 4 recognised strokes without stopping. You should swim 400m on your front and 400m on your back	
11	Take part in a different organised swimming activity to the one for your previous swimming badge.	

#### Stage 5

1	Learn the general safety rules for swimming (such as not diving into shallow water, or not swimming on your own) and know where it is safe to swim locally.	
2	Show you know how to prepare for exercises. You could do this by leading a warm up.	
3	Demonstrate a racing dive into at least 1.8 metres of water and straddle jump into at least 2 metres of water.	
4	Swim 100m in shirt and shorts. When you've finished, remove the shirt and shorts and climb out of the pool unaided. Your time limit is 3 minutes.	
5	Tread water for 5 minutes, one arm must be held clear of the water for 3 of these minutes.	
6	Scull on your back, head first for 10m then feet first for 10m. Move into a tuck position and turn 360 degrees, keeping your head out of the water.	
7	Swim 10m, perform a somersault without touching the side of the pool, then carry on swimming in the same direction for a further 10m.	
8	Demonstrate the heat escape lessening posture.	
9	Demonstrate a surface dive, both head first and feet first, into 1.5m of water.	
10	Swim 1,000m using any of the 4 recognised strokes for a minimum distance of 200m per stroke. This swim should be completed in 35 minutes.	
11	Take part in a different organised swimming activity to the one for your previous swimming badge.	

