

Badge Information Sheet – Staged Activity

Badges: Swimming



Stage 1

Requirements for stage 1 are: -

- 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.
- 3) **Short Swim:**
 - Swim ten metres on their front.
- 4) **Tread Water:**
 - Tread Water for 30 seconds in the vertical position.
- 5) **Water Skills:**
 - Using a buoyancy aid, float still in the water for 30 seconds.
 - Demonstrate their ability to retrieve an object from chest deep water.
 - Perform a push and glide on both their front and back.
- 6) **Distance Swim:**
 - Swim 25 metres without stopping.
- 7) **Swimming Activity:**
 - Take part in an organised swimming activity



Stage 2

Requirements for stage 2 are: -

- 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.
- 3) **Short Swim:**
 - Swim ten metres on their front, ten metres on their back, and ten metres on their back using only their legs.
- 4) **Tread Water:**
 - Tread water for three minutes in a vertical position.
- 5) **Water Skills:**
 - 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 their front, and glide for five metres.
 - From the side of the pool, push off on their back and glide for as far as possible.
- 6) **Distance Swim:**
 - Swim 100 metres without stopping.
- 7) **Swimming Activity:**
 - Take part in an organised swimming activity



Stage 3

Requirements for stage 3 are:

- 1) **Safety:**
 - Know the safety rules and where it is safe to swim locally.
 - Explain the rules covering swimming for Scouts.
- 2) **Enter Pool:**
 - Demonstrate a controlled entry or dive from the side of the pool, into at least 1.5 metres of water.
- 3) **Short Swim:**
 - Swim 50 metres in shirt and shorts.
- 4) **Tread Water:**
 - Tread Water for three minutes with one hand behind their back.
- 5) **Water Skills:**
 - Surface dive into 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 with both hands.
 - 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 five minutes.
- 6) **Distance Swim:**
 - Swim 400 metres without stopping.
- 7) **Swimming Activity:**
 - Take part in an organised swimming activity, since gaining their previous Swimming Badge.



Stage 4

Requirements for stage 4 are: -

1) **Safety:**

- Know the safety rules and where it is safe to swim locally.
- Explain the rules covering swimming for Scouts.

2) **Enter Pool:**

- Demonstrate a racing dive into at least 1.5 metres of water and a straddle jump into at least two metres of water.

3) **Short Swim:**

- Swim 100 metres in less than four minutes.

4) **Tread Water:**

- Tread water for five minutes.

5) **Water Skills:**

- Surface dive into 1.5 metres of water, both head first and feet first, and swim at least five metres under water on both occasions.
- Enter the water as for unknown depth. Swim ten metres to a floating object and use it to take up and hold the Heat Escape Lessening Posture for five minutes.

6) **Distance Swim:**

- Swim 800 metres without stopping. They should swim 400m on their front and 400m on their back.

7) **Swimming Activity:**

- Take part in an organised swimming activity, since gaining their previous Swimming Badge.



Stage 5

Requirements for stage 5 are:

1) **Safety:**

- Know the safety rules and where it is safe to swim locally.
- Explain the rules covering swimming for Scouts.

2) **Enter Pool:**

- Demonstrate a racing dive into at least 1.5 metres of water and a straddle jump into at least two metres of water.

3) **Short Swim:**

- Swim 100 metres in shirts and shorts. On completion, remove the additional clothes, and climb out of the pool unaided. Time limit three minutes.

4) **Tread Water:**

- Tread water for five minutes, for three of which one arm must be held clear of the water.

5) **Water Skills:**

- Scull on their back, head first for ten metres then feet first for ten metres. Move into a tuck position and, keeping their head out of water, turn 360 degrees.
- Swim ten metres, perform a somersault without touching the side of the pool and continue to swim in the same direction for a further ten metres.
- Demonstrate the Heat Escape Lessening Posture.
- Demonstrate a surface dive, both head and feet first into 1.5 metres of water.

6) **Distance Swim:**

- Swim 1000 metres using any three recognised strokes for a minimum distance of 200 metres per stroke. This swim must be completed in 35 minutes.

7) **Swimming Activity:**

- Take part in an organised swimming activity, since gaining their previous Swimming Badge.