

# 1<sup>st</sup> Chase Terrace Scout Group

Ironstone Road, Chase Terrace, Burntwood, Staffs. WS7 1LL

Telephone No. 01543 278393

Charity No. 504285

Registration No. 23505



## Woodland Beaver Colony

Dear Parents,

Please find attached a list of the requirements for the stage 1 Swimmer Badge.

If your child has completed the requirements, their swimming instructor will need to sign to confirm that they have, then return the form to us and we will award your child their badge.

If you have any questions please feel free to get in touch,

All the best

Spider

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## Swimmer – stage 1

How to earn your badge

1. Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and 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 10 metres 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 25 metres without stopping.
10. Take part in an organised swimming activity.

I confirm that \_\_\_\_\_  
has fulfilled the criteria to receive the Swimmer Stage 1 badge

Signed \_\_\_\_\_

Position Held \_\_\_\_\_

Date \_\_\_\_\_

