

1st Chase Terrace Scout Group

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

Telephone No. 01543 278393

Charity No. 504285

Registration No. 23505



Dear Parents,

Please find attached a list of the requirements for the stage 2 Swimmer Badge.

If your child has completed the requirements for the badge, 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 2

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 or dive from the side of the pool, into at least 1.5 metres of water.
4. Swim 10 metres on your front, 10 metres on your back and 10 metres on your back using only your legs.
5. Tread water for three 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 ten seconds.
8. Enter the pool and push off from the side on your front, gliding for five metres.
9. From the side of the pool, push off on your back and glide for as far as possible.
10. Swim 100 metres without stopping.
11. Take part in an organised swimming activity.

I confirm that _____
has fulfilled the criteria to receive the Swimmer Stage 2 badge

Signed _____

Position Held _____

Date _____

