



## Swimming Award - Stage 5

To earn your badge you should:

- 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.
- Show you know how to prepare for exercises. You could do this by leading a warm up.
- Demonstrate a racing dive into at least 1.8 metres of water and a straddle jump into at least 2 meters of water.
- Swim 100 metres in shirt and shorts. When you've finished, remove the shirt and shorts and climb out of the pool unaided. Your time limit is three minutes.
- Tread water for five minutes, three of which one arm must be held clear of the water.
- Scull on your back, head first, for ten metres, then feet first for ten metres. Move into a tuck position and turn 360 degrees, keeping your head out of the water.
- Swim 10 metres, perform a somersault without touching the side of the pool, then carry on swimming in the same direction for a further 10 metres.
- Demonstrate the heat escape lessening posture.
- Demonstrate a surface dive, both head and feet first, into 1.5 metres of water.
- Swim 1,000 metres using any of the four recognised strokes, for a minimum distance of 200 metres per stroke. This swim must be completed in 35 minutes.
- Take part in an organised swimming activity that's different to the one on your previous swimming badge.

Once you have completed the above, get an appropriate adult (parent/teacher/swimming teacher) to read through and confirm by signing below.

I acknowledge that \_\_\_\_\_ (name of cub) has completed their badge.

Date \_\_\_\_\_