Scouts
1st Locksheath
Scout Group

Swimmer Stage 2 Activity Badge

The Swim England equivalent for this stage is Stage 3. If you have achieved this award, you can gain your Stage 2 Activity Badge.

Please take this piece of paper to your instructor and ask them to sign the bottom form.

How to earn your badge

1. Learn about where to swim safely in different locations and find out some safety rules for a swimming pool.
2. Take part in a warm-up before getting in the pool.
3. Demonstrate how to get in and out of the water safely without support.
4. Swim 10 metres on your front, with or without support.
5. Swim 10 metres on your back, with or without support.
6. Perform a log roll of at least 180 degrees in the water, either on your front or on your back.
7. Demonstrate a push and glide into the middle of the pool on both your front and your back.
8. Starting from the side of the pool, retrieve a floating object with your face submerged in the water.
9. Float on your front and then your back, holding each float for at least 5 seconds.

On behalf of 1st Locks Heath Scouts, please could you fill out the form below to help the young person presenting it to gain their badge.

Many thanks

I hereby certify that _____ has carried out the requirements of the Scout Association's Swimmer Stage 2 badge (as detailed above) In my presence.

Signed:_____ Date: _____

Print: _____

Capacity: _____(e.g., Teacher, Leader etc.)

Body or Organisation: _____

_____(e.g., School, Club etc.)

Please continue on a blank sheet if required.