



# Swimmer Stage 3 Activity Badge

The Swim England equivalent for this stage is Stage 5. If you have achieved this award, you can gain your Stage 3 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 about the four key water safety messages.
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. Tread water for 15 seconds.
5. Swim 15 metres on your front, with or without support.
6. Swim 15 metres on your back, with or without support.
7. Swim 25 metres in a stroke of your choice, with or without support.
8. Show a push and glide movement into a swim, then swim for 5 metres.
9. From a floating position, move into a standing position without support. Do this on both your front and back.
10. Pick up an object from the floor of the pool.

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**On behalf of 1<sup>st</sup> 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 3 badge (as detailed above) In my presence.**

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Print:** \_\_\_\_\_

**Capacity:** \_\_\_\_\_ (e.g., Teacher, Leader etc.)

**Body or Organisation:** \_\_\_\_\_

\_\_\_\_\_ (e.g., School, Club etc.)