



# Swimmer Stage 4 Activity Badge

The Swim England equivalent for this stage is Stage 7. If you have achieved this award, you can gain your Stage 4 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 rescue equipment.
2. Take part in a warm-up before getting in the pool.
3. Demonstrate how to get in and out of the water safely using two different methods of entry.
4. Swim confidently on your front for 25 metres without stopping.
5. Swim confidently on your back for 25 metres without stopping.
6. Swim 25 metres using either the breaststroke or butterfly swimming techniques.
7. Demonstrate the breaststroke leg movements whilst holding onto the side of the pool.
8. Swim 100 metres in a stroke of your choice.
9. Tread water for 30 seconds.
10. Swim in clothes for 10 metres.
11. Scull for 5 metres on your front or your back.

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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 4 badge (as detailed above) In my presence.

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

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

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

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

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

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