



Swimmer Stage 5 Activity Badge

The Swim England equivalent for this stage is Stage 9. If you have achieved this award, you can gain your Stage 5 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 a variety of different methods of entry.
4. Swim confidently on your front for 50 metres without stopping.
5. Swim confidently on your back for 50 metres without stopping.
6. Swim 50 metres using either the breaststroke or butterfly swimming techniques.
7. Swim 200 metres in a stroke of your choice.
8. Swim in clothes for 25 metres.
9. Perform 3 different sculling techniques during a swim.
10. Tread water with one hand above the water to attract attention.
11. Demonstrate one diving technique into the pool followed by a 25 metre swim.
12. Learn about different rescues and perform one of them.

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 5 badge (as detailed above) In my presence.

Signed: _____ Date: _____

Print: _____

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

Body or Organisation: _____

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