



Swimming

Cub badge

A Three-Stage Badge



STAGE ONE

1. Swim at least 15 metres using one type of stroke.
2. Float on your back for 10 seconds minimum.
3. Jump or dive from the side of the pool.
4. Swim a few metres, turn around without swimming or touching anything and swim back to your starting point.

STAGE TWO

5. Use a pool of at least 1.25 metres in depth.
6. Swim 15 metres on your back using legs only.
7. Swimming in water at least 1.25 metres deep, dive and retrieve an object about the size of half a brick from the bottom of the pool.
8. Swim 15 metres. The first half: any front stroke other than a crawl, turn over on to your back and complete the distance with any back stroke.
9. With plain header or running dive, swim 25 metres front crawl. Plunge, dive and glide as far as possible).

STAGE THREE

10. Use a pool of at least 1.25 metres in depth.
11. With plain header (or running dive) swim 50 metres front crawl without pause.
12. Swim, clothed in a shirt and shorts, 25 metres sidestroke



13. Tread water for between 30 seconds and one minute.

14. Explain 'rescue breathing' by a written test or by a demonstration using a manikin.

Youth name: _____

Parent/examiner: _____

