



cubs

Swimmer Stage 1 Activity Badge

How to earn your badge

Learn how you can stay safe while being in or around water.

Tell a leader or instructor about different places to swim; learn about safety flags on the beach; or show you know some of the rules about swimming pools.

Discover ways to stretch your body as part of your warm up before getting in.

Tell a leader or instructor about the importance of stretching, and how you would stretch before swimming either in a pool or in the sea.

Learn how to get safely in and out of the water, with support if needed.

Show a leader or instructor that you know how to get in and out safely.

Take part in an activity to help you build your confidence in getting your hair wet.

You could scoop water over your head or face, blow some bubbles, or dip your head underwater.

Push away from the wall, then glide further into the middle of the pool.

You can do this with or without support from a float, either on your front or on your back.

Float on your back or front, with or without support.

Either your parents or an instructor can sign off on this

Swim at least 5 metres with or without support from a float.

You could swim to an adult, to a floating toy or even to the other side of the pool.

Play a game in the water with your friends and practice the skills you've learned.

You could play catch, throw and retrieve an object or have fun with some floats.











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Checklist

To complete the badge requirements, tick off the checklist below with help from your parents, teachers, or swimming instructor.

 Show you know how to stay safe in the water	
 Stretch as part of a warm-up activity before swimming	
 Safely get in and out of water, with support if needed	
 Be confident in getting your hair wet	
 Push away from a pool wall and glide	
 Float	
 Swim a least 5 metres	
 Play a game in the water	

Your name	Section (Beavers, Cubs, Scouts)	Today's date