Swimmer Stage 2 Activity Badge

How to earn your badge

Give three examples of where to swim safely, in different locations

Give a leader or instructor a short list of safety rules for a swimming pool

Demonstrate how to get in and out of the water safely without support.

Take part in a warm-up activity before getting in the pool

Swim 10 metres on your front, with or without support

Swim 10 metres on your back, with or without support

Perform a log roll of at least 180 degrees in the water, either on your front or on your back.

Demonstrate a push and glide into the middle of the pool on both your front and your back.

Starting from the side of the pool, retrieve a floating object with your face in the water.

Float on your front and then your back, holding each float for at least 5 seconds.

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Checklist

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

	Give three examples of where to swim safely	
	Give a leader or instructor a short list of safety rules for a swimming pool	
	Get in and out of the water safely without support	
	Complete a warm-up activity before getting in a pool	
	Swim 10 metres on your front	
	Swim 10 metres on your back	
	Perform a log roll of at least 180 degrees in the water	
	Demonstrate a push and glide into the middle of the pool, on your front	
	Demonstrate a push and glide into the middle of the pool, on your back	
	Retrieve a floating object with your face in the water	
	Float on your front for 5 seconds	
	Float on your back for 5 seconds	

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