



cubs

Swimmer Stage 3 Activity Badge

How to earn your badge

Know the four key water safety messages.

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.

Tread water for 15 seconds.

Swim 15 metres on your front, without support.

Swim 15 metres on your back, without support.

Swim 25 metres in a stroke of your choice, with or without support.

Demonstrate a push and glid, then swim for 5 metres.

From a floating position (on your front), move into a standing position without support.

From a floating position (on your back), move into a standing position without support.

Pick up an object from the floor of a pool.















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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 the four key water safety messages	
 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	
 Tread water for 15 seconds	
 Swim 15 metres on your front	
 Swim 15 metres on your back	
 Swim 25 metres in a stroke of your choice	
 Demonstrate a push and glide, then swim for 5 metres	
 Move from floating on your back to a standing position	
 Move from floating on your front to a standing position	
 Pick up an object from the floor of a pool	

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