



cubs

Swimmer Stage 4 Activity Badge

How to earn your badge

Know about rescue equipment for three different swimming locations.

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

Demonstrate two methods of how to get in and out of the water.

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

Swim 25 metres on your front, without stopping.

Swim 25 metres on your back, without stopping.

Swim 25 metres using breaststroke or butterfly stroke.

Demonstrate breaststroke leg movements while holding onto the side of the pool.

Swim 100 metres in a stroke of your choice.

Tread water for 30 seconds.

Swim in clothes for 10 metres.

Scull for 5 metres on your front or your back.















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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 about rescue equipment for three swimming locations	
 Give a leader or instructor a short list of safety rules for a swimming pool	
 Demonstrate two methods of entry and exit from the pool	
 Complete a warm-up activity before getting in a pool	
 Swim 25 metres on your front	
 Swim 25 metres on your back	
 Swim 25 metres using breaststroke or butterfly stroke	
 Demonstrate breaststroke leg movements while holding onto the side	
 Swim 100 metres	
 Tread water for 30 seconds	
 Swim in clothes for 10 metres	
 Scully for 5 metres	

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