

Swimmer Badge

- 1 Perform a standing dive from the side of the pool, into a minimum depth of 1.5 metres.
2. Swim 200 metres using any stroke.
3. Swim 50 metres in shirt/blouse and shorts.
4. Swim two of the following using different strokes from those used for requirement 2.
 - (a) 50 metres front crawl.
 - (b) 50 metres back crawl.
 - (c) 50 metres breast stroke.
 - (d) 50 metres butterfly stroke.
5. Surface dive in two metres of water and recover, with both hands, an object from the bottom. Return to the side of the pool holding the object with both hands.
6. Enter the water from the side of the pool by sliding from a sitting position. Using an floating object for support take up and hold the Heat Escape Lessening Posture for five minutes. Tread water for two minutes and climb out of deep water without using steps or any other assistance.
7. Understand and explain how you would effect a rescue using the following methods:
reach, throw, wade and row.

NOTE:

- (1) Every care must be taken to check the depth of water and the safety of the diving area when taking or practising this badge.
- (11) Requirement 6 should be undertaken wearing a swimming costume only.