

# SCOUTS' SWIMMER STAGED ACTIVITY BADGE EQUIVALENCY

STA	SCOUTS	DISTANCE AWARDS
Up to Angelfish 3	Stage 1	25m
Up to Shark 3 Dolphin 1	Stage 2	100m
Up to Silver Advanced Swimmer Bronze Water Safety	Stage 3	400m
Gold Advanced Swimmer Silver Water Safety	Stage 4	800m
Platinum Advanced Swimmer Gold Water Safety	Stage 5	1000m



## Swimmer Staged Activity Badge – Stage 1

Badge requirements:

- Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.
- Show you know how to prepare for exercises such as taking part in a warm up.
- Demonstrate a controlled entry, without using the steps, into at least 1.5 metres of water.
- Swim 10 metres on your front.
- Tread water for 30 seconds in a vertical position.
- Using a buoyancy aid, float still in the water for 30 seconds.
- Demonstrate your ability to retrieve an object from chest-deep water.
- Perform a push and glide on both your front and back.
- Swim 25 metres without stopping.
- Take part in an organised swimming activity.

Completed on: \_\_\_\_\_

Confirmed by: name: \_\_\_\_\_

Swimming school: \_\_\_\_\_

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## Swimmer Staged Activity Badge - Stage 2

Badge requirements:

- Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.
- Show you know how to prepare for exercises such as taking part in a warm up.
- Demonstrate a controlled entry or dive from the side of the pool, into at least 1.5 metres of water.
- Swim 10 metres on your front, 10 metres on your back and 10 metres on your back using only your legs.
- Tread water for three minutes in a vertical position.
- Surface dive into at least 1.5 metres of water and touch the bottom with both hands.
- Mushroom float for ten seconds.
- Enter the pool and push off from the side on your front, gliding for five metres.
- From the side of the pool, push off on your back and glide for as far as possible.
- Swim 100 metres without stopping.
- Take part in an organised swimming activity.

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## Swimmer Staged Activity Badge – Stage 3

### Badge Requirements:

- Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.
- Show you know how to prepare for exercises. You could do this by leading a warm up.
- Demonstrate a controlled entry or dive from the side of the pool into at least 1.5 metres of water.
- Swim 50 metres in shirt and shorts.
- Tread water for three minutes, with one hand behind your back.
- Surface dive into 1.5 metres of water and recover an object with both hands from the bottom. Return to the side of the pool, holding the object in both hands.
- Enter the water from the side of the pool by sliding in from a sitting position. Using any floating object for support, take up and hold the heat escape lessening posture for five minutes.
- Swim 400 metres without stopping.
- Take part in a different organised swimming activity to the one on your previous swimming badge.

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Swimming school: \_\_\_\_\_

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## Swimmer Staged Activity Badge – Stage 4

Badge requirements:

- Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.
- Show you know how to prepare for exercises. You could do this by leading a warm up.
- Demonstrate a racing dive into at least 1.8 metres of water and straddle jump into at least 2 meters of water.
- Swim 100 metres in less than four minutes.
- Tread water for five minutes.
- Surface dive into 1.5 metres of water, both head first and feet first and swim at least 5 metres under water on both occasions.
- Enter the water as you would if you didn't know the depth. Swim 10 metres to a floating object. Use the object to take up and hold the heat escape lessening posture for five minutes.
- Swim 800 metres using any of the four recognised strokes without stopping. You should swim 400m on your front and 400m on your back.
- Take part in an organised swimming activity that's different to the one on your previous swimming badge.

Completed on: \_\_\_\_\_

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Swimming school: \_\_\_\_\_

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## Swimmer Staged Activity Badge – Stage 5

Badge requirements:

- Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.
- Show you know how to prepare for exercises. You could do this by leading a warm up.
- Demonstrate a racing dive into at least 1.8 metres of water and a straddle jump into at least 2 meters of water.
- Swim 100 metres in shirt and shorts. When you've finished, remove the shirt and shorts and climb out of the pool unaided. Your time limit is three minutes.
- Tread water for five minutes, three of which one arm must be held clear of the water.
- Scull on your back, head first, for ten metres, then feet first for ten metres. Move into a tuck position and turn 360 degrees, keeping your head out of the water.
- Swim 10 metres, perform a somersault without touching the side of the pool, then carry on swimming in the same direction for a further 10 metres.
- Demonstrate the heat escape lessening posture.
- Demonstrate a surface dive, both head and feet first, into 1.5 metres of water.
- Swim 1,000 metres using any of the four recognised strokes, for a minimum distance of 200 metres per stroke. This swim must be completed in 35 minutes.
- Take part in an organised swimming activity that's different to the one on your previous swimming badge.

Completed on: \_\_\_\_\_

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Swimming school: \_\_\_\_\_

Return to your section leader at 17<sup>th</sup> Harrow Scout Group