



STAGED BADGE

# SWIMMING 1

The ability to swim is considered by many as one of the most important skills there is to learn. Swimming is useful for a number of activities, but vitally for saving lives. The Scout Association appreciates the value of young people swimming so have introduced a staged badge to reflect a scout's ability to swim.

## Swimming Stage 1 - Badge Requirements

Like all badges, the swimming badge has a number of requirements which have to be met in order to earn it. The badge consists of 7 tasks which are broken down into 21 points. A scout is required to earn at least 18 points in order to earn the badge.

	Task	Requirement	Pts
1	Safety	Know the key safety rules and where it is safe to swim locally	3
2	Entering Pool	Without using steps, demonstrate a controlled entry into a minimum of 1.0 metre of water	1
		Without using steps, demonstrate a controlled entry into a minimum of 1.5 metres of water	1
3	Short Swim	Swim 10 metres on their front	2
4	Tread Water	Tread water for 15 seconds in a vertical position	1
		Tread water for 30 seconds in a vertical position	2
5	Water Skills	Using a buoyancy aid, float still in the water for 30 seconds	1
		Demonstrate the ability to retrieve an object from chest deep water	2
		Perform a push and glide on your front	1
		Perform a push and glide on your back	1
6	Distance Swimming	Swim 25 metres without stopping	2
		Swim 50 metres without stopping	2
7	Swimming Activity	Take part in a swimming activity with their section / age group	2

In order to complete this badge a Beaver must either display these skills to a qualified pool/swimming instructor (*including those used by schools*), a school teacher or invite a leader along and have them sign and circle the form. Once this has been done, the beaver will receive their Stage 1 Swimming Badge and be given the requirements for Stage 2.

Many thanks,

Simon K Gates,  
12<sup>th</sup>, 18<sup>th</sup> & 26<sup>th</sup> Cambridge Beavers

