

Swimming

Swimming requirements:

Stage one

- Swim at least 15 metres using one type of stroke.
- Float on your back for 10 seconds minimum.
- Jump or dive from the side of the pool.
- Swim a few metres, turn around without swimming or touching anything and then swim back to your starting point.

Stage two

Use a pool of at least 1.25m in depth.

- Swim 15 metres on your back using your legs only.
- Swim in water at least 1.25 metres deep, dive and retrieve an object about the size of half a brick from the bottom of the pool.
- Swim 15 metres, the first half using any front stroke other than a crawl, turn over and complete the rest of the distance using backstroke.
- With a plain header or running dive, swim 25 metres using a front crawl. Dive and glide as far as possible before starting to swim.



Tasks completed

Signed _____







Tasks completed

Signed _____

Stage three

Use a pool of at least 1.25m in depth.

-  With a plain header or a running dive, swim 50 metres front crawl without a pause.
-  Swim clothed in a shirt and shorts, 25 metres sidestroke without pause.
-  Tread water for between 30 seconds and one minute.
-  Explain rescue breathing by a written test or demonstration using a manikin.

Colour in each water drop when you have completed each task!



Tasks completed _____

Signed _____