

Staged Swimming Badge



For each section please tick all boxes/points which apply to you:

SAFETY

Know the safety rules and where it is safe to swim locally.(1-5)	
Explain the rules covering swimming for Scouts. (3-5)	

ENTER POOL

Without using the steps demonstrate a controlled entry into at least 1.5 metres of water (1)	
Demonstrate a controlled entry or dive from the side of the pool, into at least 1.5 metres of water (2 & 3)	
Demonstrate a racing dive into at least 1.5 metres of water and straddle jump into at least two meters of water.(4 & 5)	

SHORT SWIM

Swim ten metres on their front.(1)	
Swim ten metres on their front, ten metres on their back, and ten metres on their back using only their legs.(2)	
Swim 50 metres in shirt and shorts.(3)	
Swim 100 metres in less than four minutes (4)	
Swim 100 metres in shirt and shorts. On completion, remove the additional clothes and climb out of the pool unaided. Time limit three minutes(5)	

DISTANCE SWIM

Swim 25 metres without stopping.(1)	
Swim 100 metres without stopping.(2)	
Swim 400 metres without stopping.(3)	
Swim 800 metres without stopping. They should swim 400m on their front and 400m on their back.(4)	
Swim 1000 metres using any three recognised strokes for a minimum distance of 200 metres per stroke. This swim must be completed in 35 minutes.(5)	

DIVING & WATER SKILLS

(Please tick which skills the scout has demonstrated – many thanks)

Perform a push and glide on both their front and back Demonstrate their ability to retrieve an object from chest deep water. (1)	
Surface dive into at least 1.5 metres of water and touch the bottom with both hands. Enter the pool and push off from the side on their front and glide for five metres. From the side of the pool, push off on	

their back and glide for as far as possible (2)	
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. (3)	
Surface dive into 1.5 metres of water, both head first and feet first and swim at least five metres under water on both occasions.(4)	
Scull on their back, head first for ten metres then feet first for ten metres. Move into a tuck position and keeping their head out of the water, turn 360 degrees. Swim ten metres, perform a somersault without touching the side of the pool and continue to swim in the same direction for a further ten metres. Demonstrate a surface dive, both head and feet first into 1.5 metres of water.(5)	

TREAD WATER

Tread water for 30 seconds in a vertical position (1)	
Tread water for three minutes in a vertical position.(2)	
Tread water for three minutes with one hand behind their back.(3)	
Tread water for five minutes.(4)	
Tread water for five minutes, for three of which one arm must be held clear of the water(5)	

FLOATING

Using a buoyancy aid, float still in the water for 30 seconds.(1)	
Mushroom float for ten seconds.(2)	
Using any floating object for support, take up and hold the Heat Escape Lessening Posture for five minutes (3)	
Enter the water as for unknown depth. Swim ten metres to a floating object and use it to take up and hold the Heat Escape Lessening Posture for five minutes(4)	
Demonstrate the Heat Escape lessening Posture.(5)	

SWIMMING ACTIVITY

Take part in an organised swimming activity (1-5)	
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Notes

If you do swimming lessons at school or privately outside school, please can you pass this form to your instructor and ask him/her to fill in what they can.

Please can the swimming assessor fill in their details below. Many thanks

Name

Position

Organisation

If you have appeared in any galas, competitions etc, please can you provide details below and if possible pictures/programs etc.

Please bring in any other supporting information.
Any further details can be listed below or on a separate sheet.

Progress Chart

Task	1	2	3	4	5
Safety					
Enter Pool					
Short Swim					
Distance Swim					
Diving and water skills					
Tread Water					
Floating					
Swimming Activity					

Staged badge gained _____

Improvement needed for next stage

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