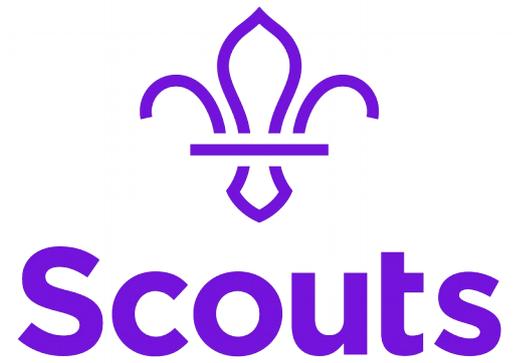




**Swimmer Staged 5 ACTIVITY BADGE.**



**Dear Swimming Instructor,**

Please could you assess me on the following, so that I can gain my Swimmer Stage 5 badge in Beavers/Cubs/Scouts/Explorers.

Feel free to make notes on this sheet, as required. When you have finished, please complete the section at the bottom, to confirm that I have fulfilled the requirements of the badge.

- Safety:** Know the safety rules and where it is safe to swim locally  
Show how to warm up prior to swimming
- Enter pool:** Demonstrate a racing dive into at least 1.8 metres of water and a straddle jump into at least 2 meters of water.  
  
Demonstrate a surface dive, both head and feet first, into 1.5 metres of water.
- Technical swim:** 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:** Tread water for five minutes, three of which one arm must be held clear of the water.
- Water skills:** 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.
- Distance swim:** 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.
- Swimming activity:** Take part in an organised swimming activity that's different to the one on your previous swimming badge.

I confirm that.....has met the above stated requirements for the Swimmer Stage 5 Badge

Signed..... Date ...../...../.....

Print Name.....

Place at which the assessment took place.....

Please hand back to one of your Beaver/Cub/Scout Group Leaders to sign.

Signature.....