



3rd Dublin Stillorgan Cub Pack



To be completed by a qualified Swimming Instructor only.

_____ (Cub Scout Name) wants to earn the Swimmer Skill Badge. The Badge consists of three stages. For each stage a different colour of badge is awarded and so it is not necessary for the child to complete all stages. Level of difficulty increases from stage 1 to 3. Please complete the sections below. Questions can be directed to the Cub Scout Leader (Marc Whisker - Telephone 2834660) or the SAI National Office.
Name of Swimming Pool/Leisure Centre: _____

(Block capitals please)

Instructor's Name: _____

(Block capitals please)

Stage 1 - Yellow Swimmer Badge

Please Tick

1. Oral on personal safety
2. Jump dive OR sit dive from the side of the pool.
3. Push and glide:
 - On your front
 - On your back
4. Float
 - On your front
 - On your back
5. Swim
 - 10m front crawl
 - 10m back crawl
 - 5m breast stroke
 - 5m scull

Total distance Stage 1 = 30 metres.

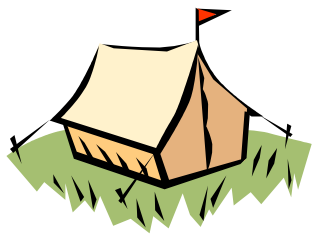
Stage one completed

Signed (Swimming Instructor) _____

Stage 2 - Green Swimmer Badge (For holders of Stage 1) Please Tick

1. Oral on personal safety
2. Wearing a light shirt and shorts over your swimming togs:
 - Slip into the water as for unknown conditions
 - Tread water for 60 seconds
 - Demonstrate correct signal for help
 - Swim 15m
3. Standing dive from the side of the pool
4. Show ability to do a head first surface dive

(Please Turn over ->)



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(Stage 2 continued)

Please Tick

5. Swim

- 25m front crawl
- 25m back crawl
- 20m breast stroke
- 15m side stroke

6. While swimming show ability to change from

- Front to back
- Back to front

Total distance stage 2 = 100 meters

Stage two completed

Signed (Swimming Instructor) _____

Stage 3 - Red Swimmer Badge (For holders of Stage 2) Please Tick

1. Oral on personal safety and hypothermia

2. On land demonstrate (and know when both are used)

- H.E.L.P.
- Huddle

3. At the deep end of the pool while wearing a shirt and trousers/tracksuit over your swimming togs

- Straddle jump into the water
- Swim 20m
- While treading water remove an article of clothing and inflate it to make a float
- Use your float as a buoyancy aid for 1 minute
- Remove your shirt and trousers in the water

4. Continuous swim

- 50m free style
- 25m breast stroke
- 25m front crawl
- 25m side stroke
- 25m back stroke

5. Show ability to do

- A head first surface dive to a depth of 2m and then swim a minimum of 2m underwater
- A feet first dive to a depth of 2m

Total distance stage 3 = 172 meters

Stage three completed

Signed (Swimming Instructor) _____

NOTE: THE INK ON THIS PAPER IS SENSITIVE TO WATER. PLEASE TRY TO KEEP THE SHEET DRY!