



Swimmers Badge Requirements.

1. Perform a standing dive from the side of the bath.
2. Swim 200 metres using any stroke at a pool and at Sea.
3. Swim two of the following:
 - (a) 50 metres front crawl.
 - (b) 50 metres back crawl.
 - (c) 50 metres breast stroke.
 - (d) 50 metres butterfly stroke.
4. Surface dive in two metres of water and recover, with both hands, an object from the bottom. Return to the side of the bath holding the object with both hands.
5. Enter the water from the side of the pool by sliding in from a sitting position. Using any floating object for support, take up and hold the Heat Escape Lessening Posture for five minutes. Tread water for two minutes and climb out of deep water without using steps without any other assistance.
6. Understand and explain how you would effect a rescue using the following methods: reach, throw, wade and row.
7. Requirements 4 and 5 must also be completed in the Sea.