

Swimmer Stage 1 Activity Badge

Swimming Teacher's Association (STA) sponsor the Swimmer Staged Activity Badge.



Beaver Name: _____

Take this sheet to your swim teacher and ask them to verify that you can do all of the requirements below...

No	Badge Requirement	Beaver can do (✓)
1	Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.	
2	Show you know how to prepare for exercises such as taking part in a warm up.	
3	Demonstrate a controlled entry, without using the steps, into at least 1.5 metres of water.	
4	Swim 10 metres on your front.	
5	Tread water for 30 seconds in a vertical position.	
6	Using a buoyancy aid, float still in the water for 30 seconds.	
7	Demonstrate your ability to retrieve an object from chest-deep water.	
8	Perform a push and glide on both your front and back.	
9	Swim 25 metres without stopping.	
10	Take part in an organised swimming activity.	

Swim Teacher Name: _____

Signature: _____ **Date:** _____