



SWIMMER BADGE

LEVEL 2 CHECK LIST

Note for Swimming Instructor - To complete this badge, please confirm that each of the following tasks can be met/completed by the child/pupil. (tick box to confirm each task and sign below)

Name of Child

Safety

Know the safety rules related to swimming and where it is safe to swim locally.

Warm Up

Show you know how to prepare for exercises such as taking part in a warm up.

Enter The Pool

Demonstrate a controlled entry or dive from the side of the pool, into at least 1.5 metres of water

Short Swim

Swim 10 metres on your front, 10 metres on your back, and 10 metres on your back just using your legs

Tread Water

Tread water for 3 minutes in a vertical position

Dive

Surface dive into at least 1.5 metres of water and touch the bottom with both hands

Mushroom

Mushroom float for 10 seconds

Front Glide

Enter the pool and push off from the side on your front, gliding for 5 metres

Back Glide

From the side of the pool, push off on your back and glide for as far as possible

Long Swim

Swim 100 metres without stopping

Activity

Take part in an organised swimming activity

Signed to confirm all tasks complete:

(Swimming Instructor Name)

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