

Swimmer Badge



Hold the Canadian Red Cross Swim Kids Level 6/ Aqua Quest Level 7 or Lifesaving Society's Swimmer 4 award or do the following:

CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

- _____ 1. Explain and show how to use the buddy system.
- _____ 2. Show how to check a swimming area for possible dangers, such as deep water, rocks, and slippery surfaces.
- _____ 3. Complete all of the following:
- a) Tread water in deep water (over your head) for a minimum of 1½ minutes.
 - b) Enter the water using the front dive (the stride position).
 - c) Front crawl 25 metres.
 - d) Back crawl 25 metres.
 - e) Endurance swim 75 metres.

I completed my Swimmer Badge requirements on:

(date)

