

Swimmer's Badge Event

Swimmer – stage 1

How to earn your badge

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.

Dear Parents,

We are hosting the swimmer's badge at Chapeltown Swimming Pool on Sunday 13th March, 2:30 - 4.30 pm. Unfortunately, we are unable to hire the pool for two sessions, as in previous years, due to the pool's closure on 20th March. We are only allowed 30 children in the pool for this session, therefore places are on a first come, first serve basis. However, depending on the cost, we do hope to hold further sessions at the new pool in High Green, when it is opened.

The session will be as follows, 2:30 - 3:30 – Swimmers badge 3:30 - 4:30 – splash session

Every Beaver must be accompanied by an adult in the water (Chapeltown swimming pool rules). We are asking each Beaver parent to accompany their child. However, if you are unable to do this, please indicate below.

The charge is £3 for the session, which goes part way towards covering the cost, payable when booking your place. I am asking for payment prior to the event because in the past people have booked but not turned up, obviously as places are now limited we do not want to waste them. Please complete the form below and return when you are next at the Scout Hut or contact Jo, Ben or Katherine on 01142460218. Beavers, Cubs and Scouts can take part in stages 1-5. Please read what is involved at each stage. If you took stage 1 last year, then we suggest you do stage 2 this time etc. All stages can be viewed on our website: <http://ecclesfieldscouts.org.uk/>

Thanks

Jo Steel – Beaver Scout Leader

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I give permission for my child to take part in activities at Chapeltown swimming pool on Sunday 13th March.

Signed£3 fee enclosed.....

Telephone number on day

I wish to help on the day: Yes No (Please delete as appropriate)

My child is under 8 years and I cannot attend the event, in the water. (Tick if appropriate)