

Swimmer Stage 3



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.

6. Surface dive into 1.5 metres of water and recover an object with both hands from the bottom. Return to the side of the pool, holding the object in both hands.

**2. Show you know how to prepare for exercises.
You could do this by leading a warm up.**

7. 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.

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

8. Swim 400 metres without stopping.

4. Swim 50 metres in shirt and shorts.

9. Take part in a different organised swimming activity to the one on your previous swimming badge.

5. Tread water for 3 minutes, with one hand behind your back.

Signed by Instructor:

Date: