

# Swimmer Stage 2



**1. Learn about where to swim safely in different locations and find out some safety rules for a swimming pool.**

**6. Perform a log roll of at least 180 degrees in the water, either on your front or on your back.**

**2. Take part in a warm up before getting in the pool.**

**7. Demonstrate a push and glide into the middle of the pool on both your back and your front.**

**3. Demonstrate how to get in and out of the water safely without support.**

**8. Starting from the side of the pool, retrieve a floating object with your face submerged in the water.**

**4. Swim 10 metres on your front, with or without support.**

**9. Float on your front and then your back, holding each float for at least 5 seconds.**

**5. Swim 10 metres on your back, with or without support.**

**IF YOU HAVE COMPLETED SWIM ENGLAND STAGE 3 OR STA GOLDFISH 2 YOU CAN GAIN THIS BADGE. SHOW YOUR CERTIFICATE TO A LEADER.**

**Signed by Instructor:**

**Date:**