

# Swimmer Stage 5



**1. Learn about where to swim safely in different locations and find out about rescue equipment.**

**6. Swim breaststroke or butterfly for 50 metres.**

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

**7. Swim 200 metres in a stroke of your choice.**

**3. Demonstrate how to get in and out of the water safely using a variety of different methods of entry.**

**8. Swim in clothes for 25 metres.**

**4. Swim confidently on your front for 50 metres without stopping.**

**9. Perform 3 different sculling techniques during a swim.**

**5. Swim confidently on your back for 50 metres without stopping.**

**IF YOU HAVE COMPLETED SWIM ENGLAND STAGE 9 OR STA PLATINUM AWARD YOU CAN GAIN THIS BADGE.  
SHOW YOUR CERTIFICATE TO A LEADER.**

**Signed by Instructor:**

**Date:**