

SWIMMING 2

Pathfinder level



GREEN

Purpose

To improve swimming skills and safety awareness.

Exploring

1. Review the safety rules mentioned in Swimming 1, Explorer level.

Doing

1. Demonstrate to your Counsellor the correct way to give mouth-to-mouth breathing.
2. Demonstrate a surface dive, swim underwater, search for and recover an object from a depth equal to your height.
3. Float for one minute using as a flotation aid a plastic bucket or similar open ended object thrown to you.
4. Swim continuously for 150 metres using three different recognised strokes.

Ask your Counsellor to arrange for the presentation of your badge.

