

SWIMMING 1

Explorer level



BLUE

Purpose

To learn basic swimming skills and water safety rules.

Exploring

1. Explain the **partner system** to your Counsellor. Tell him why it is important.

There are four things you should know before jumping or diving into strange water. Learn them from memory.

- How deep it is.
- How cold it is.
- What is on the bottom (rocks, snags etc.).
- Direction and strength of currents.

2. Learn the following **safe swimming rules**.

- Never swim alone.
- Swim where there is proper supervision.
- Never dive or jump into strange water.
- Never swim during an electrical storm.



Doing

1. Demonstrate water entry by jumping or diving.
2. Demonstrate survival sculling (e.g. dog paddle) for two minutes and then swim for one minute holding a rescue flotation aid thrown to you for support.
3. Using a rigid object, pull a partner to safety.
4. Swim slowly (using one or more recognised stroke techniques) for 50 metres. Ask your Counsellor to arrange for your Elementary Swimming badge to be presented to you.

WARNING

This badge is a learner's award. It is an acknowledgement of the performance by the learner of certain elementary skills.

This learner must be supervised at all times while in or near the water.