

Barbarian Swimmers

Seal 2

Teaching Objective

Reinforce :

- Skills learnt in previous awards

Develop :

- Swimming in clothing
- Straddle entry
- Surface dive
- Stamina
- Treading water
- Water safety knowledge

Learning Outcomes

Demonstrating the Ability to :

1. Perform a straddle entry from the poolside
2. Swim 100 metres in less than 4 minutes
3. Perform a feet first surface dive
4. Tread water for 1 minute waving one arm above the water to attract attention
5. Tread water for 3 minutes
6. Swim 200 metres stop and rest for 2 minutes by either floating or treading water then swim a further 200 meters
7. Climb out of pool from deep water without assistance

This award must be performed in deep water whilst wearing the following clothing :

**long sleeved fully buttoned shirt or blouse,
long loose fitting trousers (not jeans)**

The next badge is **Barbarian Bronze**