

Barbarian Swimmers

Seal 3

Teaching Objective

Reinforce :

- Skills learnt in previous awards

Develop :

- Swimming in clothing
- Removal of clothing in the water
- 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. Tread water for 2 minutes
4. Tread water for 2 minutes waving one arm above the water to attract attention
5. Remove jumper or sweatshirt
6. Swim 800 metres in less than 30 minutes during the swim perform a feet first surface dive and a head first surface dive
7. Climb out of the pool from the deep end without assistance

This award must be performed in deep water whilst wearing the following clothing : long sleeved fully buttoned shirt or blouse, long sleeved jumper or sweatshirt, long loose fitting trousers (not jeans)

The next badge is **Silver** - water safety skills
(You will need T-shirt, long sleeved jumper and shorts)