

# Barbarian Swimmers

## Silver Water Safety Skills

### 1. Teaching Objective

#### **Reinforce :**

- Skills learnt in previous awards

#### **Introduce :**

- Working in a group
- Huddle position
- Swimming in a long sleeve jumper or sweatshirt
- Simulation of injured swimmer
- Wade rescue

#### **Develop :**

- Speed and stamina
- Survival skills
- Simulation of a weak swimmer
- Live saving backstroke
- Sidestroke
- Survival knowledge
- Team games

## Learning Outcomes

### ***Demonstrating the Ability to :***

1. Perform a safe entry wearing a T-shirt and shorts, swim 200 metres on the front, tread water for 3 minutes, collect a buoyant aid and show the Huddle position for 2 minutes then swim 100 metres with the aid and clime out unassisted
2. Tread water for 2 minutes wearing T-shirt, long sleeved jumper or sweatshirt and shorts
3. Float in a supine position for 1 minute wearing T-shirt, long sleeved jumper or sweatshirt and shorts
4. Perform a feet first and a headfirst surface dive wearing T-shirt, long sleeved jumper or sweatshirt while in deep water
5. Swim 100 metres lifesaving backstroke and 20 metres sidestroke
6. simulate the action of an injured swimmer with a head injury and then with a arm injury
7. Perform a throwing rescue over 8 metres using an appropriate rope
8. wade 5 metres to rescue an injured swimmer using an appropriate buoyant aid
9. Explain the H.E.L.P. and Huddle position and explain when and why they would be used

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

**T-shirt, shorts, long sleeved jumper or sweatshirt**

The next badge is **Barbarian Silver**