

# Barbarian Swimmers

## Gold Water Safety Skills

### Teaching Objective

#### Reinforce :

- Skills learnt in previous awards

#### Introduce :

- Swimming in long trousers or tracksuit bottoms
- Accompanied rescue
- Non-contact tow

#### Develop :

- Speed and stamina
- Swimming in heavy clothing
- Survival skills
- Removing of heavy clothing in water
- Sidestroke
- Lifesaving backstroke
- H.E.L.P. and Huddle position
- Rescue knowledge
- Working in a group
- Team games

**This award must be performed in deep water whilst**

**wearing the following clothing : T-shirt, long sleeved**

### Learning Outcomes

#### *Demonstrating the Ability to :*

1. Swim 200 metres wearing T-shirt, long sleeved jumper or sweatshirt long trousers or tracksuit bottoms, tread water for 2 minutes waving one arm to attract attention and 2 minutes normal. Collect a buoyant aid show the H.E.L.P. position for 1 minute and the Huddle for 2 minutes then swim 200 metres with the aid and clime out unassisted
2. Perform a feet first surface dive and swim 5 metres underwater wearing T-shirt, long sleeved jumper or sweatshirt and long trousers or tracksuit bottoms
3. Perform a head first surface dive and swim 5 metres underwater wearing T-shirt, long sleeved jumper or sweatshirt and long trousers or tracksuit bottoms
4. Remove the long sleeved jumper or sweatshirt and the long trousers or tracksuit bottoms while in deep water
5. Swim 25 metres lifesaving backstroke
6. Swim 25 metres sidestroke leading with the right arm and 25 metres sidestroke leading with the left arm
7. Simulate a weak swimmer becoming tired and then unresponsive
8. Rescue a co-operative weak swimmer 10 metres away using buoyant aid. keeping a safe distance pass the aid and accompany them back 10 metres to safety, assist them out unto the poolside
9. Rescue a tired swimmer becoming unresponsive 15 metres away using a buoyant aid, Push the aid towards them and instructing them to grasp it, tow them back 15 metres to safety, assist them out onto the poolside
10. Explain three methods you could use to help if you discovered somebody in difficulty in the water

**jumper or sweat shirt, long trousers or tracksuit bottoms**

The next badge is **Seal 4** ( you will need T-shirt, long sleeved shirt, long sleeved jumper, long loose fitting trousers not jeans, socks and plimsolls )

For Barbarian Swimmers use only

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