

Barbarian Swimmers

Seal 4

Teaching Objective

Reinforce :

- Skills learnt in previous awards

Introduce :

- Managing cramp

Develop :

- Swimming in clothing
- Removal of clothing in the water
- Straddle entry
- Surface dive
- Stamina
- Treading water
- H.E.L.P. position
- Water safety knowledge

Learning Outcomes

Demonstrating the Ability to :

1. Perform a straddle entry from the poolside
2. Swim 100 metres in less than 2 minutes 30 seconds
3. Remove foot wear and tread water for 2 minutes, simulating cramp in one leg, massage the affected leg with a free hand
4. Tread water for 5 minutes
5. Swim 500 metres in less than 15 minutes
6. Tread water for 2 minutes waving one arm above the water to attract attention
7. Find a floating object and then remove an article of clothing
8. Swim with the floating object for 100 metres, resting twice in the H.E.L.P. position for 2 minutes each time
9. Clime out of the deep end without assistance

This award must be performed in deep water whilst wearing the following clothing : T-shirt or vest, long sleeved fully buttoned shirt or blouse, long sleeved jumper or sweatshirt, long loose fitting trousers (not jeans), socks and plimsolls or suitable alternative footwear

The next badge is **Barbarian Gold**