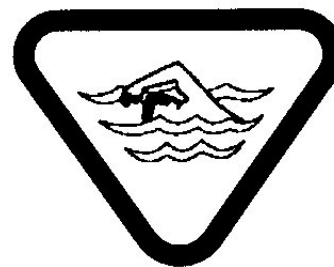


Health and Fitness



Swimmer Badge

Hold the Canadian Red Cross *AquaQuest Level 7* swimming award or do the following:

CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

- _____ () 1. Explain and show how to use the buddy system
- _____ () 2. Show how to check a swimming area for possible dangers, such as deep water, rocks, and slippery surfaces.
- _____ () 3. Complete all of the following:
- _____ a) Tread water in deep water (over your head) for a minimum of 1 1/2 minutes.
- _____ b) Enter the water using the front dive (the stride position).
- _____ c) Front crawl 25 metres.
- _____ d) Back crawl 25 metres.
- _____ e) Endurance swim 50 metres.

I completed my Swimmer Badge requirements on: _____

Name : _____