

Swimmer	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5
Safety	Know the safety rules and where it is safe to swim locally.	Know the safety rules and where it is safe to swim locally.	Know the safety rules and where it is safe to swim locally. Explain the rules governing swimming for Scouts.	Know the safety rules and where it is safe to swim locally. Explain the rules governing swimming for Scouts.	Know the safety rules and where it is safe to swim locally. Explain the rules governing swimming for Scouts.
Enter Pool	Without using the steps, demonstrate a controlled entry into at least 1.5 metres of water.	Demonstrate a controlled entry or dive from the side of the pool, into at least 1.5 metres of water.	Demonstrate a controlled entry or dive from the side of the pool, into at least 1.5 metres of water.	Demonstrate a racing dive into at least 1.5 metres of water and straddle jump into at least two metres of water.	Demonstrate a racing dive into at least 1.5 metres of water and straddle jump into at least two metres of water.
Short Swim	Swim ten metres on their front.	Swim ten metres on their front, ten metres on their back and ten metres on their back using only their legs.	Swim 50 metres in shirt and shorts.	Swim 100 metres in less than four minutes.	Swim 100 metres in shirt and shorts. On completion, remove the additional clothes and climb out of the pool unaided. Time limit three minutes.
Tread Water	Tread water for 30 seconds in a vertical position.	Tread water for three minutes in a vertical position.	Tread water for three minutes with one hand behind their back.	Tread water for five minutes.	Tread water for five minutes, for three of which one arm must be held clear of the water.
Water Skills	Demonstrate their ability to retrieve an object from chest deep water. Using a buoyancy aid, float still in the water for 30 seconds. Perform a push and glide on both their front and back.	Surface dive into at least 1.5 metres of water and touch the bottom with both hands. Mushroom float for ten seconds. Enter the pool and push off from the side on their front and glide for five metres. From the side of the pool, push off on their back and glide for as far as possible.	Surface dive into 1.5 metres of water and recover an object with both hands from the bottom. Return to the side of the pool holding the object in both hands. Enter the water from the side of the pool by sliding in from a sitting position. Using any floating object for support, take up and hold the Heat Escape Lessening Posture for five minutes.	Surface dive into 1.5 metres of water, both head first and feet first, and swim at least five metres under water on both occasions. Enter the water as for unknown depth. Swim ten metres to a floating object and use it to take up and hold the Heat Escape Lessening Posture for five minutes.	Demonstrate a surface dive, both head and feet first into 1.5 metres of water. Demonstrate the Heat Escape Lessening Posture. Scull on their back, head first for ten metres then feet first for ten metres. Move into a tuck position and, keeping their head out of the water, turn 360 degrees. Swim ten metres, perform a somersault without touching the side of the pool and continue to swim in the same direction for a further ten metres.
Distance Swim	Swim 25 metres without stopping.	Swim 100 metres without stopping.	Swim 400 metres without stopping.	Swim 800 metres without stopping. They should swim 400m on their front and 400m on their back.	Swim 1,000 metres using any three recognised strokes for a minimum distance of 200 metres per stroke. This swim must be competed in 35 minutes.
Swimming Activity	Take part in an organised swimming activity.	Take part in an organised swimming activity.	Take part in an organised swimming activity, since gaining their previous Swimming Badge.	Take part in an organised swimming activity, since gaining their previous Swimming Badge.	Take part in an organised swimming activity, since gaining their previous Swimming Badge.