

SWIMMING

SAINTS GLOBAL MEMBER

NAME: _____ BATTALION: _____ TROOP: _____

SKILL BADGE ADVISOR

NAME: _____ EMAIL: _____ PHONE: _____

STEP 1 | DISCOVER

INITIALS

- a) Explain the principles of Safe Swim Defense and how they prevent, mitigate, and respond to swimming hazards. (TLX: 1.0) _____
- b) Explain prevention and first aid for swimming-related health risks, including hypothermia, heat illness, dehydration, cramps, hyperventilation, spinal injury, stings, and cuts. (TLX: 1.2) _____

STEP 2 | PLAN

INITIALS

- a) Explain the swimmer classification test and why each part (entry, distance, turn, floating) demonstrates water competence. (TLX: 1.2) _____

STEP 3 | ACT

INITIALS

- a) Complete a continuous swimmer test: jump feetfirst into deep water, swim 75 yards using strong strokes, 25 yards on the back, make at least one sharp turn, then rest by floating. (TLX: 2.0) _____
- b) Demonstrate proper form for five strokes: front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke. (TLX: 1.9) _____
- c) Swim 150 yards continuously using multiple strokes, demonstrating endurance and controlled breathing. (TLX: 2.0) _____

- d) Demonstrate water rescue methods: reaching, throwing, and line rescue with a helper and a practice victim, explaining why contact rescues are avoided. (TLX: 2.0) _____
- e) Demonstrate floating and survival skills, including resting float, survival float, and HELP/huddle positions while wearing a life jacket. (TLX: 1.8) _____
- f) Demonstrate surface dives (feetfirst and headfirst) to retrieve an object and swim underwater with control. (TLX: 1.8) _____
- g) Demonstrate safe diving entries in deep water from a deck or dock, including a standing headfirst and long shallow dive. (TLX: 1.8) _____

STEP 4 | REFLECT

INITIALS

- a) Explain what skill required the most calmness or control in the water and how you overcame fear or fatigue. (TLX: 1.2) _____
- b) Describe how swimming builds confidence, saves lives, and supports lifelong fitness and service. (TLX: 1.2) _____

Continue to next page for certification signature

END OF REQUIREMENTS

BY SIGNING BELOW, I CERTIFY TO THE BEST OF MY KNOWLEDGE THAT ALL REQUIREMENTS WERE MET AT OR ABOVE THE REQUIRED STANDARDS AS OUTLINED IN THE BADGE REQUIREMENTS CHECKLIST.

SKILL BADGE ADVISOR

DATE (YYYY-MM-DD)