



Swimming Activity Badge Stage 1



Please fill out the exercise sheet telling us about your swimming, You must have taken part in swimming lessons and an organised swimming activity. Please then bring this sheet to an agreed night.

What are the general safety rules for swimming?

How long have you been Swimming for?

What are some of the skills you have learnt? (if possible demonstrate at meeting)

What swimming activity did you take part in?

Why do you like swimming?