

# Swimmer



Complete the following:

1. Understand the safety rules of swimming.
2. Understand how to use basic swimming gears, such as swim rings, pool floats or life jackets, etc.
3. Swim for 200 m in any style.
4. Complete any two of the following:
  - (a) freestyle 50 m
  - (b) backstroke 50 m
  - (c) breaststroke 50 m
  - (d) butterfly stroke 50 m
5. Dive into the pool from the poolside.
6. Tread water for 5 minutes.
7. Surface dive into the pool, search for an object at the bottom of a 2 m deep pool with both hands, and return to the pool side holding the object with both hands.



Completion of this Badge, with a continuous participation of not less than twelve weeks (inclusive of a minimum of two hours every two weeks), implying a total of not less than twelve hours, would be counted as an equivalent of the relevant item under the Physical Recreation Section of the Hong Kong Award for Young People Bronze Award.