



THE *scout* ASSOCIATION  
OF MALTA  
**Xghajra Scout Group**



## Swimmer 2

### Stage 2 - Perform the following:

1. Know the seven safety rules at sea listed above.
2. From the shallow to the deep end swim 15 metres in shirt and shorts, without pause, using one stroke throughout. Tread water for one minute.
3. A surface dive into approximately 1.25 metres of water in shirt and shorts. Remove clothing while in the water, without touching the bottom or side.
4. Mushroom float.
5. Plunge (dive and glide) as far as possible.
6. A plain header with good stance, take-off, flight and entry.