THE *scout* ASSOCIATION
OF MALTA
Xgħajra Scout Group

Cubs

Swimmer 1

The Seven Safety Rules:

1. Always have an adult nearby.
2. The 'buddy' system: Never swim alone. Be ready to help each other but remember your own safety comes first.
3. Check the area where you are going to swim.
4. Stay in your depth. If you cannot swim, stay in water about one metre deep. Only very good swimmers may go in deep water.
5. Come out before you are too tired or cold. You could get a cramp.
6. Wait before going into the water after eating. You could get a cramp from this too.
7. Think of others. Never duck anyone. Make sure there is nobody in the way before you dive or jump.

Requirements:

Stage 1 - Perform the following:

1. Know the seven safety rules at sea listed above.
2. Jump or dive.
3. Breathing exercise.
4. Front glide.
5. Back glide.
6. Front paddle 10 metres.
7. Back paddle 10 metres.
8. 25 metres of either breast-stroke, front crawl or back crawl.