



### LEVEL 1 - SWIMMER



1	Explain the "buddy" system and basic rules for safe swimming.	
2	Jump feet first into water over your head, swim 25 metres, turn and swim back.	
3	Swim on your back for 25 metres using a resting stroke.	
4	Tread water for one minute in fresh water or two minutes in salt water.	
5	Float on your back for 30 seconds in fresh water or one minute in salt water.	

**EXAMINERS:**

**DATE COMPLETED:**

<b>CUBS TESTED</b>			