LEVEL 2 - SWIMMER

1	Explain the "buddy" system and basic rules for safe swimming.	
2	Swim 100 metres freestyle and 100 metres backstroke or breaststroke.	
3	Swim 50 metres using any stroke.	
4	Do any of the three of the following:	
	a. a surface dive in 1.5 metres of water in shirt and shorts. Remove clothing while in the water, without touching the bottom or the sides of the pool.	
	b. with safe equipmentswim on the surface for 50 metres using mask, snorkel and flippers.	
	c. commencing at the shallow end swim 50 metres in shirt and shorts using one stroke only. Tread water for one minute.	
	d. expalin and demonstrate a rescue method, the recovery position and the importance of getting adult help.	
5	Using a personal flotation device (PFD) demonstrate the Heat Exposure Lessening Posture (HELP) for two minutes.	

EXAMINERs:

DATE COMPLETED:

CUBS TESTED			