

COMPETITIVE TIMED SWIM

800m DISTANCE

BRONZE - 16-45-30

SILVER - 14-38-20

GOLD - 13-17-90

PLATINUM - 12-20-70

Times must be equal to,
or faster to earn the
badge.

NOTE:

Swimmers not eligible for
Bronze standard can still
purchase the 800m distance
Rainbow award where there
is no time limit.

ALL BADGES COST

£2-50 EACH

Honours Challenge

This group of skills tests the pupil's
ability:-

Section A

1. to make a straddle entry into water of at least full reach depth, swim 5 metres into a piked surface-dive to retrieve an object weighing approximately 2 Kg from water of full reach depth; carry the object using a backstroke or sidestroke for a distance of 20 metres, to land it on the poolside;
2. to scull 10 metres head-first on the back; complete a back somersault finishing in a back layout position; perform a roll to take up a front layout in a fully extended prone position; carry out a front somersault finishing in a front layout position; tuck and rotate backwards into a back layout position and continue to scull feet first for 15 metres (throughout all sculling and layout positions, the hands must remain close to the hips and the feet must be together or near the surface of the water).

Section B

NOTE: Tests 3 and 4 are to be completed in a total time of twenty minutes without a pause.

3. to swim 200 metres front crawl, 200 metres back crawl, and either 100 metres breaststroke or 50 metres butterfly. A change of stroke may only occur every 100 metres; (except for butterfly).
4. to swim 500 metres freestyle, during which, surface-dive twice head-first and twice feet first; on each surface-dive, swim through two hoops 4 metres apart without surfacing; (the tops of the hoops are to be at least 1 metre below the surface of the water).

Gold Challenge

This group of skills tests the pupil's
ability:-

Section A

1. to plunge dive into water of at least full reach depth and swim 100 metres in two minutes; thirty seconds or less, using two different strokes, 50 metres of each;
2. to tread water for three minutes with one hand remaining above the head throughout. The arm raised may be changed no more than five times;
3. to scull head-first on the back for 10 metres. move into a tucked position and turn through 360° keeping the head above the water. Return to the starting point by sculling feet first with the feet at or near the surface throughout and the hands close to the hips;
4. to swim 10 metres, perform a forward somersault without touching the pool bottom and continue to swim in the same direction for a further 10 metres;

Section B

5. to swim 800 metres using three of the following strokes: front crawl, back crawl, breaststroke, butterfly, English backstroke or sidestroke for a minimum distance of 200 metres per stroke. A change of stroke may only occur every 100 metres. This swim to be completed in twenty-five minutes.
6. to climb out at the deep end without assistance.