



Award

Swimmer I

This award is a practical one as it requires the Adventurer to learn and comment on safety rules.

However Margaret Tay of North New Zealand Conference has sent in some material that could be used in connection with this award if you wish.

In a separate file there are the following:

A page of Safety Rules.

Two swim safety games; Fill in the Blanks and Rescue Picture.

Finally there are two pages to record the demonstration of the swimming for this award. A certificate of completion and a page to make a List of Requirement done

In this file are some notes also sent by Margaret.

They are numbered to match the requirements (see the manual for the details),

Only three requirements are listed here, there are good helps for the others in the lower section of the manual page.

- 2 While holding breathe under water it is advisable for the children to gently blow bubbles through their noses to stop water from going up their noses.
- 4 While playing any game the safety rules listed for requirement 1 should be strictly observed.
"Pool Tiggy" could be played with one or more children listed as 'it', depending on the size of the group. A safety area could be declared inside a floating hoop. Only one person is allowed inside the hoop at a time, if a new person goes in then the first person must leave. Entry and exit from the hoop is by ducking under it (a good way to practice requirement 2).
Many other games played on land can be adapted to water.
- 6 Swimming under water can be done by pushing off from the side of the pool, or by just ducking down and swimming a short distance from where you are.