

SWIMMER II



1. Complete and receive the Swimmer I Award.
2. Review and discuss safety rules to be observed when swimming or playing in the water.
3. Float on your back for 30 seconds.
4. Float on your stomach for 30 seconds.
5. Jump in water over your head and pick up two stones.
6. Swim 10 metres freestyle.
7. Swim on your back for 10 metres.
8. Swim a few metres using your feet only, then using your hands only.
9. Tell three things you could do to help save someone from drowning.

HELPS

1. Encourage the Adventurers to complete both swimmer awards so they will be ready to go on to Beginner's Swimming when they join the Pathfinder Club.
2. Impress on the Adventurers that safety is very important. Be sure they observe these rules:
 - No running, pushing or shoving.
 - No jumping into water without knowing it is safe and free from rocks and sticks, etc.
 - Do not swim during a storm.
 - Do not swim unless an adult is present.
 - Do not depend on a flotation device for safety.
3. Work with the Adventurers individually so each may float without fear.
4. Have the Adventurers practice holding their breath while floating face down, then come up for air and put their faces back into the water to continue floating.
5. Place two stones without sharp edges in water just over the Adventurers' heads. Have each child jump in and pick them up.
- 6-8. Teach proper kicking and arm and hand strokes.
9. Three things a child could do to help a person that is drowning include: run to a nearby adult for help; hold a long stick out for the person to hold on to; throw a rope out to the person and pull him or her to shallow water.

The material here is taken from page 213 of the printed manual.