



Swimming Challenge Awards – Gold

By completing this Award, you will have shown your ability to complete each of the following sections in the order listed without pause:

Section A

1. Plunge dive into water of at least full reach depth* and swim 100 metres in two minutes 30 seconds or less, using two different strokes, 50 metres of each.
2. 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. Scull head first on the back for 10 metres, move into a tucked position and turn through 360 degrees keeping the head above 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. 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

1. Swim 800 metres using three of the following strokes: front crawl, backstroke, 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 25 minutes.
2. Climb out at the deep end without assistance.

* Full reach depth is the distance from feet to finger tips of hands reaching above the head.