



Swimming Challenge Awards – Silver

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.*
2. Swim 100 metres in less than three minutes using any stroke. A change of stroke may only occur at the completion of a length of the pool.
3. Tread water for two minutes with one hand behind the back.
4. Swim 10 metres, followed immediately by two surface dives into water of full reach depth*, one head first and one feet first, bringing an object to the surface on each occasion.
5. Scull head first on the back for 10 metres and return by sculling 10 metres feet first. A horizontal position must be maintained throughout.

Section B

1. Swim 800 metres: 400 metres on the front and 400 metres on the back. A change of stroke may only occur every 50 metres.
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.