



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section

Swimming (Stage II)

Must be a holder of Swimming Badge (Stage I)

- I. Swim 50 metres in free style.
- II. Swim 50 metres in breast stroke.
- III. Swim 50 metres in back stroke or life-saving stroke.
- IV. From the surface of the water, dive to the bottom at a depth of 2 metres (or the nearest depth available but not less than 1.5 metres) find an object 2-4kg and bring it to land. If you fail at your first attempt, the test must be repeated three times and be successfully completed on each occasion.
- V. Dive into the pool and plunge 10 metres in 1 minute or under. (A plunge is a standing dive made head first from a firm take off i.e. side of pool. The body must be kept motionless, face downward and no progressive action shall be imparted to it other than the impetus of the dive.)

Note

Holders of certification letter (with letter head or official chop) from official swimming organizations are eligible for this badge.

Remarks

An appointed Guider who holds a valid Life Saving certificate may take this badge assessment for her own Unit.

Hong Kong Award for Young People

Candidates who have completed the Skill Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE in this topic are qualified for this badge.