



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section

Swimming (Stage I)

- I. Swim 50 metres in any style.
- II. Float on the water for 30 seconds.
- III. Tread water for 1 minute.
- IV. Dive and swim 5 metres. (The whole body should be below water surface.)
- V. Explain swimming safety rules.
- VI. Illustrate how to use the basic swimming-aid apparatus, e.g. buoy, lilo, a life jacket, etc.

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.