



## Pathfinder Honour: Requirements & Framework

# Swimming 3 (Intermediate)

Part of Recreation Category of Honours

Honour Patch



Part of Aquatic  
Master Honour



### Snapshot of Honour

This honour is the middle level of our Swimming honour series of five honours.

It is the equivalent of the Level 5, Junior Swim and Survive Award of the Royal Life Saving Society of Australia (RLSSA). Please see [Swimming & Lifesaving Honours Snapshot.doc](#) for a summary of all our Swimming & Lifesaving Honours.

Building on skills from lower levels of the Swimming honour, you'll enjoy diving and learning survival skills in the water wearing long pants and long sleeves. You will need some fitness and skill to swim 25 metres for each of four different swimming strokes.

### Honour History:

Original Honour: 1929, Author not known.

General Conference: Reviewed 2001

South Pacific Division : Reviewed June 2007

- Reviewer: Damien Ridley, Tasmanian Conference

## Swimming 3 (Intermediate) Honour

**Honour Framework:** [Compulsory items are underlined. Others are for guidance]

#Skill Level:	Level 2
<u>Pre-requisites:</u>	Swimming 1 (Beginners) and Swimming 2 (Beginners Advanced)
Preparation Time:	Minimal (1-2hrs)
Physical Requirements:	Moderate
Equipment/Materials Required:	Flotation aid (kickboard), rescue aid (rope with float on the end), Measuring tape (if not using a pool), Long pants and long sleeve shirt to swim in, PFD.
Location:	Swimming pool is best, however other water courses could be used.
Sabbath Appropriate:	Not likely
<u>Safety &amp; Legal Requirements:</u>	Refer to and comply with Local, State and Country Requirements. All duty of care must be complied with. Should have a qualified lifesaver on hand for swimming components.
Links to P/F Curriculum: (Cards, Speciality, Pursuits), or AO Modules	
Suggested Teaching / Presentation method(s):	Presentation and Discussion; Excursion; Practical application;
Recommended Assessment:	<u>Level 5, Junior Swim and Survive Award</u> of the Royal Life Saving Society of Australia (RLSSA) or equivalent, or; Assessment Sheet which has a checklist of practical requirements
List of Resources:	Swimming & Lifesaving Manual 5th Edition <a href="http://www.swimandsurvive.royallifesaving.com.au/">http://www.swimandsurvive.royallifesaving.com.au/</a>

#Skill Level. A General Conference term which broadly describes typical physical and mental development. Level 1 (Friends, Companions); Level 2 (Explorers, Rangers); Level 3 (Voyagers, Guides)

### Honour Components:

Requirements:	See following page
Trainer's Notes:	Swimming & Lifesaving Manual 5th Edition, Royal Life Saving Society of Australia (RLSSA) or equivalent <a href="http://www.royallifesaving.com.au/products.asp?ID=29">http://www.royallifesaving.com.au/products.asp?ID=29</a>
Student's Workbook:	Not required for this honour.
Assessment Method:	Please see above, or alternatively; Swimming 3 (Intermediate) Assessment Sheet (On SPD Honour Website but Leader's level access is required)

## Swimming 3 (Intermediate) Honour

# Requirements

Source 11 June 2007

<http://www.swimandsurvive.royallifesaving.com.au/extra.asp?id=336&OrgID=12>

Notes:

- a. *Listed on General Conference Website, but is specific to North America.*
  - b. *This honour is the equivalent of the **Level 5, Junior Swim and Survive Award** of the Royal Life Saving Society of Australia (RLSSA). Those who meet these RLSSA requirements are entitled to earn this honour.*
1. Demonstrate a dive.
  2. Rotate the body about both the vertical and horizontal axes with either arm or leg action.
  3. Demonstrate the eggbeater kick. Arms or a kickboard may be used for support.
  4. Swim continuously:
    - a. 25 metres freestyle
    - b. 25 metres survival backstroke or sidestroke
    - c. 25 metres back crawl and
    - d. 25 metres breaststroke.
    - e. Recognised strokes must be used
  5. Survival Skills. Dressed in swimwear, long pants and long sleeved shirt, perform the following as a continuous sequence:
    - a. Survival scull, float or tread water for 4 minutes.
    - b. Perform a feet first surface dive and swim underwater for a short distance.
    - c. Swim slowly for 6 minutes using three survival strokes, changing strokes after each minute.
  6. Remove clothing in deep water
  7. Correctly fit a PFD, jump into the water, float for 30 seconds and then climb out of deep water.
  8. Perform a reach rescue using a rope, towel or item of clothing.
  9. Answer questions about dangers in the aquatic environment.
  10. Extension: Swim butterfly for 10 metres demonstrating a recognisable stroke and using correct breathing technique.

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General Conference Reference No. SWIMMING INTERMEDIATE (YOU5780)

*This set of requirements are for North America and do not match with RLSSA requirements.*