

Swimming Badge

Introduction: This badge aim at encouraging Bridgaders to tone up his body through swimming trainings and enhance their confidence.

Course Outline

1. Stage 1 Badge

- i. Theory
 - Understanding of water safety knowledge;
 - Understanding of basic first-aid knowledge;
 - Understanding of correct usage for basic swimming equipment (For example: life buoy, floating mattress, kickboard etc.)
- ii. Practical training
 - Warm- up exercises;
 - Finishing swimming for 50 meters without any rests, there are no restrictions for swimming stroke and time ;
 - Without any assistance from ladders or other materials ,using unassisted landing to land from water which is 1-metre depth;
 - Dive into water which is 1-metre depth to get an object put by the coach before

2. Stage 2 Badge

- i. Theory
 - Water safety and hygienic knowledge;
 - First-aid knowledge(For example: cramping in water, bruising, facing difficulties in water)
- ii. Practical training
 - Upward thrust with his back facing upwards (Jellyfish float) (For at least 30 seconds) ;
 - Finishing swimming for 200 meters without any rests, there are no restrictions for swimming stroke and time ;
 - Without any assistance from ladders or other materials ,using unassisted landing to land from water which is 1.5-metre depth;
 - Dive into water which is 1.5-metre depth to get an object put by the coach before;
 - Treading water for one minute(With the assistance of hands).

3. Stage 3 Badge

- i. Submitting a teaching plan
- ii. Practical training
 - Upward thrust with his back facing upwards (Jellyfish float) (For at least 1 minute);
 - Finishing swimming for 400 meters without any rests, there are no restrictions for swimming stroke and time;
 - Without any assistance from ladders or other materials ,using unassisted landing to land from water which is 1.8-metre depth;
 - Dive into water which is 1.8-metre depth to get an object put by the coach before;
 - Treading water for one minute (Without any assistance).
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Assessment Criteria

Stage 1, 2 Badge

- Practical and oral assessment
 - i. Five items taught in practical trainings will be assessed in the practical assessment. All of these items should obtain a pass result.
 - ii. In oral assessment, the content taught during the lessons will be asked. A Brigader has to get a pass result.
 - iii. If the Brigader obtain a fail result in any parts, he has to retake all the assessment items in the next assessment.(Including: Practical and oral assessment).

Stage 3 Badge

- Practical assessment and teaching plan
 - i. All items taught in practical trainings will be assessed in the practical assessment. All of these items should obtain a pass result.
 - ii. A Brigader have to design a teaching plan which is suitable for Stage 1 Swimming Badge and get a pass result;
 - iii. If the Brigader obtain a fail result in any parts, he has to retake all the assessment items in the next assessment.(Including: Practical and oral assessment , submitting teaching plan).

Format and content for the teaching plan

1) Requirement for a teaching plan

- Basic information should be included on the first page, including the topic/ item chosen, aim , information of the Brigader etc.

- A teaching plan can be in different sizes, detailed or simplified version is also accepted. It is suggested that using chapter as a unit to draft a teaching plan. After that, arrange a teaching plan for one-hour lesson according to each chapter and time allocation.

2) Specific content for each chapter in the teaching plan

- Teaching aim and basic requirement for that chapter;
- Teaching content (listing the names for different programmes) and time allocation ;
- Emphasis and difficulties of the teaching content in that chapter;
- Teaching methods or skills for that chapter, including ropes, floating objects, teaching materials, PowerPoint, projector, computer or other multimedia etc;
- The major reference of that chapter.

3) Specific content for each chapter when it is used for teaching

- Teaching content for that lesson (Including specific knowledge aspect);
- Teaching methods or skills for that lesson;
- Interactive activity design for that lesson;
- Time allocation for each teaching step;
- Demonstrating how to make use of the venue for that lesson by photos.

4) Since the category, teaching lesson and style can be varied among different people, there is no specific format for writing a teaching plan. The preparation for each chapter and preparation of each lesson can be combined into one document. The teaching plan and script used for the lesson can be combined into one document as well. It is reminded that the document should fulfill the above elements.

Notes:

- Brigaders cannot participate the trainings and assessments for Swimming Cloth Badge and Swimming Badge at the same time.
- He should first complete Swimming Cloth Badge and then complete Swimming Badge. For those who possess Stage 1 Badge or above, he needs not participate Swimming Cloth Badge.