

Cub Aquanaut Badge

Badge requirements



1. Swim 200m freestyle.
2. Explain the different ways of entering water and when it is dangerous to dive.
3. Do any THREE of the following:
 - Do a surface dive in approximately 1.5m of water in shirt and shorts. Remove clothing while in the water without touching the bottom or sides of the pool.
 - With safe equipment swim on the surface for 50m using a mask, flippers, and snorkel; submerge and swim underwater for approximately 20m.
 - Commencing from the shallow end, swim 50m in shirt and shorts using one type of stroke only. Tread water for one minute.
 - Explain and demonstrate a rescue method, the [recovery position](#) and the importance of getting adult help.

https://scoutwiki.scouts.org.za/index.php?title=Cub_Interest_Badges