



CUBS INTEREST BADGE:
AQUANAUT



Complete the following:

	Date Completed
1. Swim 200m freestyle.	

Do any THREE of the following:

	Date Completed
a) 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.	
b) With safe equipment swim on the surface for 50m using a mask, flippers, and snorkel; submerge and swim underwater for approximately 20m.	
c) Commencing from the shallow end, swim 50m in shirt and shorts using one type of stroke only. Tread water for one minute.	
d) Explain and demonstrate a rescue method of mouth-to-mouth resuscitation using a one-way valve.	

Parent/Guardian Signature: _____

Akela/Cub Leader: _____