

3. *Short Swim:* Swim 50 metres in shirt and shorts.
4. *Tread Water:* Tread water for three minutes with one hand behind their back.
5. *Water Skills:* Surface dive into 1.5 metres of water and recover an object with both hands from the bottom. Return to the side of the pool holding the object in both hands.
- Enter the water from the side of the pool by sliding in from a sitting position. Using any floating object for support, take up and hold the Heat Escape Lessening Posture for five minutes.
6. *Distance Swim:* Swim 400 metres without stopping.
7. *Swimming Activity:* Take part in an organized swimming activity, since gaining their previous Swimming Badge.

### Swimmer 4

Complete the following:

1. *Safety:* Explain the safety rules and where it is safe to swim locally.
- Explain the rules covering swimming for Scouts.
2. *Enter Pool:* Demonstrate a racing dive into at least 1.5 metres of water and straddle jump into at least two metres of water.
3. *Short Swim:* Swim 100 metres in less than four minutes.
4. *Tread Water:* Tread water for five minutes.
5. *Water Skills:* Surface dive into 1.5 metres of water, both head first and feet first and swim at least five metres under water on both occasions.
- Enter the water as for unknown depth.

4. Know about two cultural activities that benefit tourism.
5. Demonstrate basic Flag etiquette.

### Other Countries and Cultures

1. Learn and record four more things about the Caribbean country you choose for Bronze Arrow, or four things about a new Caribbean country.
2. Be the pen pal of a Cub in another Caribbean country. Explain your communications with your pen pal.

### My Promise

1. Help with a Service at your own place of Worship.
2. Identify someone in your country who has "Done their best".
3. Say what you will do in the following situations.
- Someone is breaking into your neighbour's house.
  - Other children encouraging you to shoplift.
  - You see someone hurting another person.



**Gold Arrow**

### Science

1. Complete a weather log over a period of three months.
2. Make a model from a technical kit and explain how it works.
3. With an adult, help with the routine maintenance of a bicycle.
4. Show that you know how some modern day technical equipment works, i.e. Computer, V.C.R, Video camera/camcorder, microwave oven, electronic keyboard, D.V.D etc.
5. Carry out three new scientific experiments.

### Nature

1. Adopt a plot or clean a beach or stream.
2. Take part in a tree planting activity.

3. Show that you understand the food chain.
4. Be an active "GREEN TEAM" member.
5. Find out about some endangered local species animal, bird, fish or plant and explain it to your Leader.

### Communication

1. Find out about, and discuss with your Leader about three different forms of modern communication.
2. Find out about "Ham operators"/C.B. radio and what services they perform in your country. Explain this to your Leader.
3. Learn to speak five (5) useful phrases in another language. Say them to your Leader.
4. Describe to a Leader three (3) different T.V. programmes that you have seen recently.
5. Visit a place where computers are used and find out:
  - a. How information is entered into the computer.
  - b. What does the computer do with this information.
  - c. How do people get and use the information. Explain your findings to your Leader.
6. Look at five (5) different advertisements on T.V. or in the print media: explain which you think does the best job.

### Creativity

1. Visit a museum or art gallery and explain what you saw.
2. Make two useful items of craft using local materials.
3. Do two art projects using different mediums.
4. Perform two items of entertainment; one being a skit about a local event or problem. (Can be done in sixes.)

### Keeping Healthy

1. First Aid. Show that you know the following: how to treat bleeding and puncture wounds; the recovery position; how to use a sling and knee bandage; mouth to mouth resuscitation.
2. Demonstrate knowledge about AIDS and how it is spread.

### Swimmer 2

Complete the following:

1. *Safety:* Explain the safety rules and where it is safe to swim locally.
2. *Enter Pool:* Demonstrate a controlled entry or dive from the side of the pool into at least 1.5 metres of water.
3. *Short Swim:* Swim ten metres on their front, ten metres on their backs and ten metres on their back using only their legs.
4. *Tread Water:* Tread water for three minutes in a vertical position.
5. *Water Skills:* Surface dive into at least 1.5 metres of water and touch the bottom with both hands.  
Mushroom float for ten seconds.  
Enter the pool and push off from the side on their front and glide for five metres.  
From the side of the pool, push off on their back and glide for as far as possible.
6. *Distance Swim:* Swim 100 metres without stopping.
7. *Swimming Activity:* Take part in an organized swimming activity.

### Swimmer 3

Complete the following:

1. *Safety:* Explain the safety rules and where it is safe to swim locally.  
Explain the rules governing swimming for Scouts.
2. *Enter Pool:* Demonstrate a controlled entry or dive from the side of the pool into at least 1.5 metres of water.