

Swimmers in junior 1 can work towards an award. This award system is called Swimfit awards and swimmers can claim badges and other awards.

Swimmers need to keep a record of the distance that they are swimming in each session that they attend. This information can be obtained from the teacher at the end of the session.

A form will be issued to each swimmer, but it is the swimmers own responsibility to ensure that it is completed and signed, if the form is lost or mislaid, the swimmer will need to start again on a new form. If you forget to fill your form in at the end of the session, it is unlikely that it will be backdated and therefore, that session will not count towards the award.

The form needs to be brought to every session and the teacher for your group must sign the form and confirm the distance swam. It is advised that you keep the form in some type of waterproof file or container.

The total accumulates over several weeks of attendance and when a target is hit, a badge can be claimed. See attached chart for targets, distances to be swum and what can be claimed.

Badges currently cost £2 each, although this fee is subject to change.

Once a badge has been claimed, you keep your current total and continue until you reach your next target. You do not start again from zero.

Therefore, the more sessions that you attend, the more distance you will accumulate and the more badges you can claim.

A conversion chart has been attached as we swim in metres but the swim fit award system uses measurements in miles.

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