

# Singapore Royal Rangers National Office



Merit Requirements: **Gold-Bordered Merit**

## **ADVANCED SWIMMING**

The ranger must be able to demonstrate competency in the following skills:

1. Artificial respiration
2. The release of a cramp while you are in the water
3. The proper use of personal flotation devices
4. Out-of-water reaching assists, including those using rescue equipment
5. Springboard dives: pike and tuck
6. Feet-first surface dive
7. Long shallow dive
8. One-meter board-jumping entry, standing dive
9. Stride jump

This merit can also be awarded if the Ranger

- Has been awarded the National Gold Survival Swimming Award
- can get a letter from his/her instructor, parent or guardian that he/she knows how to do requirement 5
- completed Gold Home Safety Merit