



**University of Southern Indiana
Merit Badge University**

**Swimming Merit Badge
Pre-Requisites**

#2 Pass the BSA Swim Test

Jump feet first into water over your head in depth, swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.

If you have not passed the BSA Swim Test in the past year you won't be able to participate in this merit badge. The swim test may be administered again on site to provide you an updated pass date.

Make sure to bring along appropriate swim wear and towels.

Swimming Workbook Link