



Centenary Get Wet 100 Challenge!

Cheshire Counties Water Teams are celebrating the centenary by way of a Get Wet Challenge!

The aim of the challenge is to increase the numbers of children and adults participating safely in water activities across our counties.

The Challenge will run from 1st January 2009 until 31st December 2010 – activities already completed may be back-dated to the start of 2009.

To declare completion of the Challenge and order your badges please email Alison Quinn: aquinn@doctors.net.uk Badges cost £1.30 each

The Get Wet 100 Challenge is open to every member of Girlguiding UK who wishes to take part. Each participant must choose from the list of clauses below to earn 100 points and gain their badge. Different clauses may be selected to earn a second badge. The Challenge may be adapted under certain circumstances to ensure that everyone can take part.



Centenary Get Wet 100 Challenge!

To gain your Centenary Water 100 Challenge Badge you need to gain a total of 100 points from any of the clauses listed below:

Activity	Points	Signature
Two hours of sailing	5	
Two hours of kayaking	5	
Two hours of canoeing	5	
Two hours of windsurfing	5	
Two hours of rafting	5	
Two hours of dragon-boating	5	
Two hours of bell-boating	5	
Two hours of narrow-boating	5	
Two hours of rowing	5	
Two hours of snorkelling	5	
Two hours of scuba diving	5	
Swim 25m wearing clothes and a buoyancy aid	5	
Visit a lighthouse	5	
Visit an RNLI centre	5	
Visit a Tall Ship	5	
Introduce a friend to a water sport	5	
Rig, launch and recover a single handed dinghy with a friend	5	
Learn a new swimming stroke	5	
Demonstrate how to dive into a swimming pool, explain the safety precautions and potential risks	5	
Learn to hand coil a rope	5	
Learn how to tie a figure of eight knot, a sheet bend and a clove hitch	5	
Learn how to tie a bowline and a fisherman's knot	5	
Learn how to splice two ropes together	5	
Learn how to throw a 5m rope to someone	5	
Know the flags and safety signs that you might see on the beach or an open stretch of water	5	
Explain the water safety code to your group / patrol	5	
Identify three types of water pollution and why these can be dangerous	5	
Make a lanyard	10	
Make a turk's head woggle	10	
Make a monkey's fist keyring	10	
Complete the outdoor pursuits badge	15	
Complete the water safety badge	15	
Complete GFI With a Splash	15	
Gain an RYA sailing award	20	
Gain an RYA windsurfing award	20	
Gain a BCU paddlesports award	20	
Complete a water safety course	20	
Gain a swimming award	20	
Gain a lifesaving award	20	