

## **Red Dolphin Award**



The Red Dolphin Badge is gained by swimming 1600 metres in one session. There is no restriction on time (within reason). Temporary withdrawal from the water due to severe muscle cramp is permitted at the discretion of the official or Leader in-charge, without penalty.

## **Silver Dolphin Award**



The Silver Dolphin Badge is gained by a holder of the Red Dolphin who swims a further 14.4 km to a total of 16 km, with a minimum of 400 metres at a time, over six months.

## **Gold Dolphin Award**



The Gold Dolphin Badge is gained by the holder of the Silver Dolphin who swims a further 64 km to a total of 80 km, with a minimum of 400 metres at a time, over twelve months.