STA International Swimming & Water Safety Standards — Early Years

STAnley 1

Teacher _____ Class reference _____

Date/ time _____ Course runs _____ to _____

Pupil	Identify teacher	Enter the water safely	Splash the feet on the surface, whilst holding the rail, trough or poolside and then return to standing position	Walk forward, backwards and sideways through the water unaided for 5 metres, if in deeper water, unassisted walking actions may be substituted	Move through the water on the front for 2 meters	Move through the water 2 meters on the back, regain feet	Blow a small object across the pool for 2 metres	Using woggle as a bridge and watering can as shower , move through waterfall	Push and glide on the front	Exit pool safely	Notes/ Distance Awards	Date all skills assessed

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