STA International Swimming & Water Safety Standards — Early Years

STAnley 5

Teacher _____ **Class reference** _____

Date/ time _____ **Course runs** _____ **to** _____

Pupil	Answer 2 questions on poolside rules	Swim 5 metres front paddle or back paddle	Hold 3 different types of floating positions for 3 seconds each	Hold the rail, trough or poolside and breathe rhythmically 4 cycles	Jump in from poolside, turn and swim back to support at wall, climb out safely	Tread water (may be in a spinning action)	Perform a push and glide on the front, keeping the face in the water and blowing bubbles	Retrieve an object from bottom of pool	Demonstrate frontcrawl arm action	Demonstrate backcrawl arm action	Notes/ Distance Awards	Date all skills assessed

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