STA International Swimming & Water Safety Standards — Adult

Adult 1

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Unaided, enter the water safely in any manner.	Holding the rail, trough or side of pool, submerge completely while keeping the feet on the bottom of the pool.	Hold a float(s) swim 10 metres, legs only in prone OR supine position, return to a standing position; *pupil's choice.*	Hold a float(s) swim 5 metres, legs only, in a position not undertaken in Test 3, return to a standing position; *pupil's 2nd choice.*	Free Float for 5 seconds; *pupil's choice and buoyancy aids may be used.*	Push and glide to rail.	Leave the pool safely unaided.	Notes/ Distance Awards	Date all skills assessed

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