# STA International Swimming & Water Safety Standards — Adult

**Adult 2**

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

| Pupil | Enter the water safely. | Push and glide, swim 10 metres on the front. | Push and glide, swim 10 metres back paddle. | Retrieve an object from the bottom of the pool using both hands. | Hold a float(s) perform breaststroke leg kick for a distance of 10 metres. | Scull head first for a distance of 5 metres. | Hold the rail, trough or side of the pool, and submerge 3 times. | Hold the rail, trough or side of the pool and perform 10 breath cycles. | Notes/ Distance Awards | Date all skills assessed |
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