

STA International Swimming & Water Safety Standards — Adult

Adult 3



Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	<i>Enter the pool from the side without the use of steps.</i>	<i>Tread water for 1 minute.</i>	<i>Swim 25 metres from the deep end to the shallow end using any stroke in the prone position; pupil's choice.</i>	<i>Push and glide on the front and swim 10 metres in the prone position using a different stroke; pupil's 2nd choice.</i>	<i>Push and glide on the back and swim 25 metres using a back stroke; pupil's choice.</i>	<i>Retrieve an object from the bottom of the pool using both hands having executed a surface dive; performed in chest deep water.</i>	<i>Swim 10 metres on the front, roll onto the back and swim 10 metres on the back.</i>	<i>Mushroom float for 5 seconds, extend arms beyond the head with the legs together and straight, hold for 3 seconds and return to a vertical position.</i>	Notes/ Distance Awards	Date all skills assessed

