STA International Swimming & Water Safety Standards — Adult

Adult 4

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Swim 50 metres on the front with the correct start; *pupil's choice.*	Swim 50 metres on the back with the correct start; *pupil's choice.*	Swim 25 metres on the front; *pupil's 2nd choice.*	Tread water for 3 minutes.	Push and glide to the bottom of the pool and glide up.	Push and glide to the bottom of the pool, and ump up.	Push and glide, bend at the hips to go into a handstand.	Plunge dive into deep water; *depth permitting.*	Notes/ Distance Awards	Date all skills assessed

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