STA International Swimming & Water Safety Standards — Level 5

Water Safety Bronze

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Wearing T-shirt and shorts perform a safe entry, swim 100 metres on the front, collect a buoyant aid and show the HELP position for 1 minute then swim 50 metres with the aid and climb out unassisted.	Wearing T-shirt and shorts tread water for 3 minutes.	Wearing T-shirt and shorts float in a supine position for 1 minute.	Wearing T-shirt and shorts perform a feet first surface dive and swim 5 metres underwater.	Wearing T-shirt and shorts perform a head first surface dive and swim 5 metres underwater.	Swim sidestroke for 15 metres.	Simulate the actions of a weak swimmer.	Choose an appropriate aid and perform a reaching rescue.	Choose an appropriate buoyant aid and perform a throwing rescue over 8 metres.	Give 3 safety rules at the swimming pool.	Notes/ Distance Awards	Date all skills assessed

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