STA International Swimming & Water Safety Standards — Level 7

Advanced Gold

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Swim 400 metres within 8 minutes using a recognised competition stroke.	Swim 100 metres in 90 seconds.	Swim 4 x 50 metre individual medley within 5 minutes.	Perform 2 tucked back somersaults and finish with a back layout.	Perform 2 tucked front somersaults and finish with a front layout.	Scull 25 metres head first, support scull for 10 seconds and return 25 metres feet first.	Tread water using the eggbeater leg action for 2 minutes, 30 seconds x 4 directions.	Tread water, catch a ball, rotate 360 degrees, 50 metres pdo crawl passing & receiving ball on 4 occasions **or** synchronised with another swimmer 5 metres breaststroke, surface dive and 5 metres breaststroke underwater, resurface, 10 metres front crawl, change direction, standard scull 10 metres, change direction, reverse scull 10 metres, change direction, standard scull 10 metres, change direction, resurface, 5 metres breaststroke underwater, resurface, 5 metres breaststroke surface dive, 5 metres breaststroke underwater.	From a front push and glide swim 15 metres underwater in the prone position.	From a back push and glide swim 15 metres underwater in the supine position	Notes/ Distance Awards	Date all skills assessed

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