STA International Swimming & Water Safety Standards — Level 2

Goldfish 3

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Answer two water safety questions.	Perform two different types of entries and tread water for 15 seconds each time; performed in shoulder deep water.	Swim 15 metres backstroke.	Swim 15 metres of a recognised front stroke; *pupil's choice.*	Swim 10 metres holding a float under each arm using life saving backstroke leg kick.	Swim 5 metres dolphin leg kick on front or back.	Push and glide on the surface, pike sharply and assume a handstand with both hands on the bottom of the pool; performed in chest deep water.	Perform a horizontal float and hold for 5 seconds, roll on to the front hold for 5 seconds, roll to the original back float position and hold for 5 seconds.	Notes/ Distance Awards	Date all skills assessed

© STA 2006. This document may be photocopied for use with the **STA International Swimming & Water Safety Standards**