STA International Swimming & Water Safety Standards — Level 1

Octopus 1

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Answer two water safety questions.	Enter the pool safely and unassisted, using the steps.	Walk, hop, skip or jump for 5 metres in the water.	Return to a standing position from a star float on the front.	Return to a standing position from a star float on the back.	Perform back paddle for 5 metres.	Perform front paddle for 5 metres.	Blow bubbles in the water.	Blow floating objects for a distance of 3 metres.	Exit the pool safely and unassisted.	Notes/ Distance Awards	Date all skills assessed

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