STA International Swimming & Water Safety Standards — Level 1

Octopus 2

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Answer two water safety questions.	Enter the pool safely.	Push and glide on the front and on the back.	Hold the side of the pool, bob up and down getting the face wet and exhaling under the water.	Hold a float(s) and swim 3 metres using an alternating leg kick on the front.	Hold a float(s) and swim 3 metres using an alternating leg kick on the back.	Hold a float(s) and swim 3 metres using a simultaneous leg kick on back.	Stand in shallow water, perform front crawl, backstroke and breaststroke arm action.	Perform a floating position without the use of aids.	Turn 360 degrees in a tucked position with both feet off the pool bottom. Swim 2 metres without the use of aids and climb out of the pool safely.	Notes/ Distance Awards	Date all skills assessed

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