STA International Swimming & Water Safety Standards

Seal 1

Teacher _____ **Class reference** _____

Date/ time _____ **Course runs from** _____ **to** _____

Pupil	Perform a straddle entry from the poolside	Swim 50 metres	Tread Water for 3 minutes	Swim 100 metres	Find a floatable object in deep water and adopt the H..E.L.P position for 2 minutes	Climb out of the pool from deep water without assistance	Notes/ Distance Awards	Date all skills assessed

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