STA International Swimming & Water Safety Standards

Seal 2

Teacher _____ **Class reference** _____

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

Pupil	Perform a straddle entry from the poolside	Swim 100 metres in less than 4 minutes.	Perform a feet first surface dive.	Tread water for 1 minute waving one arm above the water to attract attention	Tread water for 3 minutes.	Swim 200 metres stop and rest for 2 minutes by either floating or treading water then swim a further 200 metres	Climb out of pool from deep water without assistance.	Notes/ Distance Awards	Date all skills assessed

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