STA International Swimming & Water Safety Standards

Seal 3

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.	Tread water for 2 minutes.	Tread water for 2 minutes waving one arm above the water to attract attention.	Remove jumper or sweatshirt.	Swim 800 metres in less than 30 minutes; during the swim perform a feet first surface dive and a head first surface dive.	Climb out of the pool from the deep end without assistance.	Notes/ Distance Awards	Date all skills assessed

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