STA International Swimming & Water Safety Standards

Seal 4

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	Perform a straddle entry from the poolside	Swim a 100 metres in less than 21/2 minutes	Remove footwear and tread water for 2 minutes; simulating cramp in one leg, massage the affected leg with a free hand	Tread water for 5 minutes.	Swim 500 metres in less than 15 minutes	Tread water for 2 minutes waving one arm above the water to attract attention	Find a floating object and then remove an article of clothing	Swim with the floating object for 100 metres, resting twice in the H.E.L.P position for 2 minutes each time	Climb out of the pool in deep water without assistance	Notes/ Distance Awards	Date all skills assessed

© STA 2006. This document may be photocopied for use with the **STA International Swimming & Water Safety Standards**