



STA International Swimming & Water Safety Standards — Baby Water Safety

Starfish 1

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	<i>Safe entry into the pool by both adult and baby.</i>	<i>Use swing dips to introduce baby to the water.</i>	<i>Support baby on the front and move freely around the pool.</i>	<i>Support baby on the back and move freely around the pool.</i>	<i>Cue baby and wash face with water.</i>	<i>Exit pool safely.</i>	Notes/ Distance Awards	Date all skills assessed