

# STA International Swimming & Water Safety Standards — Baby Water Safety

# Starfish 3

Teacher \_\_\_\_\_ Class reference \_\_\_\_\_

Date/ time \_\_\_\_\_ Course runs from \_\_\_\_\_ to \_\_\_\_\_



Pupil	<i>Supported baby under the arms and encouraged baby to gently flop into the water from a sitting position on the poolside</i>	<i>Encouraged baby to move from front to back positions using a flip-flop rhythmical movement</i>	<i>Encouraged baby to reach for a toy while moving around the pool, supporting baby on the front</i>	<i>Helped baby to move through the water using a kicking action, while supporting baby on the back</i>	<i>Supported baby using the safety hold and rolled baby away from you, then gently back towards you</i>	<i>Used a buoyancy aid to support yourself, while floating in the chest or sitting on your tummy making eye contact</i>	Notes/ Distance Awards	Date all skills assessed