



STA International Swimming & Water Safety Standards — Baby Water Safety

Starfish 5

Teacher _____ Class reference _____

Date/ time _____ Course runs from _____ to _____

Pupil	<i>Encouraged baby to jump into the water from a standing position on the poolside, while holding baby's arms or hands</i>	<i>Supported baby while encouraging them to roll from a back position to a front position</i>	<i>Encouraged baby to make kicking movements with support either in a Front Surf or a Woggle</i>	<i>Encouraged baby with cues to submerge in a Duckling Dive</i>	<i>Swam around the pool with baby holding onto your back</i>	<i>Cued baby to submerge vertically and rotate 180 degrees in the pool</i>	<i>Supported baby in a front hold to move forwards and return with support in a back float position</i>	Notes/ Distance Awards	Date all skills assessed