

SWEENEY'S SCHOOL OF SWIMMING

Water Safety and Survival Skills

Level 1 Fishes

Entries

1. *Enter water via steps and sit down.*

2. *Slide in, turn around and hold onto wall.*

3. *Jump in, recover and hold onto the wall.*

Skills

1. *Float on back using a kickboard.*

2. *Grasp a rope or towel and be pulled to safety.*

3. *Walk waist deep for 5 metres to safety.*

4. *Open eyes under water and recognise objects.*

5. *Submerge fully underwater and recover.*

6. *Torpedo/swim on front 10 metres to safety.*

7. *Kick/swim on back 10 metres to safety.*

This certificate is awarded to _____

Date: _____ *Signed:* _____