

SWEENEY'S SCHOOL of SWIMMING

Water Safety and Survival Skills **Level 2 Sharks**

Entries

1. *Step in /Stride entry*
2. *Compact Jump*
3. *Pin Drop*
4. *Perform an effective dive – head first.*

Skills with and without aids

1. *Surface dive and pick up an object in waist deep water.*
2. *Float on back holding a kickboard for 30 seconds.*
3. *Float on back without a kickboard.*
4. *Tread water for 20 seconds.*
5. *Grasp a rope, pole or towel and be pulled to safety.*
6. *Throw a kickboard to a partner and instruct him/her to kick to safety.*

Safety / Survival Strokes

1. *Swim freestyle unaided for 25 metres.*
2. *Swim backstroke unaided for 25 metres.*
3. *Introduce sculling on back – swim 20 metres.*
4. *Introduce breaststroke – swim 10 metres.*
5. *Introduce survival backstroke.*

Safety/Survival Questions

Answer a variety of questions related to water safety.

This certificate is awarded to _____

Date: _____

Signed : _____