

# Swimmer Stage 1



**1. Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.**

**6. Using a buoyancy aid, float still in the water for 30 seconds.**

**2. Show you know how to prepare for exercises such as taking part in a warm up.**

**7. Demonstrate your ability to retrieve an object from chest-deep water.**

**3. Demonstrate a controlled entry, without using the steps, into at least 1.5 metres of water.**

**8. Perform a push and glide on both your front and back.**

**4. Swim 10 metres on your front.**

**9. Swim 25 metres without stopping.**

**5. Tread water for 30 seconds in a vertical position.**

**10. Take part in an organised swimming activity.**

**Signed by Instructor:**

**Date:**