

GOLD 1

Skill No.Skill description

- 1 From a push & glide, swim 25m of frontcrawl; try to breathe bilaterally
- 2 From a push & glide, swim 25m of backstroke comfortably
- 3 From a push & glide, swim 25m of breaststroke comfortably
- 4 From a push & glide, swim 25m of fly; may need to stop occasionally
- 5 Attempt to dive off the block
- 6 Do a forward somersault without holding nose
- 7 Perform a feet first scull for 5m
- 8 Perform a stationary scull on the back
- 9 Tread water for 30 seconds
- 10 Have a good idea of what an IM is and the order
- 11 Perform a handstand and hold for a min of 3 secs
- 12 Demonstrate an action for getting help

GOLD 2

Skill No.Skill description

- 1 Give 2 examples of how to prepare for exercise & why it's important
- 2 Swim 2 lengths of frontcrawl; breathing bilaterally for 1 length
- 3 Swim 2 lengths of backstroke comfortably
- 4 Swim 2 lengths of breaststroke comfortably; inc 2 hand touch
- 5 Swim a length of butterfly
- 6 Dive off the block
- 7 Do a tumble turn on frontcrawl
- 8 Attempt a tumble turn for backstroke
- 9 Attempt a backstroke start
- 10 Attempt a 100m IM
- 11 Perform a 'shout and signal rescue'
- 12 Tread water using eggbeater action for 30 secs
Optional - Swim 10m wearing clothes