

Please record brief details of any incidents here, use the diary for more details:

SUMMARY OF STARTER AWARDS & AWARDS 1 TO 7 (incl. NC AWARD & 25 metre) - SWIM AWARDS: From One & above pupils MUST attempt and PASS ALL the skills to gain the Award

STARTER AWARDS <i>Starter award for very young or nervous children who are reluctant to put face in the water</i>		SHRIMP – Level 1 (with aids)	MINNOW – level 2 (no aids)	STICKLEBACK-level 3 (no aids)	PIKE – level 4 (no aids)	STINGRAY – level 5 (no aids)	PIRANHA – level 6 (no aids)
TADPOLE (with aids) (T) <ul style="list-style-type: none"> ▪ Enter and exit the water without help. ▪ Be happy to splash face. ▪ Move around the pool unaided – walk, skip, jump, hop, turn around etc. ▪ Be able to lift both feet off the floor at the same time and return to a balanced standing position. 	SKILLS 1. Put face in water and blow bubbles for 3 seconds 2. Bob up and down once to fully submerge the head 3. Travel 5 metres on the front or back 4. Achieve a horizontal position on the back with aids for 2 seconds	SKILLS 1. Show a horizontal position on the front with face in water for 3 seconds and regain a standing position (star float) 2. Bob up and down and fully submerge twice 3. Travel 5 metres on front or back. 4. Forward push and glide and stand.	SKILLS 1. Jump into the water (minimum depth 0.9m) from the side with confidence and without support 2. Lie flat on the back at the surface without support for 5 seconds and regain the standing position. 3. Back push and glide with arms by the side and hold for 5 seconds. 4. Travel 5 metres on the back using legs – arms by the side (can use sculling action if required) 5. Using arms and legs travel 5m on the front - any stroke controlled and stress free	SKILLS 1. Jump into deep water (out of their depth) 2. Tread water for 10 seconds (out of depth) 3. Using arms and legs travel 10m (5 metres on the front rotate and travel 5metres on the back) 4. As 3 but starting on the back.	SKILLS 1. Surface dive in water out of their depth. (head or feet first) 2. Tread water for 30 seconds (out of depth) and include 2 vertical turns in each direction. 3. Swim 10 metres full stroke with regular breathing, (either of 3 main strokes).	SKILLS 1. Head first surface dive in deep water 5metres from side, retrieve an object from the bottom of pool and return to the side with the object on the back. 2. Swim 10 metres with good technique in 2 of the 3 main strokes. (Front crawl, breaststroke or backstroke.)	
SEAHORSE-Green(G)(with aids) <ul style="list-style-type: none"> ▪ Enter and exit the water safely, unaided, via steps or swivel ▪ Demonstrate a reasonable leg kick while holding the pool side ▪ Swim a width (not less than 5 metres) on front or back using any aids. ▪ Be able to blow bubbles without undue stress. 							
SWORDFISH – level 7 (no aids)		N.C. AWARD (no aids)		STAR AWARDS (no aids)		PLEASE RECORD ANY MEDICAL ISSUES THAT NEED TO BE KNOWN	
Skills 1. Swim 25 metre with good technique in the 3 main strokes 2. Complete 10 metres with a good 2 beat dolphin leg kick. 3. Perform either a backward, forward or log roll with no undue stress.		Perform a safe entry into the pool 1. Swim 25 metres in a recognisable and stress free stroke, using both arms and legs 2. Perform a front star float, move into a mushroom float and hold for 5 seconds 3. Push and glide and submerge fully under the water 4. Push and glide, tread water for 20 seconds, swim back to the side on the back 5. Jump into deep water. 6. Perform a safe exit from the pool 7. Identify dangers around open water and know the water safety code These skills can be achieved throughout the course of study		STAR SWIMMER <ul style="list-style-type: none"> ▪ Perform a shallow dive ▪ Tread water for 2 minutes ▪ Perform a forward, backward and log roll ▪ Swim 150m using 3 different strokes under 4 minutes STAR SWIMMER (with distinction) <ul style="list-style-type: none"> ▪ Perform a shallow dive ▪ Tread water for 2 minutes ▪ Perform a forward, backward and log roll ▪ Swim 150m using 3 different strokes under 3 minutes 			
Life Saving Session - How to help someone in trouble 1. Talk and calm down – ask and gesture to swim to shallow water or side of river. Keep calm and think. 2. Shout /ring for help. If no phone or no one able to help, go and get help then try 3. and 4. 3. Use a reach rescue but stay low-let go if they are going to pull you in-use branch, rope or clothes. 4. Throw them something that floats – keep talking to them. 5. DO NOT GO INTO THE WATER.		25 Metre Swim (no aids) A successful 25 metre swim can be on the front or back with a minimum of a good front paddle or backstroke - arms and legs must be used effectively and the swim must be controlled and relatively stress free. More advanced swimming techniques will of course be acceptable- (breaststroke, butterfly, front crawl). (same as in NC award)					