

Report Card!

Teacher
Date

Salmon

Name

Underwater skills

- Swim around a submerged obstacle
- Duck dive, swim for 3m under water & recover an object

Entries & exits

- Step in entry & recover
- Seated dive

Stroke development

- Freestyle 12m
- Backstroke 12m
- Survival backstroke kick with aid 5m
- Breaststroke kick with aid 5m

Water safety

- Head first sculling
- Float, scull & tread water for 1 minute & signal for help
- Open water simulated experiences including clothes swim (T-shirt & shorts)
- Answer questions on water safety & personal survival
- Reach rescue
- Wearing a PFD (Personal Flotation Device) be rescued

Comments:

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