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**Duckling Water Skills Award**

**This Grade will apply to a four or five year old with no previous swimming experience & little water confidence.**

The following is the criteria a duckling will be assessed on to pass the award:

1. Make a sitting entry into the water without support
2. Float on front and back with or without floats
3. Using floats kick 5metres on front and back (putting face in the water)
4. Blow bubbles with FACE in the water and blow an object for 2 metres
5. Make a safe exit from pool without support
6. Can jump into the pool with or without support

**Grade 1 Water Skills Award**

**This Grade will apply to a child with previous swimming experience who is comfortable putting their face in the water. They should be able to travel 5m on front or back with the aid of two floats.**

The following is the criteria a Grade 1 will be assessed on to pass the award:

1. To enter shallow water from the poolside in a safe manner
2. To move across the pool with the water surface no lower than shoulder level
3. To submerge face in the water and blow bubbles for three seconds
4. To push and glide (5 seconds) from the poolside on front and back, keeping their body straight into a standing position
5. To swim on their back for 10 metres with arms moving in circles consistently over the water and with a good leg kick
6. To swim on their front for 10 metres with face in the water (blowing bubbles) and arms stretching over the water consistently throughout the width. Must have a good leg kick (Should be attempting to breath to the side)
7. To rotate from the back star float to the front star float into a standing position
8. To demonstrate a horizontal stationary floating position for 10 seconds (star float)
9. To swim a minimum of 10 metres in the deep end using floats
10. Jump into the water safely with or without assistance

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**Grade 2 Water Skills Award**

**This Grade will apply to a relatively experienced swimmer who is able to travel on front and back for 10 metres, without the use of any floating aids**.

The following is the criteria a Grade 2 will be assessed on to pass the award:

1. To enter shallow water unaided (without steps) and then submerge the head completely and blow out under water for a minimum of five seconds
2. To hold a tucked floating position for a minimum of five seconds (this may be on the front or back with the face submerged or kept out of the water)
3. To swim one width full stroke on their front with arm recovery over the water, breathing to the side and kicking continuously
4. To swim one width full stroke on their back with arm recovery over the water and kicking continuously
5. To swim one width with correct breaststroke kick
6. To demonstrate a horizontal floating position for twenty seconds
7. To demonstrate a 360 degree turn or roll - from a horizontal or vertical position without making contact with the pool bottom
8. To swim two widths without pausing using any stroke or strokes
9. To swim a minimum of 10 metres in the deep end unaided

**For information on all higher grades please contact the centre on:**

0208 951 5402

**Alternatively email our Duty Managers:**

[CanonsSportsCentre@nlcs.org.uk](mailto:CanonsSportsCentre@nlcs.org.uk)