



Swim England Stage 3

By completing this Award, without floatation equipment or support, your child will be able to:

1. Jump in from poolside and submerge to a minimum depth of 1.0 metre.
2. Sink, push away from wall on side and maintain a streamlined position.
3. Push and glide on the front with arms extended and log roll onto the back.
4. Push and glide on the back with arms extended and log roll onto the front.
5. Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.
6. Fully submerge to pick up an object.
7. Correctly identify three of the four key water safety messages.*
8. Push and glide and travel 10 metres on the back.
9. Push and glide and travel 10 metres on the front.
10. Perform a tuck float and hold for 3 seconds.
11. Exit the water without using steps.

*The four key water safety messages include:

1. Always swim in a safe place,
2. Always swim with an adult,
3. If you fall in, float, breathe, relax.
4. If someone else is in trouble, call 999/112.