



Duckling 2

By completing this Award your child should be able to:

1. Make a sitting entry into the pool with adult support if required.
2. Rotate 180 degrees either using a log roll or an upright position, using flotation equipment and without adult support.
3. Submerge the face with confidence and without force under adult supervision.
4. Blow an object for a distance of 2 metres.
5. Travel 3 metres using arms and/or legs without adult support.
6. Move 5 metres along the rail or wall without adult support.
7. Enter the pool, rotate and return to the side with minimal adult support.
8. Exit the water safely with minimal adult support.