



## Swimming Challenge Awards – Bronze

For the following grades Sections A and B may be completed on two different occasions, but each section must be completed without pause and in the order listed. This group of skills test the pupil's ability:

### Section A

1. Jump into water of at least full reach depth.\*
2. Swim 10 metres, followed by a surface dive into water of at least full reach depth\* and underwater swim for a distance of 5 metres.
3. Tread water in a vertical position for three minutes.
4. Scull head-first on the back for 15 metres with the feet at, or near, the surface throughout.

### Section B

1. Swim 400 metres using two strokes. (Changes of stroke can only occur at the completion of a length of the pool. A minimum of 100 metres is to be swum with each stroke.)
2. Climb out at the deep end without assistance.

\* Full reach depth is the distance from feet to finger tips of hands reaching above the head.