

## SWIMMER

1. Do a racing dive and swim 50m using a racing stroke.
2. Swim 50m using a different stroke.
3. Be able to tread water for TWO minutes in salt water or ONE minute in fresh water.
4. Be able to float on your back for 60 seconds in salt water or 30 seconds in fresh water.
5. Be able to "duck dive" (dive while standing in the water or swimming).
6. Explain the "buddy system" and basic rules for safe swimming.

