



Kingfisher 1

Diving Skills

Awarded for Achievement



Awarded for demonstrating the ability to:

- 1 Submerge in chest deep water and recover an object from the bottom of the pool using both hands.
 - 2 Push and glide on the surface and hold the streamlined position for 5 seconds.
 - 3 Push and glide to the bottom of the pool, glide up holding a streamlined position.
 - 4 Push and glide to the bottom of the pool, tuck, place feet on the pool bottom and jump up.
 - 5 Push away from the side of the pool into a handstand.
 - 6 Push and glide on the surface, pike at hips into a handstand and remain in a stable position for 3 seconds.
- To be performed in water which is at least chest high.

There are 3 awards in this series, you should now progress to Award 2.

Awarded to: _____

Date: _____

President: *D. Cande* _____

Examiner: _____

sta *saving lives · teaching swimming*

Thank you for using the awards of the Swimming Teachers' Association, Registered Charity Number 1051631, whose objectives are 'the preservation of human life by the teaching of swimming, lifesaving and survival techniques'.