



# Kingfisher 2

Diving Skills

*Awarded for Achievement*



SAMPLE ONLY

NOT TO BE PRINTED

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**Awarded for demonstrating the ability to:**

- 1 Crouch, spring up, then submerge to recover an object from the bottom of the pool.
- 2 Crouch, spring upwards into a glide on the surface in the prone position.
- 3 Crouch, spring upwards, then submerge to the bottom of the pool and glide up.
- 4 Crouch, spring upwards, then submerge to the bottom of the pool; tuck, place both feet on the floor and spring up.
- 5 Crouch, spring upwards and forwards into a handstand; hold in a stable upright position for 3 seconds.
- 6 Crouch, spring upwards and backwards into a back glide on the surface.
- 7 Perform a back stroke, start from the side of the pool.

To be performed in water not less than 0.9 metres deep.

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

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'.