

Shark 2

Certificate Awarded to

Examiner & Date

D. Cande

President

SHARK SERIES SHARK 2

LEARNING OUTCOMES

Demonstrate the ability to:

1. Perform a reaching rescue to a casualty up to 2 metres from the side
2. Throw buoyant aid 3 metres to a target point in the pool
3. Enter the water with a step-in entry, swim 10 metres of a recognised stroke in a T-shirt and shorts, tread water for 1 minute, swim 5 metres of a recognised stroke, surface dive, swim 3 metres underwater, surface, climb out of the pool unassisted
4. Swim 75 metres, performing three recognised strokes with a smooth transition and the correct turns
5. Scull head first for 20 metres
6. Swim 10 metres of butterfly
7. Wearing a T-shirt and shorts, swim 20 metres of side stroke
8. Perform a plunge dive, swim a width of pool or 7 metres
9. Swim 4 x 1 width individual medley, incorporating the transition procedure at the end of each stroke
10. Perform a backwards somersault

Congratulations!

There are 3 awards in the Shark Series.

You can now progress to Shark 3 Award.



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