

Shark 1

Certificate Awarded to

SAMPLE CERTIFICATE ONLY

NOT TO BE PRINTED

Examiner & Date

D. Cande

President

SHARK SERIES SHARK 1

LEARNING OUTCOMES
Demonstrate the ability to:

1. Perform a shout and signal rescue to a weak swimmer 5 metres away
2. Enter the water with a slide in entry, swim 10 metres in a T-shirt, tread water for 30 seconds, remove T-shirt, and climb out
3. Swim 5 metres of a recognised front stroke, perform a head first surface dive and swim 5 metres underwater
4. Swim 5 metres of a recognised front stroke, perform a feet first surface dive, tuck, and swim 5 metres underwater
5. Swim 50 metres of a recognised front stroke
6. Swim 50 metres of back crawl
7. Swim 25 metres of a recognised front stroke
8. Swim 25 metres of old English backstroke
9. Swim 25 metres of front crawl, demonstrating bilateral breathing
10. Perform a kneeling dive

Congratulations!

There are 3 awards in the Shark Series.

You can now progress to Shark 2 Award.



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