

Stage 4

Criteria:

- Demonstrate an understanding of buoyancy
- Perform a tuck float for 5 seconds
- Perform a sequence of changing shapes (minimum of 3) whilst floating at the surface
- Push and glide from the wall to the pool floor
- Kick 10m Backstroke (one equipment optional)
- Kick 10m Frontcrawl (one equipment optional)
- Kick 10m Butterfly on front or back (one equipment optional)
- Kick 10m Breaststroke on back (one equipment optional)
- Kick 10m Breaststroke on front (one equipment optional)
- Perform on back a head first sculling action for 5m in a horizontal position
- Swim on back and roll in one continuous movement onto front
- Swim on front and roll in one continuous movement onto back
- Swim 10m, choice of stroke is optional
- Rainbow Stroke Distance Award – 5m Frontcrawl*
- Rainbow Stroke Distance Award – 5m Backstroke*
- Rainbow Stroke Distance Award – 5m Breaststroke*
- Preliminary Safety Award*

