

Stage 6

Criteria:

- Demonstrate an understanding of preparation of exercise
- Sink, push off on side from the wall, glide, kick and rotate into backstroke
- Sink, push off on side from the wall, glide, kick and rotate into Frontcrawl
- Swim 10m with clothes on
- Swim Frontcrawl to include at least 6 rhythmical breaths
- Swim Breaststroke to include at least 6 rhythmical breaths
- Swim Butterfly to include at least 3 rhythmical breaths
- Swim 25m, choice of stroke is optional
- Perform a shout and signal rescue
- Perform a surface dive
- Exit water without using steps
- Perform a Sitting Dive
- Rainbow Distance Award 50m*
- Rainbow Stroke Distance - 5m Butterfly*
- Rainbow Stroke Distance - 10m Butterfly*
- Personal Survival Level 1 Award*

