

Shark 1

Buoyancy Aids can be used

1. Enter pool unaided and move around confidently.
2. Fully Submerge
3. Put face in water and blow bubbles for 5 secs
4. Float on back and buoyancy aids for 5 secs and then regain feet
5. Float on float with buoyancy aids for 5 secs and then regain feet.
- 6 Push and glide away from poolside on front using buoyancy aids.
7. Push and glide away from poolside on back using buoyancy aids
8. Kick 5 meters on front using buoyancy aids
- 9, Kick 5 meters on back using buoyancy aids
10. Walk around the pool, demonstrating an alternating pulling action under the surface.
11. Walk around the pool, demonstrating a simultaneous arm action under the surface.
12. Jump up and down 5 times in the water.

Candidates are required to attempt all elements, but are only required to pass on ten

Shark 2

(All elements to be performed without buoyancy aids unless otherwise stated)

1. Push and glide from wall on front
2. Push and glide from wall on back
3. Front front –lying floating position , turn on to back
4. From back lying floating position
5. Float on front for 5 secs and then regain feet
6. Float on back for 5 secs and then regain feet
7. Using floats, or the side of the pool holding rail, demonstrate a simultaneous breast stroke kick, with feet turned out.
8. In shallow water, pick up an object from the pool bottom.
9. (To be performed either with one arm on the rail at poolside, or with one arm on float and kicking legs): Demonstrate 6 strokes of over-arm front crawl action, with a breath to the side each time. Repeat with one arm.
10. With buoyancy aids, kick 10 metres alternating backstroke leg action
11. using arms and legs, swim 5 m unaided on front or back

(Candidates are required to attempt all elements but are only required to pass in 9).

Shark 3

All elements to be completed without buoyancy aids unless stated

- 1 Demonstrate a simultaneous breaststroke kick, with buoyancy aids, for 5 metres
- 2 Perform a mushroom float for 5 seconds
- 3 Submerge and swim 2 – 3 metres underwater
- 4 From a push and glide, demonstrate over-arm front crawl with face in water for 5 + metres. Attempt at least one breath
- 5 On the surface or below the water, demonstrate 5m dolphin butterfly kick.
- 6 From a push and glide, demonstrate at least 5 metres over arm backstroke.
- 7 In a vertical position, rotate 360o with feet off the bottom.
- 8 In a horizontal position, rotate 360o, rolling over on water surface.
- 9 In a standing position demonstrate a sculling action with fingers pointing up, repeat with fingers pointing down.
- 10 Swim 10 metres front or back, using arms and legs*

*Compulsory element

Candidates must attempt all elements but are only required to pass in 8.

Shark 4

(No buoyancy aids to be used)

1. Swim 10 metres front crawl with breathing
2. Swim 15 metres overarm backstroke,.
3. Swim 5 metres breast stroke
4. Scull head first for 5 metres
5. From push from wall, swim 4 metres underwater to retrieve an object from the bottom of the pool bottom.
6. Tread water for 5 seconds
7. With face in the water, swim 5m butterfly kick, bringing in 2 complete arm cycles
8. Using a surface dive, swim through a submerged hoop.
9. Answer 3 questions on water safety
10. Perform handstand

Shark 5

(No buoyancy aids to be used)

1. Swim 25 m front crawl
2. Swim 25m backstroke
3. Swim 10 m breaststroke
4. Swim 5m butterfly.
5. Swim in water of full reach depth, 5 metres to an object submerged on pool bottom, retrieve using a surface dive, bring to the surface and return with it to the side
6. Perform a forward somersault in the water
7. Perform a touch turn on front crawl, gliding always using an underwater dolphin kick.
8. Perform a touch turn in backstroke
9. Scull feet first for 5 metres.
10. Jump into the water (minimum depth 1.2m)

Shark 6

1. Swim 50 m with any stroke, with basic technique
2. Swim 25m breaststroke
3. Swim 15 m butterfly
4. Perform front crawl tumble turn
5. Tread Water for 15 secs
6. Perform a backstroke turn.
7. Swim 10 metres, backstroke, turn over onto front, somersault, stretch out on back and swim back.
8. Swim 10 metres headfirst scull, 5 m stationary scull then return with 10m feet first scull.
9. Using breaststroke leg kick, swim 15 metres on back holding object on chest
10. Perform a feet first surface dive.

Shark 7

1. Swim 25m butterfly
2. Swim 100m using 2 different strokes
3. Swim 25m in clothes (*pyjamas or t-shirt and shorts)
4. Perform a back stroke tumble turn
5. Perform a shallow racing dive or 3 different jumps into the water
6. Tread water for 30 secs
7. Performing a feet-first surface dive, pick up an object from the pool bottom and swim 10m with it to the side.
8. Perform a butterfly turn, incorporating underwater kicking action away from the wall.
9. Swim a 4 x 1 length Individual Medley (minimum pool length 15m)
10. Swim 5 metres propelling a ball and throw into a hoop 5m away.

Shark 8

1. Perform a straddle jump.
2. Swim 25m in less than 30 seconds
3. Perform shallow racing dive, demonstrating either grab or track start and correct underwater phase and breakout into stroke.
4. Swim 400m using 2 different strokes
5. Swim 50 m including 2 surface dives.
6. Answer 3 questions on water rescue
7. Demonstrate a throwing or reaching rescues
8. Demonstrate a relay take over
9. Perform a 4 x25m Individual Medley with correct turns.
10. Tread water for 2 mins, 30 secs of which to be with one arm above head.